



LATIN
Latin Essence
MAY 5

COUNTRY
Country Cougars
JUNE 9

80'S Cover Me Badd JULY 7

RHYTHM & SOUL

Capital City Band

AUG 4

REGGAE
Native Elements
SEPT 8

FOOD, FAMILY & FUN!

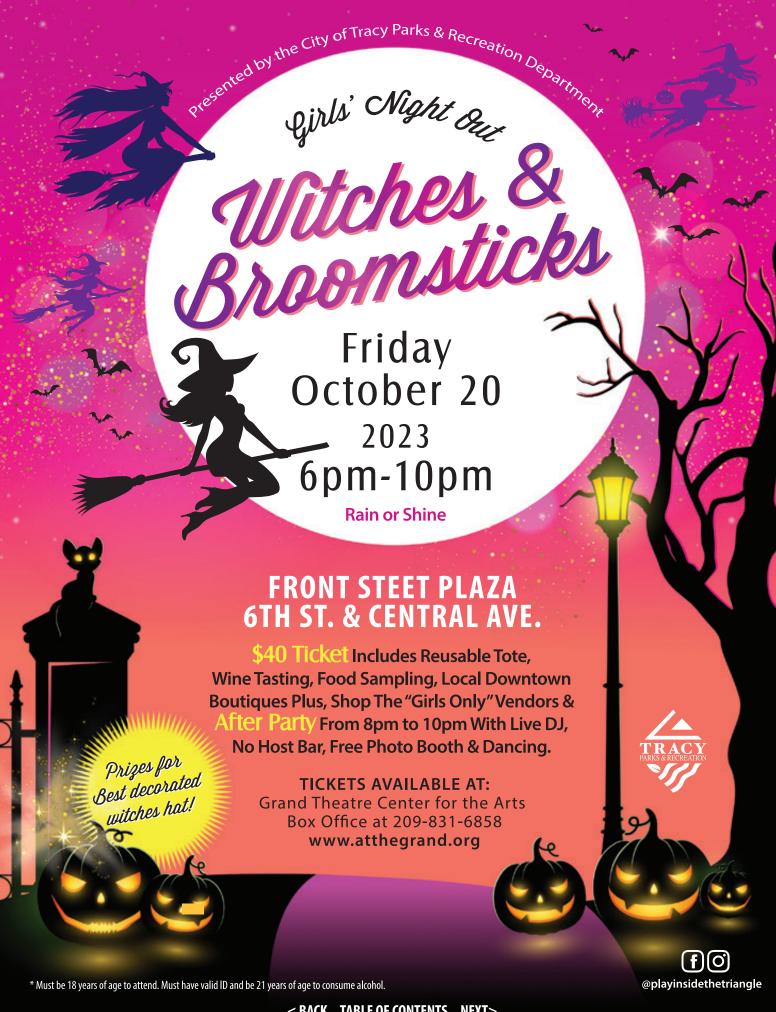
FOR MORE INFO: Call 209-831-6202 cityoftracy.org

Food and Drinks Available for Purchase

f @playinsidethetriangle

NO OUTSIDE ALCOHOL PERMITTED





2023 City Calendar



Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Su	Мо	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Su	Мо	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

CITY HALL IS CLOSED



Facility Directory

Parks & Recreation Department

Administrative Office:

Phone: (209) 831-6200 Fax: (209) 831-6218 Email: parks@cityoftracy.org www.cityoftracy.org

All Registration Begins August 14th



ONLINE

Create account & register online at: . www.tracyartsandrec.com
For assistance logging in, call (209) 831-6202



MAIL-IN

Mail your registration form & non-cash payment to: Parks & Recreation Department
ATTN: Program Registration
333 Civic Center Plaza, Tracy, CA 95376



WALK-IN

City Hall, 333 Civic Center Plaza Mon-Thur 8am - 6pm & every other Friday 8am - 5pm (Excluding holidays)

GRAND THEATRE CENTER FOR THE ARTS 715 N. Central Avenue (209) 831-6858

TRACY COMMUNITY CENTER 950 East Street (209) 831-6200

LOLLY HANSEN SENIOR CENTER 375 East 9th Street (209) 831-6240

TRACY TRANSIT STATION 50 East 6th Street (209) 831-4287

TRACY SPORTS COMPLEX MEETING ROOM 955 Crossroads Drive (209) 831-6200 TRACY PUBLIC LIBRARY 20 East Eaton Avenue (866) 805-7323

CITY HALL 333 Civic Center Plaza (209) 831-6000

JOE WILSON POOL 900 W. Lowell Avenue (209) 831-6230

SPORTS FIELDS WEATHER HOT LINE (209) 831-6350

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Registration Information

Resident Discount ("Res-Disc.") vs. "Cost"

Your resident address must fall within one of three Tracy Zip Codes (95376, 95377, or 95304) to receive our resident discount. In addition, your address must be within Tracy city limits. If your address has five digits or more, then your home may be outside the Tracy city limits. It is possible to live in one of the three Tracy zip codes and still not live within Tracy city limits. All non-residents pay the "cost" of a program.

Program Withdrawal/Transfer/Refund

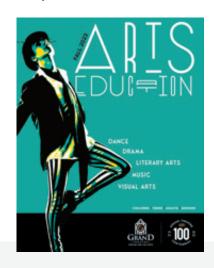
If you are not happy with the quality of any of our programs, please contact us right away. We want to resolve your concern so you can continue, or in some instances, receive a refund. You must complete a "Request for Class/Activity Withdrawal Form" and submit to the Program Coordinator. Withdrawals are subject to a \$5 transaction fee. Refunds are subject to an additional \$5 transaction fee. If you leave a credit on your account you will not be charged the additional transaction fee. No transaction fee for classes that have been canceled.

No refunds for non-attendance due to schedule conflicts or illness. no refunds for materials fees, and no refunds for classes that have completed. Allow 5 business days to process a refund.

DO NOT ATTEND A CLASS UNTIL REGISTRATION AND PAYMENT HAVE BEEN COMPLETED. INSTRUCTORS CANNOT ACCEPT PAYMENTS.

PLEASE NOTE: Schedules and fees are subject to change, please visit the program specific web page for updated information. The Parks & Recreation Department reserve the right to change, delete or modify programs, fees and policies if necessary.

Look for the **Grand Theatre Center** for the Arts. **Art Education Catalog** for additional classes & camps!







Parks & Recreation Staff wants to

for playing inside the triangle!

Parks & Community Services Commission

PUBLIC MEETING | 7PM

1st Thursday of every month All citizens are encouraged to attend

Meetings are held at City Hall Council Chambers 333 Civic Center Plaza



Youth Advisory Commission

Pick up your application at the Parks & Recreation Department front counter, online at www.cityoftracy.org under "Government", or email amanda.jensen@cityoftracy.org.



PUBLIC MEETING | 6PM

2nd Wednesday of every month All citizens are encouraged to attend

Meetings are held at City Hall Conference Room #203 333 Civic Center Plaza

Together we create memorable experiences that link Tracy's past, present & future!

City of Tracy Scholarship Programs

The City of Tracy's Department of Parks & Recreation offers various Scholarship Programs to ensure that qualifying Tracy residents will have access to participate in department programs, classes, and activities.

The scholarship is open to people 0 - 17 years of age, Active Adults over 62+, and those with disabilities.

All requests are subject to available funding and qualifications.

APPLICATIONS ARE AVAILABLE ONLINE AT:

www.cityoftracy.org/our-city/departments/ parks-recreation-department or contact the Parks & Recreation Department at (209) 831-6200.

Scholarships are provided by the City and in partnership with the Tracy Friends for Parks, Recreation, and Community Services Foundation.

SUBMIT COMPLETED APPLICATION AT: Parks & Recreation Department Location

City Hall, 333 Civic Center Plaza Monday - Thursday 8am to 6pm Every other Friday 8am to 5pm **Excluding Holidays**





JOE WILSON POOL

900 W. Lowell Avenue

POOL CLOSED: September 4

Recreational Swim

DATES: August 12 – September 24 Sat-Sun: 12:30pm to 7pm

FEE: \$3 Entry Fee (Children 0-2 Years FREE w/ paying adult)

Rec Swim Pass: \$25 for 10-visits

Senior (50+) Discount Pass: \$15 for 10-visits

Active Adult 50+ Swim

DATES: August 13 - September 24 Sun: 10:30am-12pm

FEE: \$1 Entry Fee

Lap Swimming

DATES: August 7 – September 27 Mon & Wed: 4:30pm to 7:30pm

FEE: \$1 Entry Fee

Water Exercise Extended Season

DATES: August 7 – September 28 **ADULT/HIGH INTENSITY:**

Mon & Wed: 5:45pm-6:35pm

DEEP WATER:

Mon-Thur: 7:00pm to 7:50pm

SENIOR/LOW INTENSITY:

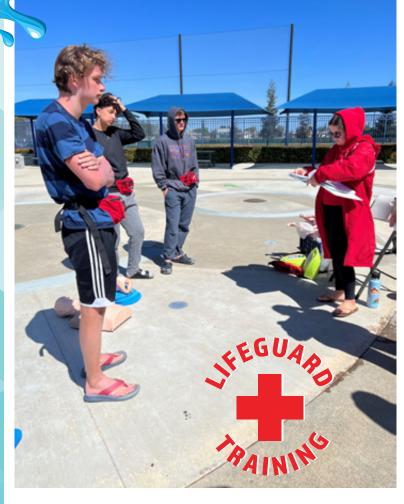
Sat: 10:00am to 10:50am

FEE: \$4 per class

Adult Water Exercise Pass: \$35 for 10-visits Senior (50+) Water Exercise Pass: \$25 for 10-visits



Children's swim lesson sponsorships available for qualified families. Application available at City Hall & Joe Wilson Pool.



SAVE THE DATE!

2024 Spring Break Lifeguard Training

Becoming a lifeguard is a rewarding job but requires hard work and the desire to help save lives. This course includes e-learning and pool time. Upon successful completion of all written exams and water skills, this course certifies participants in the American Red Cross Lifeguarding (valid for two years), First Aid and CPR/AED. Come prepared to swim each class session. Please note full and complete attendance at all sessions is required to receive your certification. Candidates are welcome to apply for lifeguard positions with the city of Tracy after completion of the course.

NOTE: This is a Blended Learning course and will require that part of

the course is done at home on your computer before the start of the class. Additional \$40 payable for online course through

American Red Cross.

DATES: March 15-17, 2024

FEE: \$241 Res. & \$265 Non-Res



EXTENDED AQUATICS PROGRAMS

AUGUST-SEPTEMBER 2023 Swim Lessons (Tuesdays/Thursdays <u>ONLY</u>) \$24 Res-Disc., \$28 Cost per classes

Session F: 8/8-8/17

TIME	TINY TOTS	SWIM SKILLS	ADVANCED SWIM SKILLS
4:30pm-4:55pm	24306	24326	24346
5:00pm-5:25pm	24307	24327	24347
5:30pm-5:55pm	24308	24328	24348
6:00pm-6:25pm	24309	24329	24349
6:30pm-6:55pm	24310	24330	24350

Session G: 8/22-8/31

TIME	TINY TOTS	SWIM SKILLS	ADVANCED SWIM SKILLS
4:30pm-4:55pm	24311	24331	24351
5:00pm-5:25pm	24312	24332	24352
5:30pm-5:55pm	24313	24333	24353
6:00pm-6:25pm	24314	24334	24354
6:30pm-6:55pm	24315	24335	24355

Session H: 9/5-9/14

TIME	TINY TOTS	SWIM SKILLS	ADVANCED SWIM SKILLS
4:30pm-4:55pm	24316	24336	24356
5:00pm-5:25pm	24317	24337	24357
5:30pm-5:55pm	24318	24338	24358
6:00pm-6:25pm	24319	24339	24359
6:30pm-6:55pm	24320	24340	24360

Session I: 9/19-9/28

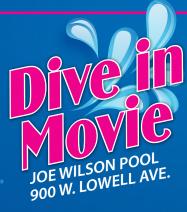
TIME	TINY TOTS	SWIM SKILLS	ADVANCED SWIM SKILLS
4:30pm-4:55pm	24321	24341	24361
5:00pm-5:25pm	24322	24342	24362
5:30pm-5:55pm	24323	24343	24363
6:00pm-6:25pm	24324	24344	24364
6:30pm-6:55pm	24325	24345	24365

*In observation of the holiday, the Joe Wilson Pool will be closed on September 5, 2023.

TRACYARTSANDREC.COM • (209) 831-6202

(+)

SPECIAL EVENTS



SEPTEMBER 15 7PM-10PM

MOVIE STARTS: 8PM

\$5 ENTRY FEE

(0-2 YEARS FREE)



RATED PG

Families are encouraged to bring pool floats and camp chairs to watch the movie under the stars!

Floating Pumpkin Patch!

Hunt for your pumpkin in the pool! Pumpkin decorating stations and other activities will be available.

CLASS #: 24849

DAY: Saturday, October 14, 12:30pm-5pm

FEE: \$5 entry fee (0-2 Years FREE)

NOTE: Preregistration is encouraged. Onsite registration

available only if available spots remain.

PUMPKIN SCHEDULE:

12:45pm-1:45pm – 1st Pumpkin Dive 1:45pm-2:00pm – Pumpkins Replenished 2:00pm-3:00pm – 2nd Pumpkin Dive 3:15pm-5:00pm – Open Swim

Host your next party or special event at JOE WILSON POOL

FOR MORE INFO: (209) 831-6201 cityoftracy.org

Ages 5 & Up

Young Engineers – Algo Play

The Rrooar Coding & Robotics Academy

A revolutionary educational program that teaches children the fundamentals of programming and robotics, using an intuitive and straightforward physical coding language. AlgoPlay introduces the participants to the world of robotics through a hands-on and fun educational experience. Key program objectives - Discover coding and machinery engineering, get familiar with software engineering terminology, Introduction to algorithmic thinking, encourage problem-solving, develop creativity and critical thinking.

LOCATION: 1162 S. Tradition Street, Mountain House

AGE: 5-11 Years

NOTE: No Class 10/14, 11/25

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25063	9/9-12/9	Sat	11:15am-12:15pm	າ \$295	\$325

Young Engineers – Bricks Challenge

The Rrooar Coding & Robotics Academy

Young Engineers is a STEM program that introduces the world of STEM to young kids in a unique way. Science becomes fun as the kids create models and see the practical application of mechanics and physics. It is a very exciting program where children get to build models and tinker with them to understand the science behind it. They have the opportunity to acquire and implement engineering concepts as they explore the world of science. With Bricks Challenge the kids explore classic mechanics.

LOCATION: 1162 S. Tradition Street, Mountain House

AGE: 5-11 Years

NOTE: No Class 10/14, 11/25

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25062	9/9-12/9	Sat	10am-11am	\$295	\$325

Young Engineers – Galileo Technic

The Rrooar Coding & Robotics Academy

Calling budding engineers, innovators and designers to design some spooky robots this Fall Break.

Come build these spooky robots with us just in time for Halloween this Fall Break Camp with Rrooar's Young Engineer STEM Program, Galileo Technic. Material & Supplies are included. Young Engineers is a STEM program that introduces the world of STEM to young kids in a unique way. Science becomes fun as the kids create models and see the practical application of mechanics and physics. It is a very exciting program where children get to build models and tinker with them to understand the science behind it. They have the opportunity to acquire and implement engineering concepts as they explore the world of science. With Bricks Challenge the kids explore classic mechanics.

LOCATION: Tracy Transit Station

AGE: 5-11 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
24984	10/9-10/13	M-W	9am-12pm	\$295	\$325

Code Your Own Arcade Adventure

Code Ninjas Staff

Through a hands-on sensei-led approach, you'll learn how to code games using block-coding in Microsoft MakeCode and explore the fascinating realm of circuitry and engineering to construct a custom mini arcade game controller. Throughout the course, you'll develop a strong foundation in coding logic and problem-solving skills as you create captivating games using Microsoft MakeCode's intuitive block-based programming interface. Discover the secrets behind game mechanics, level design, and player interaction, and gain the ability to unleash your creativity through the power of code. Beyond game development, you'll delve into the fundamentals of circuitry and engineering to bring your arcade to life. Learn how to connect buttons, joysticks, and other components to your game controller, gaining valuable insights into the inner workings of electronic circuits. By the end of the course, you'll have not only a repertoire of self-designed games but also a tangible mini arcade that showcases your technical prowess.

LOCATION: Code Ninjas, 1841 W 11th Street

AGE: 5-7 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25122	9/9-9/30	Sat	1pm-2pm	\$229	\$252
25123	10/7-10/28	Sat	1pm-2pm	\$229	\$252
25154	11/3-12/2	Sat	1pm-2pm	\$229	\$252

Young Engineers – Galileo Technic

The Rrooar Coding & Robotics Academy

Calling budding engineers, innovators and designers to design some cool race cars and rides this Thanksgiving. Come build these cars and rides with us at a special Thanksgiving Week Camp with Rrooar's Young Engineer STEM Program, Galileo Technic. Material & Supplies are included. Young Engineers is a STEM program that introduces the world of STEM to young kids in a unique way. Science becomes fun as the kids create models and see the practical application of mechanics and physics. It is a very exciting program where children get to build models and tinker with them to understand the science behind it. They have the opportunity to acquire and implement engineering concepts as they explore the world of science. With Bricks Challenge the kids explore classic mechanics.

LOCATION: Tracy Transit Station

AGE: 5-11 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
24985	11/20-11/22	M-W	9am-12pm	\$295	\$325

YOUTH ACTIVITIES

JR STEM Discoveries

Code Ninias Staff

JR STEM Discoveries is a transformative program designed to empower our youngest ninjas, aged 5-7 years, with the knowledge, skills, and enthusiasm for STEM fields. Through a dynamic and engaging curriculum, children embark on an exciting journey of exploration, discovery, and hands-on learning. Throughout this immersive course, participants become makers in STEM as they design, build, and code their own projects. Guided by experienced instructors, our young ninjas will delve into the world of engineering challenges, coding, and creative problem-solving. They will develop a strong foundation in STEM concepts, while nurturing their innate curiosity and love for learning. They will dive into the fundamentals of engineering by designing and constructing simple circuits and microcontrollers. They will also explore concepts like sequencing, logic, and problem-solving, while honing their computational thinking skill by coding with age-appropriate tools to build animated stories and games.

LOCATION: Code Ninjas, 1841 W 11th Street

AGE: 5-7 Years

CLASS#	DATES	DAY	TIME	RES-DISC	COST
25068	9/9-9/30	Sat	1pm-2pm	\$229	\$252
25069	10/7-10/28	Sat	1pm-2pm	\$229	\$252
25115	11/4-12/02	Sat	1pm-2pm	\$229	\$252

Ages 8 & Up

Code Your Own Arcade Adventure

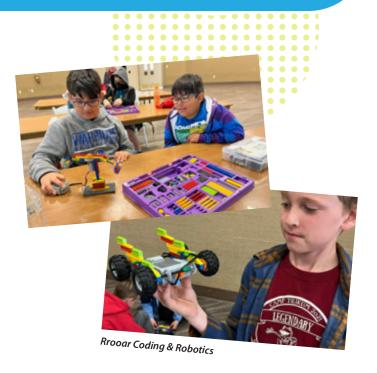
Code Ninjas Staff

Through a hands-on sensei-led approach, you'll learn how to code games using block-coding in Microsoft MakeCode and explore the fascinating realm of circuitry and engineering to construct a custom mini arcade game controller. Throughout the course, you'll develop a strong foundation in coding logic and problem-solving skills as you create captivating games using Microsoft MakeCode's intuitive block-based programming interface. Discover the secrets behind game mechanics, level design, and player interaction, and gain the ability to unleash your creativity through the power of code. Beyond game development, you'll delve into the fundamentals of circuitry and engineering to bring your arcade to life. Learn how to connect buttons, joysticks, and other components to your game controller, gaining valuable insights into the inner workings of electronic circuits. By the end of the course, you'll have not only a repertoire of self-designed games but also a tangible mini arcade that showcases your technical prowess.

LOCATION: Code Ninjas, 1841 W 11th Street

AGE: 8-14 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25066	9/7-9/28	Th	6:30pm-7:30pm	\$229	\$252
25116	9/8-9/29	F	6:30pm-7:30pm	\$229	\$252
25067	10/5 - 10/26	Th	6:30pm-7:30pm	\$229	\$252
25117	10/6-10/27	F	6:30pm-7:30pm	\$229	\$252
25114	11/2-11/30	Th	6:30pm-7:30pm	\$229	\$252
25118	11/3-12/1	F	6:30pm-7:30pm	\$229	\$252



Ages 9 & Up

Exploring Robots with Sphero RVR & Little Bits

The Rrooar Coding & Robotics Academy

Campers will learn about engineering and computer science concepts through the world of the Sphero RVR. Campers will learn how to operate a robot, program the robot to complete simple tasks, and use the robot with other mechanical systems to accomplish a task.

LOCATION: 1162 S. Tradition Street, Mountain House

AGES: 9-12 Years

NOTE: No Class 10/14, 11/25

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25064	9/9-12/9	Sat	12:30pm-1:30pm	\$295	\$325

Ages 10 & Up

Anxious About Anxiety: Scared to Socialize

Lisa Hill PH.D, LMFT

Children will gain an understanding of how anxiety gets in the way of socializing with peers. Students learn age-appropriate skills.

LOCATION: Tracy Transit Station

AGES: 10-13 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25071	9/8-10/27	F	5pm-7pm	\$300	\$330

PRESCHOOL

Lil' Heisman Flag Football

Hi-Five Sports Club Tri-Valley

Our philosophy of positive reinforcement in teaching football enables each athlete to enjoy the game while learning necessary skills and techniques. Hi-Five Coaches will focus on different skills and drills each week to develop and elevate kids football skills in a fun way! Focus on throwing, catching, passing, running.

LOCATION: Veterans Park
AGES: 3-5 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25099	9/5-9/26	Tu	4:15pm-5pm	\$75	\$83
25100	10/3-10/24	Tu	4:15pm-5pm	\$75	\$83
25101	11/7-11/28	Tu	4:15pm-5pm	\$75	\$83

Hi-Five Tot Soccer

Hi-Five Sports Club Tri-Valley

Hi-Five Soccer is a weekly developmental soccer program for children 2-5 years old. We believe the game of soccer serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more.

LOCATION: Veterans Park **AGES:** 3-5 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25105	9/11-10/2	М	4:15pm-5pm	\$75	\$83
25106	10/9-10/30	М	4:15pm-5pm	\$75	\$83
25107	11/6-11/27	М	4:15pm-5pm	\$75	\$83

Lil' Ballers

Hi-Five Sports Club Tri-Valley

Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and playing the game.

LOCATION: Veterans Park **AGES:** 3-5 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25108	9/6-9/27	W	4:15pm-5pm	\$75	\$83
25109	10/4-10/25	W	4:15pm-5pm	\$75	\$83
25110	11/1-11/22	W	4:15pm-5pm	\$75	\$83

YOUTH

Future Stars Tennis – Tiny Tots

Hailian Weng

Taught in a fun, friendly environment including using foam balls. Learn basic strokes, volleys, serves, scoring, etiquette, and doubles play. We provide the opportunity to learn the fundamentals of the game of tennis.

LOCATION: Dr. Powers Park
AGES: 4-8 Years

NOTE: 21" or 23" Racquets should be used.

CLASS #	DATES	DAY	TIME	RES-DISC	COST
24950	9/2-9/30	Sat	10am-11am	\$50	\$55
24951	9/11-9/25	M	4pm-5pm	\$30	\$33
24952	10/7-10/28	Sat	10am-11am	\$40	\$44
24953	10/2-10/30	M	4pm-5pm	\$50	\$55
24954	11/4-11/18	Sat	11am-12pm	\$20	\$22
24955	11/6-11/27	M	3pm-4pm	\$40	\$44
24956	12/2-12/16	Sat	11am-12pm	\$30	\$33
24957	12/4-12/18	M	3pm-4pm	\$30	\$33

Tiny Tigers

Parks Pinnacle Tae Kwon Do

In this White Belt Course, students will learn the basics of Taekwondo, White Belt Hand, Kick, Self-Defense, Sparring, Poomsae. Students will have the opportunity to challenge their physical and mental aspects in each sections and lessons. By the end of this course, students will grow in both physical strength and mental discipline. Students who complete this course will be able to perform all White Belt curriculum and be ready to take on the challenge of Yellow Belt Course.

LOCATION: 7575 W Linne Rd

AGES: 4-6 Years

CLASS #	DATES	DAY/TIME	RES-DISC	COST
25129	9/6-9/28	Mon: 4pm-4:35pm Wed: 4:45pm-5:20pm Thurs: 5:30pm-6:05pm	\$209	\$230
25130	10/2-10/30	Mon: 4pm-4:35pm Wed: 4:45pm-5:20pm Thurs: 5:30pm-6:05pm	\$209	\$230
25131	11/1-11/30	Mon: 4pm-4:35pm Wed: 4:45pm-5:20pm Thurs: 5:30pm-6:05pm	\$209	\$230
25132	12/4-12/21	Mon: 4pm-4:35pm Wed: 4:45pm-5:20pm Thurs: 5:30pm-6:05pm	\$209	\$230

Chess

Manuel Minzer

In chess, participants will learn the fundamentals and work improving their concentration and strategic thinking. Participants will learn first decision, multiple strategies, and to play with others.

LOCATION: Tracy Transit Station

AGES: 5-14 Years

BEGINNERS

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25056	9/11-10/23	М	3:05pm-4pm	\$125	\$138
25057	11/6-12/18	M	3:05pm-4pm	\$125	\$138

ADVANCED

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25058	9/11-10/23	М	4:05pm-5pm	\$125	\$138
25059	11/6-12/18	M	4:05pm-5pm	\$125	\$138

Intro To Cricket

Hi-Five Sports Club Tri-Valley

Introduce your child to one of the most popular sports in the world. Players will learn bowling, batting, and running the wicket. Hi-Five coaches also put a strong emphasis on explaining each activity, so players not only know how to do the drills correctly, they know when and where to use these skills on the field!

LOCATION: Veterans Park **AGES:** 6-8 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25111	9/6-9/27	W	4:15pm-5pm	\$75	\$83
25112	10/4-10/25	W	4:15pm-5pm	\$75	\$83
25113	11/1-11/22	W	4:15pm-5pm	\$75	\$83

Introduction to Sports & Fitness

Hi-Five Sports Club Tri-Valley

We're here to help keep your child active, healthy, and happy. The goal of our skill development program is to help participants build a foundation with the fundamentals, master their position, and allow them to gain a competitive edge in their sport. This will ultimately grow their own self-confidence. New skills are introduced weekly and adhere to our structured format. We are unique in that we utilize game simulation drills, and we make it fun. Hi-Five Skill Development is about getting a little better every day!

LOCATION: Veterans Park

AGES: 5-10 Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25102	9/5-9/26	Tu	4:15pm-5pm	\$75	\$83
25103	10/3-10/24	Tu	4:15pm-5pm	\$75	\$83
25104	11/7-11/28	Tu	4:15pm-5pm	\$75	\$83

Little Samurai's Brazilian Jiu-Jitsu

Steven Placido, Darcio Lira Jiu-Jitsu Tracy

This introduction to the art of Brazilian Jiu-Jitsu will immerse the student in the most effective martial art. Your child will learn focus, discipline, respect, social skills, and physical conditioning. Age-appropriate self-defense techniques will be taught and performed with a live partner.

LOCATION: 902 N. Central Avenue, Suite #2

AGES: 5-8 Years

CLASS #	DATES	DAY/TIME	RES-DISC	COST
24976	9/5-10/12	Mon/Wed/Thur 4pm-5pm	\$175	\$193
24977	10/16-11/27	Mon/Wed/Thur 4pm-5pm	\$175	\$193
24978	12/1-1/11	Mon/Wed/Thur 4pm-5pm	\$175	\$193

NEW! Hi-Five Flag Football League

Hi-Five NFL Flag Football is a weekly developmental football program for children K – 7th Grade. We believe the game of football, when introduced properly, serves to help children build self-esteem, coordination, athleticism and so much more! This class was methodically developed by our full-time football coaches and management team to provide a safe, fun, and passionate introduction to the fundamentals of the game.

LOCATION: Legacy Fields

DATE: September 11 – October 23

NOTE: Additional \$17 supply fee per player due at registration.

CLASS #	AGE DIVISION	DAY	TIME	RES-DISC	COST
25027	6-8 Years	М	4pm-5:45pm	\$150	\$165
25028	9-12 Years	M	6pm-7:45pm	\$150	\$165



White Belt Beginner Taekwondo

Parks Pinnacle

This course will be beginner Taekwondo classes. In this White Belt Course, students will learn the basics of Taekwondo, White Belt Hand, Kick, Self-Defense, Sparring, and Poomsae. Students will have the opportunity to challenge their physical and mental aspects in each section and lessons. By the end of this course, students will grow in both physical strength and mental discipline. Students who complete this course will be able to perform all White Belt curriculum and be ready to take on the challenge of Yellow Belt Course.

LOCATION: 7575 W. Linne Road

AGES: 7-13 Years

CLASS #	DATES	DAY/TIME	RES-DISC	COST
23011	9/8-10/3	Mon 4:45pm-5:20pm, Thurs 6:15pm-6:50pm	\$179	\$197
23012	10/6-10/31	Mon 4:45pm-5:20pm, Thurs 6:15pm-6:50pm	\$179	\$197
23013	11/3-12/1	Mon 4:45pm-5:20pm, Thurs 6:15pm-6:50pm	\$179	\$197
23014	12/5-12/29	Mon 4:45pm-5:20pm, Thurs 6:15pm-6:50pm	\$179	\$197
23015	9/7-9/30	Wed 5:30pm-6:05pm, Fri 4:45pm-5:20pm	\$179	\$197
23016	10/5-10/28	Wed 5:30pm-6:05pm, Fri 4:45pm-5:20pm	\$179	\$197
23017	11/2-12/2	Wed 5:30pm-6:05pm, Fri 4:45pm-5:20pm	\$179	\$197
23018	12/7-1/4	Wed 5:30pm-6:05pm, Fri 4:45pm-5:20pm	\$179	\$197

White Belt Beginner

Parks Pinnacle Tae Kwon Do

In this White Belt Course, students will learn the basics of Taekwondo, White Belt Hand, Kick, Self-Defense, Sparring, Poomsae. Students will have the opportunity to challenge their physical and mental aspects in each section and lessons. By the end of this course, students will grow in both physical strength and mental discipline. Students who complete this course will be able to perform all White Belt curriculum and be ready to take on the challenge of Yellow Belt Course.

LOCATION: 7575 W Linne Rd

AGES: 7-13 Years

CLASS #	DATES	DAY / TIME	RES-DISC	COST
25125	9/4-9/28	Mon: 4:45pm-5:25pm Wed: 5:30pm-6:05pm Thurs: 6:15pm-6:55pm	\$209	\$230
25126	10/2-10/30	Mon: 4:45pm-5:25pm Wed: 5:30pm-6:05pm Thurs: 6:15pm-6:55pm	\$209	\$230
25127	11/1-11/30	Mon: 4:45pm-5:25pm Wed: 5:30pm-6:05pm Thurs: 6:15pm-6:55pm	\$209	\$230

Kids Brazilian Jiu-Jitsu

Steven Placido, Darcio Lira Jiu-Jitsu Tracy

In this course you will learn the art of Brazilian iiu-iitsu. This effective martial art uses leverage & technique to overcome a bigger and stronger opponent. Your child will gain focus, discipline, confidence & problem-solving skills while also becoming physically fit & learning self-defense.

LOCATION: 902 N. Central Avenue, Suite #2

AGES: 9-14 Years

CLASS #	DATES	DAY/TIME	RES-DISC	COST
24973	9/5-10/12	Mon/Wed/Thur 5pm-6pm	\$175	\$193
24974	10/16-11/27	Mon/Wed/Thur 5pm-6pm	\$175	\$193
24975	12/1-1/11	Mon/Wed/Thur 5pm-6pm	\$175	\$193



Tennis Lessons

12 and Under - Tennis Lessons

PTR Certified Professional Micheal Quintana

With age-appropriate rackets (23, 25-inch rackets), pathway balls and professional instruction, players will have fun learning the basic strokes, movement and how to keep score in tennis. Each day of class we will emphasize on a theme stroke (forehand, backhand, volley, serve) so that players can put it all together to learn to play games and points.

LOCATION: Dr. Powers Park Tennis Courts

AGES: 9-12 Years

DR. POWERS PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25073	9/6-9/27	W	4pm-5pm	\$82	\$91
25074	10/4-10/25	W	4pm-5pm	\$82	\$91
25075	11/1-11/22	W	4pm-5pm	\$82	\$91
25076	12/6-12/20	W	4pm-5pm	\$62	\$69

LARSEN PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25077	9/2-9/23	Sat	9am-10am	\$82	\$91
25078	10/7-10/28	Sat	9am-10am	\$82	\$91
25079	11/4-11/18	Sat	9am-10am	\$62	\$69
25080	12/2-12/16	Sat	9am-10am	\$62	\$69

Junior Warriors Basketball Program

Once again the City of Tracy is pleased to offer its very popular Junior Warriors Basketball program, a recreational youth basketball league.

This program is a great opportunity for kids' grades 3rd through 6th to participate in a fun recreational basketball league that stresses fun, sportsmanship, skill development and teamwork.

Practices may be held on any day of the week, all games are conducted on Saturdays beginning in January through the middle of March. No previous experience is required. All skill levels are welcome!

LOCATION: TBA

DATE: Deadline to Register: December 1



Junior Warriors Players' Skills Assessment Day

All participants registered for the City's Junior Warriors program are required to attend the program's Skills Assessment Day. This assessment will permit the players to

demonstrate their skills to assist in the equal distribution of skill among the teams in the league. Participants will be asked to show their ability to dribble, shoot, and rebound and run the court. Additionally, all participants will verify their UNIFORM SIZE at the skills day.

LOCATION: TBA

DATE: December 2

NOTE: Attendance is required to play in the league.

Uniform sizes will be verified at skills camp.



Jr. Warriors Basketball

CLASS #	LEAGUE	RES-DISC	COST
24850	3rd / 4th Grade Boys	\$86	\$95
24851	3rd / 4th Grade Girls	\$86	\$95
24852	5th / 6th Grade Girls	\$86	\$95
24853	5th / 6th Grade Boys	\$86	\$95

NOTE: Additional \$20 uniform fee per player due at registration.

Youth Basketball Coaches Needed!

Volunteering as a coach in the City of Tracy's Junior Warriors program provides you with an opportunity to have a positive impact on the youth of our community. No coaching experience required. For more information on volunteering, call (209) 831-6207.

Interested in Volunteering?

TO SIGN UP TO BE A VOLUNTEER:

- Complete a volunteer application first. To get a volunteer application and livescan form please call (209) 831-6207.
- Upon submittal of a volunteer application, volunteers will need to process a fingerprint/livescan check.

Middle School (Challenger) Team Tennis Prep

PTR Certified Professional Micheal Quintana

With age-appropriate rackets (25", 27-inch rackets), pathway balls (green dot, optic yellow) and professional instruction, players will have fun learning the basic strokes, movement and how to keep score in tennis. In addition, players will learn how to rally, serve, and return. Group games will be played to improve player's skills and movement to prepare them for team competition.

AGES: 11-13 Years

DR. POWERS PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25081	9/6-9/27	W	5рт-6рт	\$82	\$91
25082	10/4-10/25	W	5pm-6pm	\$82	\$91
25083	11/1-11/22	W	5pm-6pm	\$82	\$91
25084	12/6-12/20	W	5pm-6pm	\$82	\$91

LARSEN PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25085	9/2-9/23	Sat	10am-11am	\$82	\$91
25086	10/7-10/28	Sat	10am-11am	\$82	\$91
25087	11/4-11/18	Sat	10am-11am	\$62	\$69
25088	12/2-12/16	Sat	10am-11am	\$62	\$69

High School Team Tennis Prep

PTR Certified Professional Micheal Quintana

Class is for players that are currently playing or are looking to play high school team tennis. Players will learn and improve their technique, footwork and court positioning through drills and fun/competitive skill games. They will also improve their strokes and skills through rallying, live ball drills and set play.

AGES: 13-17 Years

DR. POWERS PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25089	9/6-9/27	W	6pm-7pm	\$82	\$91
25090	10/4-10/25	W	6pm-7pm	\$82	\$91
25091	11/1-11/22	W	6pm-7pm	\$82	\$91
25092	12/6-12/20	W	6pm-7pm	\$62	\$69

LARSEN PARK

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25093	9/2-9/23	Sat	11am-12pm	\$82	\$91
25094	10/7-10/28	Sat	11am-12pm	\$82	\$91
25095	11/4-11/18	Sat	11am-12pm	\$62	\$69
25096	12/2-12/16	Sat	11am-12pm	\$82	\$91

Adults Brazilian Jiu-Jitsu

Steven Placido, Darcio Lira Brazilian Jiu-Jitsu

In this course you will learn Brazilian jiu-jitsu self-defense, take downs, throws and ground fighting techniques. You will train with a partner. Bonus: you will become physically fit, make new friends, become confident and healthy through jiu-jitsu.

LOCATION: 902 N. Central Avenue, Suite #2

AGES: 15 & Up Years

MORNING

CLASS #	DATES	DAY/TIME	RES-DISC	COST
24964	9/16-10/16	Mon/Wed: 11:30am-12:30pm Sat: 11am-12pm	\$175	\$193
24965	10/18-11/29	Mon/Wed: 11:30am-12:30pm Sat: 11am-12pm	\$175	\$193
24966	12/4-1/20	Mon/Wed: 11:30am-12:30pm Sat: 11am-12pm	\$175	\$193

EVENING

CLASS #	DATES	DAY/TIME	RES-DISC	COST
24964	9/4-10/12	Mon/Wed/Thur: 6pm-7:15pm	\$175	\$193
24965	10/16-11/27	Mon/Wed/Thur: 6pm-7:15pm	\$175	\$193
24966	12/1-1/11	Mon/Wed/Thur: 6pm-7:15pm	\$175	\$193

Adult Beginning Tennis

PTR Certified Professional Micheal Ouintana

With age-appropriate rackets (27-inch rackets), pathway balls and professional instruction, players will have fun learning the basic strokes, footwork, and rallying. In addition, players will learn singles and doubles drills to improve their skills, ball placement and movement to prepare them for set play.

LOCATION: Larsen Park Tennis Courts

AGES: 18+ Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25097	9/2-9/23	Sat	8am-9am	\$82	\$91
25098	10/7-10/28	Sat	8am-9am	\$82	\$91

Foundations of Dog Training 101

K9 Development

Please join us as we talk about and give you the skills to start off right! Whether looking to start a new pups education or getting an old friend back on the right track; this class will cover the "what and how" to do it right! This class is a mixture of conversation and practical application. If you have a want, let us help show you a way!

LOCATION: Larsen Park
AGE: 18+ Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25061	9/21	Th	6pm-8pm	\$100	\$110

Foundations of Dog Training 102

K9 Development

This class is an extension of Foundations 101. This class will focus on further developing you and your dog's foundation skill sets. We will continue to build on obedience and explore more advanced tools and concepts in the journey to having a "well-trained dog." Don't worry if you missed 101 as this class will also give you a starting point and much to think about. This class is a mixture of conversation and practical application. If you have a want, let us help show you a way!

LOCATION: Larsen Park
AGE: 18+ Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25060	10/26	Th	6pm-8pm	\$100	\$110

Anxious About Anxiety: Panicking About Panic Attacks

Lisa Hill PH.D, LMFT

This course takes on a neurological yet practical approach to dealing with anxiety and panic attacks. Students will learn simple tools to reduce anxiety.

LOCATION: Tracy Transit Station

AGES: 18+ Years

CLASS #	DATES	DAY	TIME	RES-DISC	COST
25072	9/4-11/6	M	6:30pm-8pm	\$300	\$330



Become a contract instructor!

We are seeking applications from independent contractors for the following activities.

Adult Enrichment • Health & Fitness • Facilitated Discussion Groups • Skateboarding • Sign Language

Cheerleading • Zumba • Preschool • Teens • Adults • Seniors • & more!

For more information contact us at parks@cityoftracy.org or at (209) 831-6202



LOLLY HANSEN SENIOR CENTER

375 E. 9th Street Monday-Friday The Senior Center will be closed: 9/4, 11/10, 11/23, 11/24, 12/22, 12/25

OFFICE / INFORMATION

8am to 4pm • 831-6240 tracyseniorcenter@cityoftracy.org

CITY OF TRACY - FRONT DESK

8am to 6pm • 831-6200

TRACER / PARATRANSIT

7am to 7pm • 831-4287

EL CONCILIO

8am to 5pm • 644-2600

SECOND HARVEST

Brown Bag 8am to 4:30pm • 239-2091

SAN JOAQUIN COUNTY DEPT. OF AGING

Meals on Wheels 8am to 5pm • 468-1104

VOLUNTEERS NEEDED

We are looking for individuals with friendly personalities, who enjoy helping others. The Senior Center welcomes volunteers for a variety of activities. Be a receptionist, assist at events, or share vour expertise as a volunteer teacher or lecturer. Please visit the Senior Center front desk for more information.

PROGRAMS

AARP Smart Driver Course

These are two, four-hour classes sponsored by AARP. The four hours on both Wednesdays are required to receive your DMV certificate. By taking this course you'll learn the current rules of the road, defensive driving techniques and how you can manage common age-related changes. Please bring cash, check or money order made out to AARP when registering. Note: Must show a valid AARP card to receive discount. **INSTRUCTOR:** Joy Daniels | AGE: 55+

Dates: 11/8 & 11/15 Time: 12pm to 4pm

Members \$20, Non-Members \$25 Cost:

AARP Smart Driver Refresher Course

This is a one day, four-hour refresher course sponsored by AARP. Please bring cash, check or money order made out to AARP to register. Note: Must show a valid AARP card to receive discount.

INSTRUCTOR: Joy Daniels | AGE: 55+

Dates: 9/27 or 12/20 Time: 12pm to 4pm

Cost: Members \$20, Non-Members \$25



NEW Pickleball

Come join the fastest growing game - Pickleball! Pick up a paddle to protect your heart and boost your mood! Enjoy this great social outlet and improve your reflexes and balance. No racket? No problem. We have all the equipment you will need! Call (209) 831-6240 to reserve. *Weather permitting

Tuesday, Thursday & Saturday Day:

8:30am to 10:30am Time: **Location:** Frank Hoyt Park

Cost: FREE

NEW Coffee with a Cop

Break down the barriers between police officers and the community they serve. Join the Tracy Police Department monthly at the Senior Center to discuss issues and learn more about each other. Enjoy distraction-free conversations with your local police officers while building relationships.

Dates: Mondays, 9/18, 10/2, 11/6, 12/4

Time: 10am to 11pm

Cost: FREE

Senior Tuesdays at the Grand

Senior Tuesdays at the Grand is a program offering low-cost, educational offerings to seniors, age 50+, at the Grand Theatre Center for the Arts. This ongoing series offers a variety of art, movement, performance, and social activities, three times a month on Tuesdays. No experience is necessary, and all supplies are provided.

Location: Grand Theatre Center for the Arts

Days: Tuesdays, 3-week sessions

Session 1: 9/12, 9/19, 9/26 Session 2: 10/10, 10/17, 10/24 Session 3: 11/7, 11/14, 11/21

Times: 11am to 1:30pm

Fees: Residents \$15, Non-Residents \$18,

\$6 Drop-in Fee

SENIOR TRIP

Apple Hill

Join us as we take a trip to Apple Hill! Enjoy the beautiful mountain air and scenic views as we stop at various ranches, wineries, and explore fruit stands, bake shops, and much more! Note: There will be moderate walking on uneven surfaces.

Class#: 24940 Date: 11/8

Res-Disc: \$37 Day: Wednesday
Cost: \$40 Time: 8am to 6pm

*Transportation only

Life Lessons

We welcome you to join us for exciting talks curated by retired psychologist Dr. John Giehl! Each month will feature a new guest speaker to cover a range of topics.

Dates: Mondays, 9/25, 10/23, 11/27

Time: 10:30am to 12pm

Cost: FREE

NEW Matter of Balance

This evidence-based fall risk reduction educational program includes structured curriculum taught over 8 sessions (each session for 2 hours). The group will be meeting every Tuesday and Thursday. It is important that at least 5 sessions attend to get majority of the course. Please call (209) 831-6240 to reserve your spot. Space is limited!

Date: Thursdays, beginning 10/12

Time: 3pm to 5pm

SPECIAL EVENTS

Ice Cream Social – Grandparents Day

Celebrate being a grandparent by joining us for an afternoon of cold treats and fun activities.
Grandchildren are invited to participate.

Date: Monday, 9/11
Time: 2:30pm to 3:30pm

Cost: FREE

NEW Swinging Through Time

Step back in time and experience the magic of music spanning over eight decades. In celebration of National Senior Center Month, join us for a captivating evening filled with infectious beats and melodies provided by a DJ. Dancing, dinner, and fun included.

Class#: 24941 Date: Wednesday, 9/27

Cost: \$10 Time: 4pm to 7pm

Spaghetti Dinner & Bingo

In collaboration with the Tracy Golden Agers, join us for a fun night of Bingo & Spaghetti! Advance purchase is \$15 and includes dinner, 1 bingo booklet, and 1 dauber. Price at the door is \$20 and includes dinner and 1 bingo booklet. Sign up in advance! Great prizes to be awarded.

Class#: 24836 Wednesday, 10/18 Date:

Cost: \$15 / \$20 4pm to 7pm Time:

Halloween Bash

Come have a spooktacular good time at our Halloween Bash! Wear your scary or silly costumes for a chance to win a prize! Enjoy kooky and creepy treats while dancing to Halloween music.

Tuesday, 10/31 Class#: 24939 Date: Cost: \$10 2pm to 5pm Time:

Parks & Community Services Commission Special Meeting

Come share the needs and concerns of seniors in the Tracy Community! For over eight years, seniors and community members have shared their comments and concerns resulting in updated transportation routes, an expanded Senior Center, new senior events and programming, and much more! Your opinion is valued.

Cost: **FREE**

Date: Wednesday, 11/1 Time: 2pm to 3pm

Medicare Beneficiaries Health Fair Annual Medicare Part D Check Up

Did you know the Inflation Reduction Act has many major provisions that will lower Part D drug costs? Do you have questions about whether your medications are safe to take together? Would you like to get your annual flu shot or other vaccines, cholesterol, blood pressure, blood sugar, bone density, or several other FREE health screenings/services? If you answered "YES" to any of these questions, please come to the Medicare Health Fair that will be provided by the University of the Pacific School of Pharmacy in partnership with the Lolly Hansen Senior Center.

Saturday, 11/18 Date: 10am to 4pm Time:

FREE Fee:

NEW Holiday Craft Fair

Join us for a day of CREATIVITY! Handcrafted wares for sale just in time for the holiday season. Note: \$28 vendor fee.

Class#: 24837 Date: Saturday, 11/4 Cost: FREE Time: 9am to 12pm

Senior Thanksgiving Dinner

Come join us for a wonderful Thanksgiving feast with all the trimmings! This complimentary dinner is sponsored by the Sunrise Rotary and Tracy community volunteers.

NOTE: Reservations begin October 23rd.

LOCATION: I.P.F.E.S. Portuguese Hall - 430 W. 9th St.

Sunday, 11/19 Date:

TBD Time: **FREE** Cost:

Rockin' Reindeer Bash

Yes, it's that time of year again where we celebrate the holiday season. Enjoy live holiday themed performances while indulging in sweet treats and sipping on hot chocolate.

Date: Wednesday, 12/6

Time: 4pm - 7pm

Cost: **FREE**

Black & White Ball

Come and enjoy an evening of fun, dancing, and great food. Enjoy a casino themed dance with friends, loved ones. Dress to impress in your fancy attire and don't forget those dancing shoes! Music provided by In the Mood jazz band.

Class#: 22934 Date: Monday, 12/18 \$10 Cost: Time: 4pm to 7pm

New Year's Eve Party

Celebrate the New Year with us! Enjoy dancing, karaoke and dinner. We will end the party with sparkling cider toast and Auld Lang Syne.

Class#: 22935 Friday, 12/29 Date: **Cost:** \$10 Time: 4pm to 7pm



HEALTH & WELLNESS Fitness Programs

The goal of the Senior Center exercise program is to provide you with a safe and structured program to promote good health. Standing and chair exercise programs are provided. All classes are led by licensed, qualified instructors.



All exercises are adaptable to fit your current fitness level



Bring a towel & water bottle comfortable, loose clothing & gym shoes are recommended (Please NO sandals)



Before starting any fitness program you should consult with your physician



Please NO gum or food while exercising

MONDAY

TUESDAY

7:30am to 8:30am

WALKERS & TALKERS GROUP

oin members of the Tracy Golden Agers as they walk around Lincoln Park. Bring water and walking shoes. The group meets on Eaton Avenue by the children's jungle gym.

Weather Permitting • FREE

NEW!

7:30am to 8:30am

WALKERS & TALKERS GROUP

oin members of the Tracy Golden Agers as they walk around Lincoln Park. Bring water and walking shoes. The group meets on Eaton Avenue by the children's jungle gym.

Weather Permitting • FREE

9:00am to 10:00am

FIT & STRONG*

Instructor: Hayat Eter Stay fit, get stronger and have fun! Sneakers strongly recommended. Personal hand weights optional.

2:30pm to 3:30pm

GENTLE CHAIR YOGA & MEDITATION*

Volunteer: Uttara Makker Includes gentle poses (asanas) with mindfulness, breathing techniques, and meditation. The combination of these practices promotes functional mobility, self-discovery and helps rebalance the nervous system.

9:00am to 10:00am

GENTLE CHAIR YOGA & MEDITATION*

Volunteer: Uttara Makker Includes gentle poses (asanas) with mindfulness, breathing techniques, and meditation. The combination of these practices promotes functional mobility, self-discovery and helps rebalance the nervous system.

NEW! 10:30am to 11:30am **ZUMBA GOLD ON TV**

A lower-intensity version of the typical Zumba class with modified moves and pacing to suit the needs of active adults.



FITNESS CARDS ARE AVAILABLE FOR \$23 & CAN BE USED TOWARDS 25 FITNESS CLASSES!*

*Only valid on \$1 drop-in classes.

20

WEDNESDAY

THURSDAY

FRIDAY

NEW!

7:30am to 8:30am

WALKERS & TALKERS GROUP

Join members of the Tracv Golden Agers as they walk around Lincoln Park. Bring water and walking shoes. The group meets on Eaton Avenue by the children's jungle gym.

Weather Permitting • FREE

NEW!

7:30am to 8:30am

WALKERS & TALKERS GROUP

oin members of the Tracv Golden Agers as they walk around Lincoln Park. Bring water and walking shoes. The group meets on Eaton Avenue by the children's jungle gym.

Weather Permitting • FREE

NEW!

7:30am to 8:30am

WALKERS & TALKERS GROUP

Join members of the Tracv Golden Agers as they walk around Lincoln Park. Bring water and walking shoes. The group meets on Eaton Avenue by the children's jungle gym.

Weather Permitting • FREE

9:00am to 10:00am FIT & STRONG*

Instructor: Hayat Eter Stay fit, get stronger and have fun! Sneakers strongly recommended. Personal hand weights optional.

NEW! 9:00am to 9:45am

STRENGTH & STRETCH*

Instructor: Hayat Eter 45 min of chair exercise for the whole body, working strength, coordination, and flexibility. Some standing (optional) holding to the chair, for balance.

NEW! 10:30am to 11:30am

ZUMBA GOLD ON TV

A lower-intensity version of the typical Zumba class with modified moves and pacing to suit the needs of active adults.

Beginner: 8:30am to 9:30am Intermediate: 9:45 to 10:45am

TAI CHI FOR HEALTH

Instructor: Mary Ross This is a moving meditation class where students will learn a series of slow, gentle moves. Tai Chi helps to reduce stress and increase relaxation. It is good for posture, balance and overall well-being. Fees vary per month.

9:00am to 10:00am FIT & STRONG*

Instructor: Hayat Eter Stay fit, get stronger and have fun! Sneakers strongly recommended. Personal hand weights optional.

10:15am to 11:00am

STRENGTH & STRETCH*

Instructor: Hayat Eter 45 min of chair exercise for the whole body, working strength, coordination, and flexibility. Some standing

Consult with your physician before starting any fitness program. All programs are adaptable to any and all physical abilities. For more information about these fitness classes, please call: Lolly Hansen Senor Center (209) 831-6240

SENIOR CENTER

Weekly Activities

** Price is per project and covered by scholarship.

MONDAY	ACTIVITY	COST
8:30am-9:30am	NEW Meditative Art	FREE
8:30am-3:30pm	Open Computers	FREE
10:00am-11:00am	NEW Coffee With A Cop	FREE
10:30am-12:00pm	Life Lessons (4th)	FREE
12:00pm-3:00pm	Needle Art	FREE
12:30pm-2:30pm	Bingo	FREE
1:00pm-4:30pm	NEW Hand & Foot	FREE
2:00pm-4:00pm	Intergenerational (1st)	FREE
3:00pm-5:30pm	Ping Pong	\$1



TRANSPORTATION IS AVAILABLE!

TO & FROM THE SENIOR CENTER

TRACER Paratransit provides door to door, shared-ride services for eligible individuals with certified disabilities, Medicare, seniors (age 65 and above), and veterans, within the City limits. For more information and how to apply, please call TRACER at (209) 831-4287.

TUESDAY	ACTIVITY	COST
8:30am-10:30am	Pickleball @ Hoyt Park	FREE
9:00am-11:30am	Paralegal (1st & 3rd)	FREE
9:30am-11:30am	Golden Agers (2nd)	FREE
10:30am-11:30am	Zumba Gold on TV	FREE
10:30am-1:00pm	NEW Mexican Train (1st, 3rd, 4th)	FREE
12:00pm-2:00pm	Line Dancing	\$2
12:30pm-3:30pm	Open Computers	FREE
1:00pm-5:00pm	Karaoke	FREE
1:00pm-5:00pm	Phase 10	FREE
1:00pm-5:00pm	NEW Bid Whist	FREE
3:00pm-6:00pm	Country Jubilee	\$2

WEDNESDAY	ACTIVITY	COST
8:30am-10:30am	Brown Bag (1st & 3rd)	FREE
8:30am-11:30am	5D Diamond Art	\$10 **
8:30am-11:30am	NEW Quilting	FREE
8:30am-3:30pm	Open Computers	FREE
9:30am-10:30am	NEW Gardening 101	FREE
11:15am-12:15pm	Mobile Farmer's Market (4th)	FREE
12:00pm-3:00pm	Watercolor Class	FREE
12:00pm-3:00pm	Ping Pong	\$1
1:00pm-3:00pm	NEW Chess Club	FREE
1:00pm-5:00pm	Mah Jong	FREE
3:30pm-5:30pm	NEW Indoor Pickleball	\$1

THURSDAY	ACTIVITY	COST
8:30am-10:30am	Pickleball @ Hoyt Park	FREE
9:00am-10:00am	NEW Tech Talk	FREE
9:00am-12:00pm	NEW Computer Class	FREE
10:30am-11:30am	Zumba Gold on TV	FREE
10:30am-12:00pm	Book Club (3rd)	FREE
12:30pm-2:30pm	Bingo	FREE
12:30pm-3:30pm	Open Computers	FREE
1:00pm-2:30pm	NEW Rock Painting (1st & 3rd)	FREE
1:00pm-2:30pm	NEW Craft Studio (2nd & 4th)	FREE
2:30pm-4:00pm	NEW Writing Group	FREE
3:00pm-5:00pm	NEW Line Dancing	\$2
5:00pm-7:00pm	NEW Fun Flick Movie Night (1st) FREE

FRIDAY	ACTIVITY	COST
8:30am-11:30am	Bunco (1st & 3rd)	FREE
8:30am-11:30am	NEW Open Workshop	FREE
	(2nd & 4th)	FREE
8:30am-3:30pm	Open Computers	FNLL
11:00am-12:00pm	NEW Intro to French	FREE
12:00pm-3:30pm	Ping Pong	\$1
12:00pm-3:30pm	Pinochle	FREE
1:00pm-3:00pm	Ukulele	FREE
1:00pm-3:00pm	NEW Crocheting	FREE
3:00pm-4:00pm	NEW Single, Let's Mingle (1st)	FREE



Stay Connected with the Senior Center! Like us on Facebook

@TracySeniorCenter to keep up with the latest news, programs, classes and events! Need assistance on how to access? Stop by the front desk and we will show you how.

SENIOR SUPPORT Organizations

Brown Bag

Our Senior Link Specialists are available to help!

Appointments available upon request.

Senior Link-Tracy

Assisting Senior Citizens in living a full, vibrant and independent life with access to information, local agencies and service providers.

Need help finding services or Do you have a concern?

- Senior Housing
- In-Home Care
- Transportation Services
- Discount Services
- Health Services
- Volunteer Opportunities

Email: tracyseniorcenter@cityoftracy.org Phone: (209) 831-6240

Brown Bag is a food distribution program for seniors 60 years and older provided by Second Harvest. There are some income restrictions and participants may sign up at the Lolly Hansen Senior Center the day of distribution only. Brown Bag is held the 1st and 3rd Wednesday of each month from 8:30am to 10:30am. A \$12 donation for the year is optional.

Daily In-Home Meals

Home delivered frozen meals are available to home-bound and/or temporarily ill seniors 60 years and older. Program is Monday-Friday, 10:15am to 12:30pm. Suggested contribution of \$3 per meal is greatly appreciated. An application must be completed before services begin. For more information or to register for the program call the San Joaquin Department of Aging and Adult Services at (209) 468-1104.

Mobile Farmers Market

This farmers market on wheels distributes healthy nutritional items, particularly fresh fruits and vegetables. Nutrition education provided free of charge for Tracy residents 60 years and older. Held on the 4th Wednesday of each month from 11:15am to 12:15pm at the Lolly Hansen Senior Center.

Congregate Meal Program

Hot meals are provided on a first come, first serve basis. Reservations can be made by phone or in person the day they would like to eat meals <u>only</u>. Individuals residing in San Joaquin County and over the age of 60 qualify for the program. Suggested contribution of \$3 per meal is greatly appreciated. Please call the Senior Center for more information.

HICAP

Are you confused about Medicare? Do you want to make changes to your current coverage but need a little help? HICAP is now providing phone appointments. HICAP is part of Medicare's national SHIP program. This nonprofit organization is dedicated to providing free & unbiased counseling to help you understand all your options. To schedule a free appointment, please call (209) 470-7812.

Paralegal Assistance

Paralegal assistance is provided to seniors 60 years and older free of charge by the El Concilio organization, on the 1st and 3rd Tuesday of each month. An appointment is necessary.
Call (209) 831-6240 to schedule.

Tracy Golden Agers - "Seniors on the Go"

Open to all senior citizens 55 years and older, Tracy Golden Agers (TGA) meets on the 2nd Tuesday of each month for FUN, creating friendships and planning outings. This community of caring and active individuals was established in 1997. Note: \$36 Annual Fee.

Date	Time
Tuesdays, 9/12, 10/10 &11/14	9:30am to 11:30am

Insightful Seminar Sessions

In partnership with local community agencies, the Lolly Hansen Senior Center will be hosting monthly seminars on Wednesdays each month. Light refreshments provided.

Date	Time	Topic
9/13	10am to 11am	House Plant Maintenance
10/4	10am to 11am	Breast Cancer Awareness
11/1	10am to 11am	Diabetes Awareness
12/6	10am to 11am	Caregiver Support



(September – December)

Mon: 10am - 8pm Tues: 10am - 7pm Wed: 1pm - 6pm Thur: 10am - 8pm Fri & Sat: 10am - 5pm Sun: 12pm - 5pm

CLOSED DAYS: 9/4, 9/22, 10/9, 11/10, 11/11, 11/23, 11/24, 12/25

Winter Reading

Read to earn FREE prizes!* Win raffle prizes!*

All Ages

December 1, 2023 - January 31, 2024 Read to earn free prizes! Participate in-person or online.



PRESCHOOL (AGES 0-5)	DAY	DATE	TIME
All About Baby Storytime (Age 0-2)	Tu	Weekly	10:30AM
Preschool Storytime (Age 3-5)	Th	Weekly	10:30AM
Preschool Stay & Craft (Age 3-5)	Th	Every 1st & 3rd	11AM

TEEN (AGES 13-18)	DAY	DATE	TIME
Makerspace	W	Weekly	11AM
Teen Crafts & More	Th	Weekly	4:30PM
SAT/ACT Practice Test* (Grade 9-12)	Sat	9/16, 10/28, 11/18, 12/9	1PM

CHILDREN (AGES 6+)	DAY	DATE	TIME
Let's Read Together (Grade 1-3)	М	Weekly	3PM
Chapter Book Club(Grade 4-6)	М	Weekly	4PM
Kids Crafts & More(Age 6-12)	Tu	Weekly	4PM
Makerspace (Age 10-18)	W	Weekly	4PM
Homework Help (Grade K-8)	Th	Weekly	6PM
Junior Makerspace (0-9)	F	Weekly	3PM
Paws for Reading (Age 6-12)	Sat	Every 2nd	12PM

ADULT (AGES 18+)	DAY	DATE	TIME
Evening Book Talk	Tu	9/12, 10/24, 11/21	5:30PM
Device Advice	Th	TBD	11AM
English Conversation Club	F	9/8, 9/29, 10/6, 10/20, 11/17, 12/1, 12/22	4PM
Morning Book Talk	Sat	9/2, 10/14, 12/16	10:30AM
Adult Craft & More*	Sat	9/23, 10/14, 11/4, 12/16	1PM

Visit us to get a FREE library card and access to books, audiobooks, eBooks, movies, music, and more. Computer workstations, Wi-Fi, fax, scanning, printing, and 3D-printing services are available. All library programs are FREE! No library card required. Register in-person, by phone, or via the online calendar on our website.

TRACY FRIENDS OF THE LIBRARY

The Tracy Friends of the Library operate a used book sale that is open during branch hours. To learn more about the Tracy Friends, please visit facebook.com/TracyFriendsOfTheLibrary



Tracy Branch Library 20 E. Eaton Avenue (866) 805-READ (7323) (209) 937-8221

www.ssjcpl.org



*Please register for activity in-person, by phone, or online.

COMMUNITY FACILITIES Lincoln Park

Planning an upcoming outdoor picnic, wedding, birthday party, other get-together or celebration? Let us help you reserve the perfect City of Tracy park or facility for your event.

PARKS

Park amenities include picnic areas, playgrounds, restrooms, water features, built-in BBQs, gazebos and other shade structures, providing something for everyone to enjoy.

(Bounce houses are permitted at 9 parks.)

RESERVE ANY OF THESE 15 PARKS FOR YOUR PRIVATE EVENT:

- Bland Park
- · Ceciliani Park
- Dr. Powers Park*
- Galli Family Park*
- **Greymont Park***
- Hoyt Park*
- Kenner Park
- Larsen Park

- Lincoln Park*
- Talley Park
- Thoming Park
- Tracy Hills Park*
- Starcross Park*
- Veterans Memorial Park*
- Zanussi Park*

* Bounce Houses Permitted

SPORTS FIELDS & COURTS

Fields: Baseball/Softball, Football, Soccer, Cricket, Ultimate Courts: Basketball, Tennis, Sand Volleyball, Handball, Shuffle Board, Bocce Ball, Horseshoe Pits, Disc Golf, Pickleball Email: sportsfields@cityoftracy.org for more information



FACILITIES

We offer meeting rooms, banquet halls, and other spaces for all occasions for group sizes ranging from 12 to 550 people. A/V and Public Wi-Fi access available at some facilities.



NOTE: Facility use permits are required for any event that includes 50 or more guests, alcohol, or other special amenities such as food vendors or bounce houses. For a complete listing of Tracy's parks and amenities, visit our webpage at www.cityoftracy.org (Search: Park Maps)

NEED MORE INFO? Contact us at (209) 831-6201 or email facilityreservations@cityoftracy.org

PARK FACILITIES

NAME/ADDRES	S	Acreage	Ball Fields	Basket- Ball	BBQ	Horse Shoes	Musical Equip.	Off-Street Parking	Picnic Tables	Play Area	Rest Room	Shade Stucture	Skate Element	Soccer	Tennis	Volley- Ball	Walking Path	Water Feature	Special Amenities
Bland (Clyde) Park 1803 Blandford Ln.	†	8.67						0				•							A
Ceciliani Park 1630 Cypress Dr.	1	12.37																	
Civic Center Plaza 365 E. 9th St.	1	2.93																	
Dr. Powers Park	♣	11.30																	Disc Golf
Galli Family Park 2341 West Lowell Ave.	1	4.63																	Bocce Ball
Greymont Park 6474 Greymont Dr.	1	3.91																	Docce buil
Hoyt Park 280 E. 3rd St.	1	6.44																	
Kenner Park	1	6.01																	
1850 Kavanagh Ave. Larsen Park	<u></u>																		
1401 South Central Ave. Legacy Fields Sports Complex 4901 N. Tracy Blvd.		5.10																	Fr. Litter by
Complex 4901 N. Tracy Blvd. Lincoln Park	X	72.20																	Field Lights
200 Eaton Ave. Plasencia Fields	X	13.74																	
2200 Krohn Rd.	X	20.96									_								
Ritter Ball Park 2300 N. Tracy Blvd.		10.82																	Field Lights Roller
Talley (Gretchen) Park 1500 Dove Dr.	*	11.24																	Hockey
Thoming Park 1100 Cambridge Pl.	*	5.31																	
Tiago (Joseph) Park 1260 Eastlake Cir.	*	4.02																	
Tracy Hills Park 6895 Tracy Hills Drive	*	3.83						•											
Tracy Sports Complex 955 Crossroads Dr.	*	27.02																	Field Lights
Starcross Park 6591 Starcross Dr.	*	3.61																	
Veterans Park 238 Glenhaven Dr.	*	15.80																	Field Lights
Zanussi Park 1500 Promenade Cir.	*	4.99																	
Abbott Park 2286 Stalsburg Dr.		0.54																	
Adams Park 4089 English Oak Ave.		4.69																	
Alden Park 600 Seguoia Blvd.		3.51			•														
Allen Park 2462 Dorset Ln.		0.81																	
American Legion Park 5749 S. Tracy Blvd.		1.27																	
Bailor/Hennan Park		0.48																	
Barboza Park 925 Bogetti Ln.		3.27			•														
Busch Park 1204 Crossroads Dr.		2.41																	
Chadeayne (J. Kingsley)	Park	1.72																	
2130 Robert Gabriel Costa Park		0.53																	
1421 Claremont Dr. Cose (Don) Park		3.79																	
1780 Whirlaway Ln.																			
Eagan Park 2751 Oxford Ln. El Pescadero Park		0.53																	
250 Kavanagh Ave. Emhoff Park		14.62																	Dog Park
1407 Jonathan Pl. Erb Park		0.48																	
2264 Barcelona Dr. Evans Park		2.53																	
1730 Parkside Dr. Fabian Park		1.10																	
1191 Valencia Dr.		1.01																	
Fine Park 1396 Franklin Ave.		0.64																	

PARK FACILITIES

NAME/ADDRESS	Acreage	Ball Fields	Basket- Ball	BBQ	Horse Shoes	Musical Equip.	Off-Street Parking	Picnic Tables	Play Area	Rest Room	Shade Stucture	Skate Element	ccer	Tennis	Volley- Ball	Walking Path	Water Feature	Special Amenities
	Acre	<u> </u>	Bas B	æ	포동	Mu	Off-9 Par	ᅙ	ΔĀ	~ %	동호	꽃픕	Š	Tel	N N	Wa	Fea	Spo Ame
Fisher (Jack) Park 564 Centre Court Dr.	2.00																	
Fitzpatrick Park 1355 Bluegrass Ln.	0.46																	
Glover Park 584 Pescadero Ave.	2.14																	
Golden Spike Park 1840 Kern St.	0.50																	
Hanson Park 405 Jill Dr.	3.46																	
Harvest Park 71 Fireside Ln.	0.47																	
Hastie Park 1384 Lankershire Dr.	3.43																	
Huck Park 501 Wagtail Dr.	0.51																	
Icardi Park 2505 Russell St.	0.40																	
Kellogg Park 2224 Pellier St.	4.08								•									
Kelly Park 2155 Tammi Ct.	0.75																	
Kimball Park 3765 Sudeley Dr.	0.52																	
Kit Fox Park 705 Fox Hollow Wy.	0.56																	
Lowes Park 4412 Regis Dr.	1.99																	
Marlow Brothers Park 225 Adaire Ln.	3.87																	
McCray Family Park 2125 Fieldview Dr.	0.80																	
McDonald Park	1.46																	Handball
25 N. Central Ave. Mount Diablo Park	0.41																	Courts
1685 Tahoe Cir. Mount Oso Park																		
2025 Tahoe Cir. New Harmon Park	0.43																	
2131 Hillcrest Dr. Patzer Park	0.51																	
850 Alden Glen Dr. Pombo Family Park	0.50																	
2112 Joseph Damon Dr.	0.51																	
Raymond (Jim) Park 1458 Sentinel Drive Rippin (Naomi) Park	1.49																	
1871 Tennis Ln. Sister Cities Park	0.56																	
420 Morris Phelps Dr. Slayter Park	0.50																	
1405 Suellen Dr.	0.49																	
North Souza Family Park	1.59																	
South Souza Family Park 3164 Antonio Loop	2.30										_							
Sparks Park 2428 Carol Ann Dr.	1.75																	
Stevens Park 200 Mount Eden Cir.	1.42																	
Sullivan Park 105 Henry Ct.	0.51																	
Schwartz (Bill) Park 1752 Peony Ln.	3.42																	
Thrasher (Dorlane) Park 1600 Joseph Menusa Ln.	1.18																	
Tracy Press Park 731 Weeping Willow Ln.	0.52																	
Valley Oak Park 890 Larkspur Dr.	0.50																	
Village Green Park 2265 Ellis Town Dr.	2.85																	Bocce Ball
Western Park 2880 Ellis Town Dr.	2.90																	Pickleball Courts
Westside Pioneer Park 1391 Hepburn St.	0.51										•							
Yasui Park 516 Glenbriar Cir.	3.10																	



——— PARATRANSIT ——	
SINGLE FARE: ONE WAY	FARE
Senior (Age 65+)	\$1.50
Disabled/ADA/Medicare/Veterans	\$1.50
ADA Attendant with an ADA Certified Passenger	FREE
Guests of Certified Paratransit Passengers	\$1.75
Same Day Appointment Surcharge	\$0.75
——— FIXED ROUTE ——	
SINGLE FARE: ONE WAY	FARE
Adult	FARE
Student (through 6/30/23)	\$1.25
Senior (65+)/Disabled/Medicare/Veterans	FREE
ADA Attendant	\$0.50
Child 6 & Under	FREE
	FREE
DAY PASS	
Adult	\$3.00
Student*	\$2.50
Senior (65+)/Disabled/Medicare/Veterans	\$1.25
10-RIDE TICKET	
Adult	\$12.50
Student*	\$10.00
Senior (65+)/Disabled/Medicare/Veterans	\$5.00
*Students ride free through June 30, 2024, pass/ticket not applicable or issue	?d.
NEW! MONTHLY PASS	\$35.00
Adult	\$35.00
Student (through 6/30/24 Ride FREE)	\$28.00
Senior (65+)/Disabled/Medicare/Veterans	\$17.50
TRACER PLUS ON-DEMAND	
NEW FARE: ONE-WAY TRIP	
REGULAR (Up To 3 Passengers)	\$4.00
ADA/SENIORS (Up To 2 Passengers)	\$2.00

VISIT US ON THE WEB AT WWW.RIDETRACER.COM OR CALL US AT 831-4BUS (4287) FOR MORE INFORMATION.

To Receive Discounted Rate, Please Show

Verification When Boarding.



50 East 6th Street | 209-831-4BUS (4287) Open Monday - Friday, 8am to 7pm Saturday, 10am to 6pm • Sunday, CLOSED

TRACER PLUS ON-DEMAND SERVICE

MONDAY-SUNDAY | No Service on Holidays

TRACER Plus provides curb-to-curb, shared-ride service for the general public, within the City limits, during the non-operating hours for the TRACER Fixed Route and Paratransit service. TRACER Plus vehicles are safe and accessible (can transport wheelchairs).

INFO & SERVICE HOURS, CALL TRACER AT (209) 831-4BUS (4287)

TRACER PARATRANSIT SERVICE

TRACER Paratransit provides door to door, shared- ride service weekdays (7AM – 8PM) and Saturdays (9AM – 7PM) meets the requirements of the Americans with Disabilities Act (ADA) of 1990.

<u>ADA clients</u> must be certified by ACCESS San Joaquin (ASJ) prior to using TRACER Paratransit. Please call (209) 242-9965.

<u>Seniors (Age 65 and older), Medicare, and Veterans</u> ACCESS DFC Application must be completed for riders to be eligible to use the service.

TO REQUEST AN APPLICATION, CALL (209) 831-4BUS (4287)

RTD BUS SERVICE AT TRACY TRANSIT STATION

(TO & FROM)

RTD 90 Stockton | RTD 97 Manteca VAN GO (within San Joaquin County)

INFORMATION CALL (209) 943-1111

RTD 150 Dublin BART Station
INFO & RESERVATIONS CALL (888) 802-WORK (9675)

NEW! PILOT ROUTES

COMMUTER ACE SOUT ROUTE H SHUTTLE SH Tracy Hills/ Ellis / Tracy Hills/ Ellis / Tracy

SOUTH TRACY SHUTTLE
Tracy Hills/ Ellis / Transit Statio

racy Hills/ Ellis / Tracy Hills/ Ellis / Tracy Hills/ Ellis / Transit Station/ Kimball High ACE Station Transit Station Arbor

INFO & SERVICE HOURS, CALL TRACER AT (209) 831-4BUS (4287)

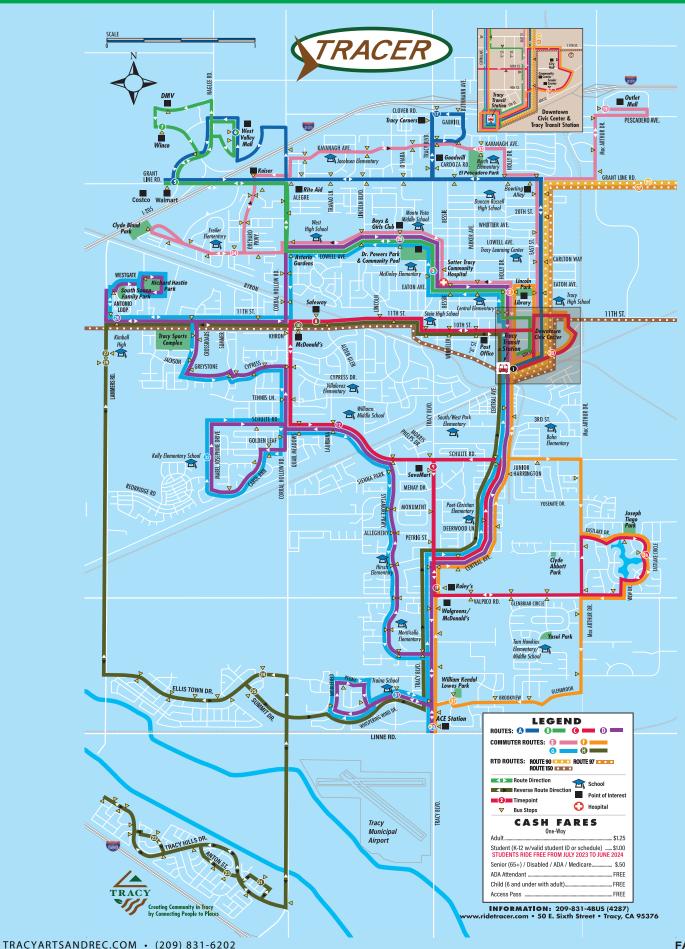


TRANSPORTATION ADVISORY COMMISSION MEETING

Public is invited to attend 2nd Thursday of each month, 7:00 PM.

MORE INFO, CALL TRANSIT COORDINATOR AT (209) 831-6214

TRANSIT AREA MAP





OCTOBER 28, 2023 2PM - 5PM 5749 S. TRACY BLVD.

MUSIC - FOOD - COSTUMES AIRCRAFTS - CANDY,

FOR MORE INFORMATION
CALL 209-831-6201 OR VISIT
WWW.CITYOFTRACY.ORG





@CityofTracy
@PlayInsideTheTriangle

JOIN OUR TEAM!

Tracy Parks & Recreation



Start a career in Parks & Recreation. Seasonal part-time jobs are the perfect way to get experience for a fulfilling career in recreation.

✓ Recreation Leaders II and III

✓ Facility Attendants

✓ Aquatics: Pool Managers*, Senior Lifeguards* & Lifeguards*

*POSITIONS OPEN EARLY SPRING 2024



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