

Discovery Bay Activity Guide



REGISTRATION INFORMATION

Fall/Winter

October 2023 - January 2024

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Parks & Landscape Crew Matt Bevers Marcos Hernandez

Recreation Programs Supervisor Monica Gallo

> Administrative Assistant **Ianie Carter**



1601 Discovery Bay Blvd. Discovery Bay, CA 94505 (925) 392-4575

What if I need special accommodations?

If you require special accommodations, please specify on the registration form and contact the Community Center directly.

What if I need to bring something special?

Special required items will be listed in the class or program descriptions. For any additional questions, please feel free to contact the Community Center during regular business hours.

What if a class or program is cancelled?

Customer requested refunds/transfers no later than 7 business days prior to the first day of class. No refunds after first class. No refunds or make-ups for missed days. A processing fee of \$7 will be charged for all cancellations after a registration has been processed. If minimum class size is not met by one week prior to the start of class, the class may be cancelled. In the event that the District cancels a class, you will receive a full refund. Outdoor classes are cancelled in the event of lightning.

Registration Information

There are four (4) ways to register.



Mail-In

Town of Discovery Bay 1800 Willow Lake Road Discovery Bay, CA 94505



Online

at www.todb.ca.gov



Call-in

(925) 392-4575



Walk-in 1601 Discovery Bay Blvd.

TOWN INFORMATION



Would you like to garden but don't have the space?

The Town of Discovery Bay has a Community Garden area located at the Community Center, 1601 Discovery Bay Blvd.

If you are interested in leasing space to grow your own veggies, fruits or flowers and share success stories with others who want to grow, please contact the Community Center, (925) 392-4571.

Dock Address Signs

If you didn't take advantage of the Dock Sign Program the first time around, here's your chance to put your address on your dock with a nice new sign that shows guests, and more importantly, first responders where you live.

This provides immediate identification for police and/or fire personnel who might respond by water. Knowing the right address could be a life saver. The signs are \$50 each,

and further information can be found on the Town's website at www.todb.ca.gov and click on Applications & Forms. Or call the District Office (925) 634-1131.

Next order will be placed on November 15, 2023





1234 Lakeview Ct





https://todb.ca.gov/sms-community-alerts

FAMILY MOVIE IN THE PARK



Join us for a free outdoor movie at the Discovery Bay Community Center, 1601 Discovery Bay Blvd.

Movie starts at dusk. Blankets and lawn chairs recommended.



Hocus Pocus Friday September 15

OCTOBER

- Free Zumba in the Park
 - Water Aerobics
- Tennis Yoga
- Youth Painted Pumpkin

NOVEMBER

- ARC Blood Drive
 - Pickleball Class
 - Paint Classes
 - Fit, Fun and Fab
 - Zumba/Fitness Class

DECEMBER

- Driver's Education
 - Pickleball Class
 - Paint Classes
 - Fit, Fun and Fab
- Zumba/Fitness Class

JANUARY

- Zumba/Fitness Class
- - Fit, Fun and Fab
 - Paint Classes
 - Pickleball Class







Town of Discovery Bay Blood Drive

Wednesday November 29, 2023 9:00 am - 3:00 pm

Discovery Bay Community Center in the Marina Room 1601 Discovery Bay Blvd Discovery Bay, CA 94505

To make an appointment please visit redcrossblood.org and enter sponsor code DiscoveryBay

or use the link below

https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=DiscoveryBay

If you have questions regarding your eligibility to donate blood, please call 1-866-236- 3276 or click this link https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html

To save time while saving a life please fill out a Rapidpass. For more info, please visit redcrossblood.org/Rapidpass

Thank you for helping to save 3 lives with one donation.

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App



AQUATICS

Water Aerobics

(13 + yrs.)

Enjoy a fun cardiovascular, strength training and core driven workout. Skills will be taught that will improve strength, flexibility, and aerobic capacity. Water workouts can be effective for those with heart disease, arthritis, joint problems, knee and shoulder issues and many other chronic health challenges. Class is a full hour filled with fun and an effective workout in a heated pool!

FEE: \$50 punch pass. Punch pass must be used within the month purchased or \$10 drop in

LOCATION: Discovery Bay Community Center Pool

INSTRUCTOR: Michelle Dominge

CLASS# DAY TIME DATE 40500 M-F 9:00AM-10:00AM 9/5-10/27*

*No Class: 9/15

TENNIS PROGRAMS

Tennis classes are designed for beginner through advanced students. Lessons are taught in a fun and positive atmosphere covering basic fundamentals, grips, scoring, movement drills, and of course, lots of fun! Students provide their own tennis racquet and tennis shoes must be worn. Tennis balls will be provided. **LOCATION:** Discovery Bay Community Center Tennis Courts

INSTRUCTOR: Lucia Peters, PTR

Tennis Saturdays in the Park!

(3 Saturdays)

JUNIORS ONLY

(Ages 11-18 yrs.)

Note: 10-year-olds that have completed the "Orange Ball Club" program and have demonstrated a need for advanced training may be allowed in this class but only at the discretion of the instructor.

FEE: \$110

CLASS # DAY TIME DATE 40200 SAT 11:30AM-1:30PM 10/21-11/4



PRIVATE TENNIS LESSONS

for kids and adults available at the Discovery Bay Community Center. Please call 925-392-4571 for registration.

6 years and under - \$25.00 / half hour 7 and up - \$30.00 / half hour 7 and up - \$60.00 / per hour



PICKLEBALL PROGRAM

Pickleball Lessons

(Ages 10+)

Pickleball classes are designed for beginner to advanced. Lessons are fun with instruction and play. Players must have their own paddles, balls provided by instructor. Lessons can be private or in a group of 4 people.

LOCATION: Discovery Bay Community Center Pickleball Courts

INSTRUCTOR: Dennis Allen **Private lessons** - \$60.00 / per hour

Group lessons of 4 people - \$50.00 / per hour, per person

Please call 925-392-4571 for registration.

FITNESS

Zumba by Karina

(Ages 10+ yrs.)

Zumba by Karina is a very exciting dance fitness party with an atmosphere full of Latin and international music. You'll forget you are working out with fun and simple moves to dance like salsa, reggaeton, cumbia, merengue, and more. Best of all, you don't need previous dance experience.

FEE: (Based on the number of classes per month)

3 classes, \$36 / 4 classes, \$48 / 5 classes, \$60 / 6 classes, \$72 \$15 drop in

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Karina Dugand

INSTRUCTOR: Ratilla Dugaliu				
CLASS#	DAY	TIME	DATE	
40400	T	7:00-8:00PM	10/3-10/24 (4 classes)	
40401	T	7:00-8:00PM	11/7-12/12 (6 classes)	
40402	T	7:00-8:00PM	1/2-1/30 (5 classes)	
40403	TH	7:00-8:00PM	10/5-10/26 (4 classes)	
40404	TH	7:00-8:00PM	11/2-12/14 (6 classes)*	
40405	TH	7:00-8:00PM	1/4-1/25 (4 classes)	
*No Class:	11/23			

6 Week Health & Body Transformation

This 6 Week Health & Body Transformation is for anyone struggling to transform their health and bodies and are looking for something greater. For 6 weeks you will experience having the right SYSTEM, SUPPORT and ACCOUNTABILITY to make the transformation you desire. You will feel empowered to create anything you desire and inspired to live your day to day in a way that is more aligned with who you want to be. The program consists of 6 total sessions, one session a week in a small group setting.

Course Objectives: Help clients learn how to:

- Set up the conditions for inevitable success.
- Discover the foods that give you the most energy for your unique body type.
- Turning healthy habits into behaviors that last.

FEE: \$240

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Certified Health & Life Coach, Karina DugandCLASS#DAYTIMEDATE40406M5:15-6:15PM11/6-12/11

FREE ZUMBA IN THE PARK



(Ages 10+ yrs.)

Be festive and come dressed in your best Halloween costume and enjoy Zumba in the Park!

Karina is sure to bring the Halloween spirit. Bring a picnic lunch and stay after your workout with your fellow Zumba lovers.

LOCATION: Discovery Bay

Community Center

INSTRUCTOR: Karina Dugand

TIME: 10:00AM-11:00AM

DATE: October 28

See you there!



Morning Gentle Flow, Stretching and Strengthening Yoga

(Ages 18+ yrs.)

Come one, come all! Let's discover what makes you feel good in this gentle yoga class. We will work with a variety of yoga poses to improve our balance, strength, flexibility, and alignment. This is a multi-level class for those who want to integrate modifications with ease of movement and cultivate breath awareness. It is an excellent class for those new to yoga or returning to their yoga practice. You will feel rejuvenated when you walk out the door. So, bring your mat, and let's have some yoga fun because everyBODY can do yoga!!

FEE: (Based on the number of classes per month) 3 classes, \$30 **PUNCH PASS:** \$50 (Any 5 classes, including morning and evening sessions, must be used in the month purchased)

DROP IN: \$13

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Karrie J. Hebert

CLASS#	DAY	TIME	DATE
40901	T	9:00-10:00AM	10/10-10/24 (3 classes)
40902	TH	9:00-10:00AM	10/12-10/26 (3 classes)

Evening Power Yoga Flow

(Ages 18+ yrs.)

Let's get moving! This is an active practice that will involve long holds in our poses, as we cultivate heat in the body. Using a variety of yoga poses we'll work on alignment, build strength, and increase flexibility. This energetic practice will wake up your body, your mind, and bring awareness to your breath. This is a multi-level class so bring your mat and let's have some yoga fun. EveryBODY can do yoga!!

FEE: (Based on the number of classes per month) 3 classes, \$30 **PUNCH PASS:** \$50 (Any 5 classes, including morning and evening sessions, must be used in the month purchased)

DROP IN: \$13

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Karrie J. Hebert

CLASS#	DAY	TIME	DATE
40903	Τ	5:00-6:00PM	10/10-10/24 (3 classes)
40904	TH	5:00-6:00PM	10/12-10/26 (3 classes)





Fit, Fun & Fab

(Ages 18+ yrs.)

Are you looking for a fun way to get fit, have fun and look fab? Well then, have I got the workout for you, and it's called Chair-Aerobics!

We will begin standing with gentle stretching and then sit to complete our stretching. Next, we will get into a low impact workout while seated incorporating each muscle group concentrating on increasing, strengthening, and toning your upper body and lower body with an emphasis on the core.

Next, we will work with hand weights to improve and increase your upper body strength which will include a series of exercises for biceps, triceps, chest and upper back. Then we are off to the wall where we will work on core and glute strength and stability. To complete our workout, we will cool down by standing and stretching and then seated to complete our stretching. This class is structured to increase your overall strength and balance and to boost your stamina, endurance, flexibility and most importantly to have fun!

You are only one step away from feeling stronger, energized and empowered. You can do this! Equipment needed for this class is hand weights only.

FEE: \$50 punch pass. Punch pass must be used within the month purchased or \$10 drop in

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Michelle Dominge

CLASS# DAY TIME DATE 40501 M, W, F 9:00-10:00AM 11/1-1/31* *No Class: 11/24, 12/25, 12/27, 12/29, 1/1



www.todb.ca.gov.

PROGRAMS



DRIVER'S EDUCATION

Online Driver's Ed Course

(Ages 15+ yrs.)

The DMV allows teens to receive their Learner's Permit at age 15 1/2, and a license at age 16. This is an online course with videos, animated driving scenarios, and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more.

A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing. Once students are registered they will be contacted by the instructor.

FEE: \$49.99

LOCATION: This is an online program – all students must have access to the internet!

INSTRUCTOR: Bay Area Driving School

CLASS # 40300

Virtual Driver's Education

(Ages 15+ yrs.)

This is a virtual Driver's Education with a live instructor. Students will enjoy a series of Driver's Education lectures including understanding the responsibilities of having a driver's license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion. Once students are registered they will be contacted by the instructor.

FEE: \$205.00

LOCATION: This is an online program taught over ZOOM – all students must have access to the internet!

INSTRUCTOR: Bay Area Driving School

CLASS#	DAY	TIME	DATE
40301	SAT	9:00AM-12:00PM	9/23-10/14
40302	M,T,W,F	9:00AM-12:00PM	11/20-11/24*
40303	T-F	9:00AM-12:00PM	12/26-12/29
*No Class:	11/23		





Meet our instructor...

Dennis Allen

Dennis Allen grew up in Newark, CA, playing all sports. Basketball was his main sport that he had played for 4 years in high school.

As an adult, he continued playing in city softball and basketball leagues along with racquetball. In early 2009, he moved from Newark to Discovery Bay.

The things that are important to him, other than his family of course, are his Church, waterskiing and pickleball.

He played pickleball for the first time in 2017 and after the first time playing,

like most people, he was hooked on the game. After playing for several months, he entered his first tournament and had success winning several medals at the 3.5 level. He then moved up to 4.0 and is currently playing 4.5/5.0.

After retiring in March of 2022, he started coaching people. He found that he really got a great deal of satisfaction in seeing others improve their game. He is excited to offer instruction at the Discovery Bay Community Center in a fun learning environment for all levels from beginner to advanced.



Did you know...

The Town of Discovery Bay's Recreation Department is always on the lookout for new and exciting programs or classes to bring to the residents of our community.

In an effort to meet that objective, the Town utilizes Contract Instructors to provide these programs and activities. Many of these contractors currently utilized by the Town, also teach programs and activities in neighboring communities.

If you are interested in becoming an Independent Contract Instructor for the District, please visit the Town's website at www.todb.ca.gov and click on the "Recreation Services" tab, then hit the "Instructor Proposal Form" tab on the left side of the page. All questions and completed applications should be directed to Monica Gallo at (925) 392-4575.

SMEARED PAINT





Rock Painting

(Ages 18+ yrs.)

Grab your friends and come have fun with acrylic paint on rocks. Sizes and shapes vary, approximate size is 5" to 8" in length. From simple to detailed you will be shown how, guided through the outline process and then dive into painting. Make mandala or go for creating a pet rock or the start of a haunted village. Examples will be shown.

FEE: \$29

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Juliee Hanlon

CLASS# DAY TIME DATE 40700 F 6:30PM-8:30PM 11/3





Paint Night

(Ages 18+ yrs.)

Grab your friends for this casual fun paint night. You will learn basic to advanced painting skills. Then paint what you choose. Follow along and then add your own special touches or bring your own ideas and be assisted on getting your idea onto canvas. **FEE:** \$32

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Juliee Hanlon

 CLASS#
 DAY
 TIME
 DATE

 40701
 F
 6:30PM-8:30PM
 12/8 (Holiday)

Paint A Glass

(Ages 18+ yrs.)

Choose from wine, stemless, or beer glass. This fun class will teach you how to paint on glass. Create from examples shown or get creative and create your own design. Easy to follow steps with casual instruction. Small class format.





FEE: \$25

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Juliee Hanlon

 CLASS#
 DAY
 TIME
 DATE

 40702
 F
 6:30PM-8:30PM
 1/12 (Valentine)









Youth Paint Night

(Ages 6-17 yrs.)

Looking for something fun to do on a Friday night? Grab your friends and paint a choice of holiday themed items. Step by step instructions, laughter and fun. Acrylic on canvas.

FEE: \$25

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Juliee Hanlon

CLASS#	DAY	TIME	DATE
40703	F	6:30PM-8:30PM	11/10
40704	F	6:30PM-8:30PM	12/15
40705	F	6:30PM-8:30PM	1/26 (Valentine)

Youth Painted Pumpkin

(Ages 6-17 yrs.)

Acrylic paint on real pumpkins. Approximate diameter is 5 to 9 inches. Sizes determined by seasonal availability. Step by step instructions prior to painting.



FEE: \$35

LOCATION: Discovery Bay Community Center

INSTRUCTOR: Juliee Hanlon

 CLASS#
 DAY
 TIME
 DATE

 40706
 F
 6:30PM-8:30PM
 10/13 (Halloween)

FACILITY RENTALS



Cornell Park 505 Discovery Bay Blvd

- ✓ Tennis court (1)
- ✓ Pickleball courts (2)
- ✓ Baseball field
- ✓ Soccer field
- Shaded picnic tables
- ✓ Bocce Courts
- ✓ Horseshoe pits
- ✓ Play Structure

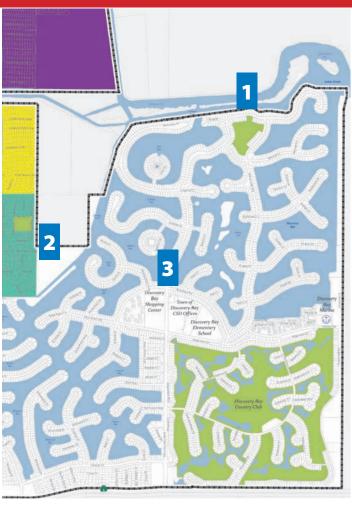


Ravenswood Park

Cullen & Newbury Lane

- ✓ Covered picnic area (2)
- ✓ Splash pad
- ✓ Soccer field
- ✓ Play Structure







Community Center and Park

1601 Discovery Bay Blvd

- Meeting rooms
- ✓ Picnic tables
- ✓ Tennis courts (6)
- ✓ Event lawn
- ✓ BBQ area

- ✓ Swimming pool
- ✓ Community garden
- ✓ Dog park
- ✓ Pickleball courts (6)

For rental fees and additional information, please contact the Discovery Bay Community Center at (925) 392-4571 or download a Facility or Park Rental Application packet online at www.todb.ca.gov

OLDER ADULT PROGRAMS

Contra Costa County Area Agency on Aging

http://ehsd.org/elderly-disabled/area-agency-on-aging/ Information: 925-229-8434

Contra Costa County Area Agency on Aging's (AAA) goal is to develop a system of care and support to help adults ages 60 and older and persons with disabilities maintain their independence. They serve as a hub for information and referral, and provide health insurance counseling. They also fund local services such as adult day care, home delivered meals, legal assistance, friendly visiting, assisted transportation, fall prevention, congregate meals, and family caregiver services.

Health Insurance Counseling and Advocacy Program (HICAP)

Information: 925-655-1393

HICAP provides free and objective counseling and advocacy services to families who need assistance with Medicare enrollment and with issues involving Medicare and associated insurance programs.

California Department of Aging (CDA) / The Institute on Aging

Information: 800-971-0016

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls.



Alzheimer's Association

https://www.alz.org/norcal Information: 800-272-3900

Contra Costa Crisis Center

Call 211 or 800-833-2900 Text "HOPE" to 20121

Help starts here for yourself or others. A fast, free and confidential service that can help with emergency food, rental assistance, healthcare, housing/shelter, senior services, utility assistance, job services, transportation and much, much more.

Meals on Wheels America

Information: 925-625-4545 or 866-669-6697

For millions of our aging neighbors, there are good days and there are bad days. That's why a knock at the door from Meals on Wheels is not only comforting, but at times, lifesaving.



Local Businesses

Would you like to advertise your business in our next activity guide?

Call today! 925-392-4575



CLASS / PROGRAM REGISTRATION FORM

REGISTRANT INFORM.	ATION:			
First Name:		Last Name:		
Address:				
City:	Zip:	Phone:		
Email:				
	on new classes and events a ENT/GUARDIAN INFORM		ES NO	
Name:		Phone:		
Program Name	Class #	Date of Birth	Gender	Program Fee
REFUND POLICY: Customer requested refunds/transfers NO LATER THAN 7 BUSINESS DAYS PRIOR TO THE FIRST DAY OF CLASS. NO REFUNDS AFTER FIRST CLASS. No refunds or make-ups for missed days. A processing fee of \$7 will be charged for all cancellations after a registration has been processed. If minimum class size is not met by one week prior to the start of class, the class may be cancelled. In the event that the District cancels a class, you will receive a full refund. Outdoor classes are cancelled in the event of lightning. ASSUMPTION OF RISK, RELEASE, HOLD HARMLESS AND CONSENT TO MEDICAL TREATMENT AND PHOTOS (collectively, the "Agreement"): On behalf of myself and/or any minor child named above, I acknowledge that I am (minor is) in good physical condition to participate in the activity and that accidents and injuries can arise from such participation. I further understand that participating in this activity can carry an added risk of exposure to contagions such as flu and Coronavirus/COVID-19. Knowing these risks, and in consideration of acceptance of my application, I voluntarily desire to participate (have minors participate) in this activity. I assume all risks and waive and release Town of Discovery Bay and its officers, employees and agents (collectively, "Releasees") from any claims or liability for illness and personal injury (including death) or property damage arising from or connected with participation in the activity, even if the liability may arise out of the negligence or carelessness of the District or its officers, employees and agents. I covenant not to make or bring any such claim against the District or any other Releasees, indemnify, and defend the District and all other Releasees from liability under such claims. I further agree to hold harmless, indemnify, and defend the District and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including at				
Signature: FOR DISTRICT USE O				
Received by:		D:	ate:	



BE A PART OF AN AMAZING ORGANIZATION RAISING MONEY FOR LOCAL SCHOOLS, COMMUNITY EVENTS, THE VISUALLY IMPAIRED AND MUCH MORE. WE HAVE GIVEN AWAY OVER \$1M IN THE LAST 10YRS.

Discovery Bay Lions meets the 1st Tuesday of the month at the DB Yacht Club in the Bilge Room - 6:30pm DiscoveryBayLions.com