Activities & Recreation Guide
Summer 2015
REGISTRATION BEGINS JUNE 8, 2015

Follow us on

Or visit us @ WWW.CITYOFUKIAH.COM/RECREATION
At The Tutoring Center,

I love it! I'm learning new things and it's REALLY fun!

SUMMERTIME is the BEST TIME to LEARN!

Take the SUMMERTIME Checklist Challenge!

☐ Has your child's teacher or school counselor recommended that he or she get help? (This may occur at a parent-teacher conference or report card time.)

☐ Is your child struggling in his or her current reading or math level?

☐ Are your child's grades starting to fall even though he or she is still working very hard?

☐ Regardless of how much time your child spends on homework, is it often neither complete nor accurate? (This may indicate a lack of basic skills in reading and/or math.)

☐ Have you noticed that your child seems to lack confidence and/or motivation?

☐ Has your child lost interest in learning?

☐ Does your child exhibit anxiety for tests and exams?

☐ Does your child say things such as: “I’m too stupid to do the work,” or “I give up?”

Does your child need tutoring this summer?

These are just some of the possible signs that may indicate that your child needs help.

Tutoring during the summer months is the best step towards solving these problems.

If you’ve checked one or more of the “Checklist Challenge” boxes, your child may experience difficulty at the start of the next school year.

Give us a call now to schedule your FREE Diagnostic Assessment and let us show you how we’ll help your child be prepared!

707-468-1300

307 NORTH STATE STREET UKIAH
Let me begin by saying summer is here, hurray! The Recreation Department has been working diligently planning programs, classes, leagues, tournaments, camps, and events for our community members to enjoy. We pride ourselves on giving you the very best service along with a variety of activities to suit everyone’s interests.

Being the Recreation Supervisor means leading a team of professionals who constantly strive to bring quality offerings to the citizens of this valley. Whether it is adult sports or youth camps, art or fitness classes, Concerts in the Park or Movies in the Plaza, we are always searching for ways to help people share experiences and build memories that will last a lifetime.

For us, summertime is when we focus a great deal on outdoor play. If you have spent any time at Todd Grove Park in the summer, you know what I’m talking about. Between the swimming pool programming and Summer Safari Day Camp, our participants spend seven days a week having fun and making meaningful connections. Our team of summer staffers are caring, trustworthy, capable young adults who help us fulfill our vision of providing the very best summer experiences possible. They create positive interactions and engage our youth by supplying enrichment and educational opportunities. Adventure, growth and team-building are all part of what our programs and events are about. Childhood only happens once and we believe it should be lived to the fullest!

We recently rolled out our new social media sites and would encourage you to follow us on Facebook, Instagram, and Twitter so you are always in the loop with what is happening in Recreation. We look forward to an eventful season and thank you for your continued support.

Let’s make it a FUN summer!

**STEPHANIE L. YOUNG**

Stephanie L. Young, Recreation Supervisor  
City of Ukiah Community Services  
Department  
411 W. Clay Street, Ukiah, Ca. 95482  
(707) 463-6201  
syoung@cityofukiah.com

For more information:  
707.463.6231 • www.cityofukiah.com
**Puppy Class**

A gentle start to focused attention, problem prevention, socialization, health and obedience. Puppies must have at least 2 sets of vaccinations.

If your puppy is lacking the required vaccinations you may attend without your puppy at a reduced rate. Once your puppy has the required vaccinations, you can then bring them to the remaining class sessions.

For more information contact Sallie Palmer at 463-3647 or [www.wellmanneredmutts.com](http://www.wellmanneredmutts.com).

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Sallie Palmer
- **Saturday:** 9:00 am – 10:00 am
- **Dates:** June 13 – July 25
  (No class July 4)
- **Fee:** $150 or $100 without puppy
- **Age:** 12 years old and up
- **Minimum:** 5 students
- **Maximum:** 10 students
- **Location:** 275 F. Cherry St. Ukiah

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**Beginning Dog Training (Level 1)**

For dogs over 4 months of age. A balanced approach to obedience training. Learn the basics of sit, down, stay, come, ignoring distractions and walking on a loose leash. Participants must be able to physically handle their dog. This can be a physically challenging activity. This class is not appropriate for dogs with aggression issues.

For more information contact Sallie Palmer at 463-3647 or [www.wellmanneredmutts.com](http://www.wellmanneredmutts.com).

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Sallie Palmer
- **Saturday:** 10:30 am – 11:30 am
- **Dates:** June 13 – July 25
  (No Class July 4)
- **Fee:** $150
- **Age:** 12 years old and up
- **Minimum:** 6 students
- **Maximum:** 10 students
- **Location:** Observatory Park

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**Mark Your Calendar!**

- **9:30 am - Noon**
- **Sat. June 20:** Vinewood Park
- **Sat. July 18:** Oak Manor Park
- **Sat. Aug 15:** Orchard Park

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**Family Fun in the Sun**

**FREE Activities at the Park!**

- Arts & Crafts • Teamwork Games
- Healthy Snacks & Beverages
- Bounce Houses and Much More!

call 463-6231 for more information

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

Presented by the City of Ukiah
Is Your Child Ready to Play?

Schedule back to school and sports physicals today!

Our providers will make sure your little athlete is ready to get in the game. Screenings done at school physicals include:

- Height and Weight
- Blood pressure
- Vaccinations
- General Exam/Range of Motion/Flexibility

Please bring required paperwork to be signed by providers

Call for an appointment today.
Si habla español.
Medi-Cal and all forms of insurance accepted.

Convenient Locations to Serve You

**Pediatrics**
707.463.7459
260 Hospital Drive | Suite 204, Ukiah CA

**Family Practice**
707.463.7488
260 Hospital Drive | Suite 209, Ukiah, CA

**Lakeport Pediatrics**
707.263.4631
487 South Main Street | Lakeport, CA

**Ukiah Valley Medical Center**

Schedule an Appointment Today! **Call 707.463.8000** | [www.uvmc.org/uvrhc](http://www.uvmc.org/uvrhc)
**Dancing for Kids**

Children learn in a fun atmosphere focused on them feeling comfortable and safe in a learning environment that is affordable for parents. Teaching children to love dance while they learn; confidence, coordination and improve their motor skill development.

Most skills taught in class can be practiced at home under **parental supervision**.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Stacy Rowe  
Stacyjoy77@yahoo.com

**Saturday:**
- **TINY DANCERS CLASS**
  - 2 ½ - 4 years old  
  - 1:45 pm – 2:30 pm
- **DANCING KIDS CLASS**
  - 5 – 8 years old  
  - 2:30 pm – 3:30 pm

**Dates:** July 11 – August 1

**Fee:** $40 Tiny Dancers  
$45 Dancing Kids

**Location:** Maldonado Crazy Monkey  
145 E. Church St., Ukiah

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**Floor Gymnastics for Kids**

Children learn in a fun atmosphere focused on them feeling comfortable and safe in a learning environment that is affordable for parents. Students learn basic Floor Gymnastics and skills to match their abilities.

Most skills taught in class can be practiced at home under **parental supervision**.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Stacy Rowe  
Stacyjoy77@yahoo.com

**Monday:**
- **TOT GYMNASTICS**
  - 2 ½ - 4 years old  
  - 3:00 pm – 3:30 pm
- **YOUTH GYMNASTICS**
  - 5 – 8 years old  
  - 3:30 pm – 4:00 pm

**Dates:** July 6 – July 27

**Fee:** $40 Tot Gymnastics  
$45 Youth Gymnastics

**Location:** Maldonado Crazy Monkey  
145 E. Church St., Ukiah

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**Nature Detectives – Learning about birds**

How many kinds of birds are in your area? Can you identify them by sight or song? We'll be using hands on activities, to learn about birds, their habitats, their characteristics and songs. We will be working outside to observe and hear birds. You'll also learn about birds and their food in nature; how it’s produced and consumed and how it’s all tangled together. You'll learn to create a bird, a bird house (to take home) and what things can cause problems for bird survival.

Come join us to learn while having fun!

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Mon & Wed:** June 22 – July 8

**Time:** 2:00 pm - 4:00 pm

**Fee:** $20

**Ages:** 7 to 12 years of age

**Location:** UCCE  
890 N. Bush St., Ukiah

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Discovery World

Preschool

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For more information on classes or sports programs visit us @ www.cityofukiah.com or call 463-6231 for registration information.

Advertise in the City of Ukiah Recreation Guide

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For more information call 467-5723 or email dmalanga@cityofukiah.com
Belly Dance – Egyptian Cabaret Style

Instructor Linda Johnston is back and again teaching this exciting and unusual form of exercise for beginners and former students. If you’ve ever wanted to learn the exotic art of Belly Dancing, here is your chance, you’ll have a great time while learning this beneficial form of exercise. The basic techniques and movements of Middle Eastern dance will be taught.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

Instructor: Linda Johnston  
**Wednesday:** 6:30 pm – 7:30 pm  
**Dates:** June 17 - July 15  
**Fee:** $40  
**Ages:** 15 years old and up  
**Minimum:** 8 students  
**Maximum:** 25 students  
**Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

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CA LIC# 806498
The Alex Rorabaugh Recreation Center

Ukiah’s Premier Recreation & Community Center

- TWO conference rooms with natural light, screens, whiteboards, tables and chairs
- 9,500 square foot state of the art gymnasium
- Performing arts stage with dressing rooms
- Commercial kitchen
- Free parking
- Available for whole facility rentals for your large scale events!

The Alex Rorabaugh Recreation Center

1640 S. State Street, Ukiah

For more information call (707) 463-6275

registration information on pages 54 & 55
West African Drum Class

Learn the traditional West African rhythms using the djembe and dundun drums. This class will be geared towards all levels, beginners through advanced. Amadou will teach us rhythms that he will break down step by step, making this a fun easy way to learn.

Originally from Conakry, Guinea, West Africa, Amadou Camara was a master djembe player for the National Ballet Djoliba and has been teaching drums for over 10 years. Come and join us and experience the spirit and power of drum music.

Bring your own drum or extra drums are available by prior arrangement by calling (707) 972-7441.

MUST PRE-REGISTER WITH THE CITY OF UKIAH

Instructor: Amadou Camara
Sunday: 2:00 pm – 3:30 pm
Session I: June 14 – July 12 (No class July 5)
Session II: July 19 – August 16
Fee: $16 drop-in
Age: All Ages
Minimum: 2 students
Maximum: 20 students
Location: Oak Manor School Gym/Cafeteria

AMADOU CAMARA
West African Drum Class Instructor

Phone: 707/972-8879
Fax: 707/972-8879
Box 577; 3201 Mill Creek
Talmage, CA 95481

www.cityofukiah.com
Modern Twist: Contemporary Japanese Bamboo Art
May 30 – August 30, 2015

Modern Twist: Contemporary Japanese Bamboo Art explores innovations in bamboo basketry since the mid-twentieth century. Bamboo is an essential part of Japanese culture, shaping the country’s social, artistic and spiritual landscape. It is, however, a challenging artistic medium, requiring decades of practice to master. Modern Twist brings together the work of acclaimed modern Japanese bamboo basketmakers with that of earlier Pomo Indian basketmakers.

“Sound of Wind,” by Uematsu Chikuyu, 1991, bamboo, rattan, lacquer

Grace Carpenter Hudson
A survey of Ukiah native daughter and nationally admired artist Grace Carpenter Hudson’s (1865-1937) portraits of Pomo Indian peoples and her other artwork.

“Baggage,” 1897, oil on canvas, by Grace Carpenter Hudson

Pomo Indian Basketry
Come and admire almost 100 examples of this world-famous textile tradition, many of which are more than a century old.

Tray woven by Jenny Jackson, circa 1886, Pinoleville

The Carpenter-Hudson Family Legacy
By showcasing over 200 years worth of historical artifacts, this long-term exhibit introduces the multi-generational members of the fascinating and talented Carpenter-Hudson family.
Watercolor Painting

If you have been wanting to learn how to paint, this class is a great place to start! KJ has broken watercolor painting down into easy steps. Learning a new skill can be frustrating, but KJ makes it fun. The effect she most hopes to have on her students is to encourage them. Many local community members and artists have benefited from KJ’s teaching over the years. The class provides instruction along with a place to share and enjoy painting time. For more information or a list of supplies please contact KJ at (707) 391-9413 or www.fineartjewels.com.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** KJ Todd
- **Tuesdays:** 6:30 pm - 8:30 pm
- **Dates:** June 9 – July 14
- **Fee:** $85 per person
- **Age:** 15 years old and up
- **Minimum:** 2 students
- **Maximum:** 10 students
- **Location:** Grace Hudson Museum Meeting Room

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**Open Art Studio**

The open art studio meets at the Grace Hudson Museum Mondays: 10 am to 3 pm. Fee is $4 for members of MCAA and $5 for non-members. No instruction provided. Bring your own supplies. The studio is on a “drop-in” basis – come for as long a time as you wish and get inspiration from painting with fellow artists. Table and chairs are available. If you have any questions, or have not attended for a while, please call Tommy Thornhill (707) 621-2091 in case of any last minute changes.

- **Monday:** 10:00 am – 3:00 pm
- **Dates:** ongoing, every Monday
- **Member Fee:** $4 per class
- **Non-Member Fee:** $5 per class
- **Location:** Grace Hudson Museum Meeting Room
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www.redwoodhc.com

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registration information on pages 54 & 55
YOGA CONNECTION PRESENTS: Parent/Child Yoga Class

Enjoy all the benefits of yoga with your little one, in this class specifically designed for parents and children. Kids ages 7-12, with a parent will develop focus, balance, strength and an awareness of body and self and have fun doing it. Small studio size allow for individual attention.

For more information, call (707) 489-0416

MUST PRE-REGISTER WITH THE CITY OF UKIAH

Instructor: Kristin Bogner
Thursday: 4:30 pm – 5:30 pm
Dates: June 11 – August 13
Fee: $100 per parent/child unit
Age: Children 7-12 years of age

Minimum: 2 parent/child pairs
Maximum: 5 parent/child pairs
Location: Yoga Connection
360 Lake Mendocino Dr., Ukiah

The City of Ukiah presents
A Day of FREE Activities in Todd Grove Park!
SATURDAY, JULY 4th 1 pm - 5 pm

JOIN THE FUN!
★ Friendly Farm Petting Zoo
★ Organized Games
★ Contests and Races
★ Bounce Houses
★ Free Swim at the City Pool
★ Music

GET INVOLVED!
★★★★★★
We are looking for event sponsors
★★★★★★
For more information call 463-6231 or visit www.cityofukiah.com
Yoga Connection

Imagine doing something that leaves you more energized than ever! With regular yoga practice layers of tension will dissolve. You will begin to experience your natural state of joy, you will sleep better, be stronger and feel more powerful in your life. This yoga class is for everyone—beginners are welcome.

For more information or questions please call (707) 621-0777 or visit our website at www.yogaconnectionukiah.com.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Carol Kissler
- **Wednesday:** 6:15 – 7:30 pm
- **Dates:** June 10 – Aug 19
- **Fee:** $110 for full session, $10 drop-in fee
- **Age:** 18 years old and up
- **Minimum:** 4 students
- **Maximum:** 8 students
- **Location:** Yoga Connection, 360 Lake Mendocino Dr., Ukiah

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707-462-4778 ukiahcoop.com
Power Pilates

Get out of the heat and get a great workout in a large air conditioned room. This summer, feel better about your body. Come experience Power Pilates and create a new body, make new friends, feel better and gain a new attitude. Power Pilates adds to the already proven exercise of Pilates, blending it with cardio and strength training to maximize results. This hour of fun incorporates sculpting, strength and resistance training with provided weights, small balls and bands. Each class uses standing and mat work to target specific body areas: arms, abs, buns, thighs, core, chest and back ending with stretch and relaxation. No two classes are the same and are appropriate for all fitness levels.

In just two hours a week you will see and feel an improvement. Go to www.ginagreco.net to see what current Power Pilates clients are saying about this class.

Benefits include:

- **Core strength**
- **Defined arms, chest and back**
- **Stronger abdominals**
- **Longer, leaner muscles**
- **Firm legs and hips**
- **Burn fat**
- **Relief from stress and back pain**
- **Improve posture**
- **Gain flexibility and balance**
- **Look better and feel stronger**
- **Revitalize**

Don’t you deserve an hour just for you? Forget about whatever is causing you stress and spend an hour distressing with good times, laughs and good health. Equipment is provided, please bring a mat or towel. This is an ongoing class.

Join at any time and your fee may be pro-rated.

Contact Gina @ (707) 391-4330 or learn more about other classes she offers at www.ginagreco.net

**Instructor:** Gina Greco  
**Mon & Wed:** 5:30 pm – 6:30 pm  
**Session I:** June 8 – June 29  
**Fee:** $35  
**Session II:** July 1 – July 29  
**Fee:** $45  
**Session III:** August 3 – August 31  
**Fee:** $45  
**Drop-in Fee:** $7 per class  
**Age:** 13 years old and up  
**Location:** Ukiah Valley Conference Center  
200 S. School St., Ukiah  
Enter through parking lot side door
**Observatory Park Summer Events**

Observatory Park is located at 432 Observatory Avenue and is the home of the Ukiah Latitude Observatory, one of five international latitude observatories around the world operated from 1899 to 1982, will be hosting the following events:

- **Wanschaff Telescope Exhibit** continues the first Friday, Saturday and Sunday of each month (except July 4th) from Noon - 4:00 pm. The 116 year old telescope and unique sidereal (star time) pendulum clock are on loan from the National Geodetic Survey. Exhibit continues through August.

- **Tours of Earth and Sky** on Thursday 6/25 & 7/23 at 8:00 pm and Thursday 9/24 at 7:30 pm. Park Interpreter Martin Bradley will host a lecture series with guest speakers offering talks on astronomy and the natural sciences. Following the evening presentation, the Wanschaff Telescope Exhibit will be open and, weather permitting, there will be a viewing session exploring the constellations and other highlights of the Ukiah sky.

There is no charge for the Observatory Park events. Reservations are recommended and children under the age of 13 are welcome with a supervising adult. For further information, lectures, tours and public viewing nights, visit www.cityofukiah.com/observatory-park or call 707-467-5768.
**Explore-Shop: Cultivate Positivity in Your Relationship**

Due to its success in Willits, I am offering this Explore-Shop in Ukiah once more. Being able to increase positivity in our relationships is like putting money in a bank account for times of hardship. It will also have a significant effect on you and your partner now and how it feels to be in this relationship. In addition, you will learn about relevant new findings from neuroscience on conflict and bonding. Although this Explore-Shop is open to individuals, come with your partner, if you can for the maximum benefit.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Doris Wier, ORSCC  
**Saturday:** 1:00 pm – 4:00 pm  
**Date:** June 27  
**Fee:** $50 per person  
**Age:** 21 years old and up  
**Minimum:** 8 students  
**Maximum:** 16 students  
**Location:** Alex Rorabaugh Recreation Center 1640 S. State St., Ukiah

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**Re-Ignite the Fire in Your Heart**

What is smoldering inside of you? Be curious about your life!

Join me in a safe environment where you can explore a more conscious, clear and powerful place from which to create your life. With guidance and support, you take charge of your own healing and growth, producing more compelling and satisfying choices and changes.

Come to this playful, interactive life coaching workshop.

- *Explore what you most want in life*
- *Reconnect with your heart*
- *Open to new perspectives and possibilities*
- *Be more present, calm and grounded*

This is your life! What better time than now to shift the energy that may be holding you back, and begin to spark the fire in your heart.

For more information call Carol Goldberg, Certified Life Coach at (707) 467-0746.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Carol Goldberg  
**Tuesday:** 6:00 pm – 8:30 pm  
**Date:** June 23  
**Fee:** $25  
**Age:** 18 years old and up  
**Minimum:** 4 students  
**Maximum:** 16 students  
**Location:** Grace Hudson Museum Meeting Room
**CFAST**

**Layperson CPR Training 2010 Standards**

To best serve the Ukiah community, these classes will be offered at the same time on the same day depending on individual needs. This will require cooperation from other students to serve all students in a timely and efficient manner. Each class begins with *Before Giving Care* (2 hours) then will be followed by the training segment of highest demand and so on. A timeline will be set up so the students can best plan their training time.

These classes instruct how to respond to emergencies by providing CPR, using an Automated External Defibrillator (AED) and how to deal with First Aid incidents such as shock, bleeding, cuts, bone and muscle injuries, bruises, and other emergencies.

- Challenge & Review opportunities are available
- 2 year certificate for CPR & First Aid

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult CPR/AED</td>
<td>3 hrs</td>
<td>$55</td>
</tr>
<tr>
<td>First Aid Basics</td>
<td>3 hrs</td>
<td>$55</td>
</tr>
<tr>
<td>Adult CPR/AED/First Aid</td>
<td>5 hrs</td>
<td>$75</td>
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<td>Child/Infant/CPR/AED</td>
<td>3.5 hrs</td>
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<tr>
<td>Child/Infant/CPR/AED/First Aid</td>
<td>6 hrs</td>
<td>$75</td>
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<tr>
<td>Adult/Child/Infant/CPR/AED/First Aid</td>
<td>4 hrs</td>
<td>$75</td>
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<tr>
<td>Adult/Child/Infant/CPR/AED</td>
<td>7 hrs</td>
<td>$95</td>
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**Instructor:** Allen James

**Saturday:**
- June 13: 9:00 am – 4:30 pm
- July 11: 9:00 am – 4:30 pm
- August 8: 9:00 am – 4:30 pm

**Age:** 18 years old and up

**Location:** NCO Conference Room
413 N. State Street, Ukiah

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**Services**

- Transportation
- Outreach
- Lunch Bunch
- Dining Room
- Resource & Referral
- Thrift Store
- Income Tax
- Assistance
- Caregiver Support
- Vision Loss

**Activities**

- Senior Aerobics
- Tai-Chi
- Bingo
- Book Group
- Computer Class
- Line Dancing
- Square Dancing
- Singing Group
- Health Talks
- Bible Group
- Piano Class
- A Block of Writers
- Quilting Group
- Pinochle
- Bridge

**Events**

- Saturday Night Dance
- Ice Cream Social
- Sunday Bingo Bash
- Bunko
- Special Dinners
- Fashion Show
- Thanksgiving Dinner
- Craft Fair

**Monday - Friday** 8:00 a.m. - 4:30 p.m.
499 Leslie Street, Ukiah Ca 95482
(707) 462-4343 Office
(707) 467-0110 Thrift Store
(707) 468-9256 Bartlett Hall
Rental and Kitchen Facility • All amenities included
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www.ukiahseniorcenter.org

registration information on pages 54 & 55
California Child Care Training

These classes meet the California child care workers’ requirements for Health & Safety training.

**Remember, the Pediatric First Aid is not the same as Standard First Aid. (EMSA approved sticker included)**

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

<table>
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<td><strong>Age:</strong> 18 years old and up</td>
</tr>
<tr>
<td><strong>Location:</strong> NCO Conference Room 413 N. State Street, Ukiah</td>
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</tbody>
</table>

**CALIFORNIA CHILD CARE CPR & PEDIATRIC FIRST AID**

- **Saturday:** June 20 9:00 am – 5:30 pm
- **Saturday:** August 15 9:00 am – 5:30 pm

**Fee:** $100

**CALIFORNIA CHILD CARE PREVENTATIVE HEALTH & SAFETY**

- **Saturday:** June 27 9:00 am – 4:00 pm

**Fee:** $60
SPECIAL INTEREST

City of Ukiah

VILLA DEL MAR

BREAKFAST
8am-1pm • Mon-Wed

LUNCH & DINNER
Mon-Sat: 10am-10pm
Sunday: 10am-9pm

111 South State Street
Ukiah, CA 95482
707.462.4954

TO GO ORDERS WELCOME!

Emergency & Disaster Preparedness

In this class you will learn what is needed to live after a large scale emergency or disaster strikes and there is No Water, No Electricity, No Store Bought Food and No Help. This class will teach you the skills to handle a disaster without dwelling on doomsday scenarios so common in the media today. Information covered in this class is simple common sense that will help you and your family during an emergency.

MUST PRE-REGISTER WITH THE CITY OF UKIAH

Instructor: Harry Swank

Monday: 7:00 pm – 9:00 pm
Session I: June 22 – June 29
Session II: July 20 – July 27
Session III: August 10 – 17
Fee: $40 per person
Age: 9 years old and up if accompanied by an adult
Minimum: 2 students
Maximum: 40 students
Location: Alex Rorabaugh Recreation Center
1640 S. State St., Ukiah

TO GO ORDERS WELCOME!

SUMMERTIME...

...it’s that special time of year when adventures seem to wait around every corner. Whether you need to get your car ready for that trip across country or you’re looking for a new one, were here to help keep you moving.

FOWLER AUTO CENTER

1265 Airport Park Boulevard, Ukiah – FowlerAutoCenter.com – 707-382-3175

registration information on pages 54 & 55
Open ARRC

Gym, game room & meeting rooms available to the public for free.

What do you want to do in your Open ARRC?

Open gym 6:00—9:00 pm 2nd Friday nights for futsal (indoor soccer):

- June 12
- July 10
- August 14

Open gym 6:00—9:00 pm 4th Friday nights for basketball:

- June 26
- July 24
- August 28

Entire facility open 1st and 3rd Sunday afternoons from 12:00—5:00 pm during the summer for recreation and meetings:

- June 7, June 21, July 5, July 19, August 2 and August 16

All are welcome at these free events!

Youth 17 and younger need to be checked in and out by a responsible adult.

Alex Rorabaugh Recreation Center & Beckstoffer Gym

1640 South State Street, Ukiah. For more information call 462-8562 or email linda@ukiahrec.org

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JUNE 14: Tommy Castro & The Painkillers  
Electric Vein-Popping Blues

JUNE 28: Frobeck  
Funk Rock Vaccination

JULY 12: The Suffers  
Classic American Soul and R&B

JULY 26: Tuba Skinny  
Traditional New Orleans Jazz

AUG. 16: Top Shelf & Double Standyrd  
Mendocino / Lake’s Very Own

AUG. 23: Jack Mack & The Heart Attack  
America’s Baddest Wall of Soul

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2015

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TOMMY CASTRO &
THE PAINKILLERS
Electric Vein-Popping Blues
JUNE 14th

The first concert of the 24th annual Sundays in the Park concert series featuring the Electric Vein-Popping Blues of Tommy Castro & The Painkillers.

Castro is famed for his signature brand of tough, rocking rhythm and blues, thrilling fans around the world with his incendiary live performances. Castro strips his music down to its raw essence as he rockets into the next phase of his storied career. He formed The Tommy Castro Band in 1991 and won the Bay Area Music Award for Best Club Band in both 1993 and 1994. He released his debut album in 1996 which won the Bay Area Music Award for Outstanding Blues Album, with Castro taking the award for Outstanding Blues Musician.

FROBECK
Funk Rock Vaccination
JUNE 28th

With high-octane vocals, life-altering songs and world-class musicianship, Frobeck is one of California’s top Funk-Rock bands. Since the band’s inception in 2005, Frobeck has earned a Grammy nomination and two North Bay Music Award (NORBAY) nominations.

Spencer Burrows and Kris Dilbeck, the co-founders of Frobeck, met in a choir at Sonoma State University and solidified their friendship and musical partnership when they were students at the Berklee College of Music in Boston. They noticed at the recent Bottle Rock Festival in Napa that bands with classic sounds like Alabama Shakes, the Black Keys and the Shins were headlining, which bodes well for them. “Those guys aren’t old, but they’re bringing back a sound from a different era,” Burrows says. “I think if that’s what happens, and we’re on the crest of that wave, then it’s thumbs up for us.”
TUBA SKINNY
Traditional New Orleans Jazz
July 26th

Tuba Skinny plays jazz in the style established in New Orleans and Chicago between 1900 and 1930. The musicians have built up a wide repertoire, mixing classics, such as Russian Rag, New Orleans Bump, and Variety Stomp, with more modern tunes and original compositions.

Formed in 2009, Tuba Skinny has steadily evolved from a loose collection of street musicians into a solid ensemble dedicated to bringing the traditional New Orleans sound to audiences around the world. Drawing on a wide range of musical influences—from spirituals to Depression-era blues, from ragtime to traditional jazz—their sound evokes the rich musical heritage of their New Orleans home.

THE SUFFERS
Classic American Soul and R&B
July 12th

Winner of five 2014 Houston Press Music Awards, The Suffers are a ten-piece soul collective from Houston, TX who are redefining the sound of Gulf Coast Soul, intertwining elements of Classic American Soul with Rock & Roll.

Both sonically and visually arresting, the large ensemble packs each position of the rhythm section and horn section with a level of talent and taste that provides the perfect foundation for singer Kam Franklin’s massive voice. The brassiness and tight guitar give them a unique Gulf Coast flavor, with international elements.

The band’s sincerity and emotion are laid bare in their music, which has garnered an audience so broad and varied that they may prove to be the panacea for a jaded and stratified live music scene.
TOP SHELF & DOUBLE STANDYRD
Mendocino & Lake’s Very Own
AUGUST 16th

Starting the evening off will be one of Mendocino County’s newest bands Double Standyrd, a Mendocino County Blues/Southern Rock band. An open-mic night to honor the passing of Marc Hansen of The Hansen & Raitt Band, often referred to as Mendocino County’s “house band,” gives Double Standyrd a spiritual connection to the old Mendocino music scene. “No matter where we go, no matter what the age group, there’s something that we do that people love. It’s dance music, it just gets people on their feet.”

Top Shelf, performing in the second half is the premier rock reggae group in Northern California. Their mission is to bring inspiration to the listless and positivity to the forgotten. The band’s members who have been honing their craft for more than a decade and the music is where Top Shelf truly channels all that positivity into an infectious form of Rock/Reggae that bends genres, buckles knees, stirs up emotions and leaves crowds in awe of what just happened.

JACK MACK & THE HEART ATTACK
America’s Baddest Wall of Soul
AUGUST 23rd

Closing this year’s edition of Sundays in the Park is Jack Mack & The Heart Attack, the LA-based and critically acclaimed American “Rock-n-Soul” band known the world over as “The Hardest Working Band in Soul Business.”

Jack Mack’s sweet and funky soul music has earned a critically acclaimed thirty year legacy of success in the business including seven albums, blockbuster movie soundtracks, hundreds of global television appearances and stage performances.

As Rock-n-Roll emerged in the late 1950’s & early 1960’s, groups contained high-powered horn sections. As Rock-n-Roll matured, the groups grew smaller and more electric- and then went electronic. The Heart Attack is a throwback to those early days fueled by a high-octane brass section where lung-power moved the music.
**PUBLIC SWIM**

The Pool will be open daily to the public from June 15th thru August 21st*

**Mon – Fri:** 1 pm - 4 pm  
**Sat & Sun:** 1 pm - 5 pm

**ADMISSION**

- **Per Person:** $5 per person, per day  
- **Swim Pass:** $80 for a 20-session pass  
  (May only be used during public swim hours)  
- **Lap Swim Pass:** $85 for a 20-entry pass

**INFORMATION**

- **Pool Address:** 511 Park Blvd, Ukiah, CA 95482  
- **Phone Numbers:** 467-2831 Pool Office  
  463-6201 Recreation Supervisor

*Aquatics information and fees are subject to change without notice.

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**SWIM LESSON REGISTRATION INFORMATION**

The City of Ukiah offers a variety of American Red Cross swim lessons for individuals of all skill levels. Lessons are offered throughout the summer in both the morning and evening. Courses run in two-week sessions, Monday through Thursday and consist of 30 minute lessons for $60.

**NOTE:** Receive a $5 discount for each additional family member registered for the same session. Fee assistance may be available through the City of Ukiah.

**SESSION DATES**

Pre-registration will be held Tuesday-Thursday, June 2-4 and June 9-11 from 10 am - 5 pm at the City of Ukiah, 411 W. Clay Street. Participants may also register throughout the summer at the Ukiah Municipal Swimming Pools. For more information, please call the Pool Office at (707) 467-2831.

- **Session I:** June 15 – June 25  
- **Session II:** June 29 – July 9  
- **Session III:** July 13 – July 23  
- **Session IV:** July 27 – August 6  
- **Session V:** August 10 – August 20

---

**Be Sure to Ask About Our Private Pool Rentals & Birthday Packages!**
**Splash Dance Aqua Aerobics**

Are you tired of the same old workout in a hot sweaty room? Do you like to exercise to music? Come and share an hour in the water with us for a friendly, high energy, fun and effective workout.

You will be surprised and excited to experience the quick results that Aqua Aerobics provides! While exercising in the water you work against 12 times the resistance of air which contributes to increased muscle development that translates into a higher metabolism and healthier body.

Aqua also has all the benefits of land aerobics without the impact to your joints so you may be able to move without the pain you feel while exercising on land. All skill levels from beginner to the seasoned athlete can benefit from water exercise. Non-swimmers welcome.

Come join us and rev up your metabolism for a leaner stronger body.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Sharon Wedegaertner  
**M-W-Th:** 5:30 pm – 6:30 pm  
**Session I:** June 15 – June 29  
**Fee:** $38.50  
**Session II:** July 1 – July 30  
**Fee:** $77  
**Session III:** August 3 – August 20  
**Fee:** $49.50  
$155 for all three sessions, a discount of $10!  
**Drop-In Fee:** $7 per class  
**Age:** 10 years old and up  
**Minimum:** 10 students  
**Maximum:** 50 students  
**Location:** Ukiah Municipal Swimming Pools

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**Senior Water Exercise Class**

The senior water exercise class is a great way to have fun and get fit. Designed for seniors, we do a variety of exercises in the pool, including free moving, free standing, use of walls and use of aquatic buoys. No swimming ability needed.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Cathy Panttaja  
**Dates:** June 15 – August 19  
**Session I:** Mon & Wed, 8:45 am - 9:45 am  
**Fee:** $40  
**Dates:** June 16 – August 20  
**Session II:** Tue & Thur, 8:45 am – 9:45 am  
**Fee:** $40 OR $75 for both sessions  
**Minimum:** 12 students  
**Maximum:** 45 students  
**Age:** 50 years old and up  
**Location:** Ukiah Municipal Swimming Pools

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**Lap Swim**

Designated lap swim lanes are available to all adults 18 years or older. Kickboards and pull buoys are available for lap swimming.

**Mon - Thu:** 9:00 am – 6:00 pm  
**Fri:** 1:00 pm – 4:00 pm  
**Sat & Sun:** 1:00 pm – 5:00 pm  
**Fee:** $5  
$85 for 20-entry Pass  
**Age:** 18 years old and up  
**Location:** Ukiah Municipal Swimming Pools
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Wolves
SUMMER SAFARI DAY CAMP

June 15th - August 21st
for children ages 6 to 12, the camp utilizes the indoor & outdoor facilities of TOTD GROVE PARK
registration packets are available at the City of Ukiah, 411 W. Clay Street
for more information, please call (707) 463-6231 or visit us at www.cityofukiah.com
fee assistance may be available through NCO

www.cityofukiah.com
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Thomas Kilkenny, MD  
General Orthopedics

Dr. Kilkenny is a board certified orthopedic surgeon who has been serving the Ukiah community for 37 years. He earned his medical degree from the University of Wisconsin and did his orthopedic residency at Tulane University School of Medicine. Dr. Kilkenny specializes in treating and caring for orthopedic conditions.

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www.cityofukiah.com
**Basketball Summer Camp**

“Basketball Summer Camp” for kids 9 – 13 years of age to learn the game and develop skills in ball handling, offense, defense and shooting. Kids will be broken into groups based on age and skill level. Each group will be led by a UHS basketball team player that will mentor their group under the direction of an adult coach. Each session will include skill training and playtime.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Carlos Frausto  
**Tues & Thurs:** 4:00 pm – 6:00 pm  
**Dates:** June 16 – July 9  
**Fee:** $40  
**Age:** Boys & Girls  
9 – 13 years of age  
**Minimum:** 30 students  
**Maximum:** 50 students  
**Location:** Pomolita Middle School Gym

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**Open Basketball Gym**

The Alex Rorabaugh Gym will be open for open basketball play for boys and girls ages 13 to 19 years of age. This is for simple pick-up games from 6 pm – 8 pm and is designed to allow everyone the opportunity to play. This is not an instructional course, but instead a chance to form teams and enjoy recreational play.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Carlos Frausto  
**Sunday:** 5:00 pm – 8:00 pm  
**Dates:** June 21 – August 23  
**Fee:** $3 drop-in fee OR $30 for a 12 admission punch card  
**Age:** 13 – 19 years of age  
**Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

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We are Sewon Kim and Victor Cheng, husband and wife practicing Traditional Chinese Medicine in Ukiah. We are uniquely qualified because we were trained six years in China at top hospitals in Shanghai. Victor is also a graduate of UC Berkeley and had interned at UCLA Center for East-West Medicine.

Call 707-391-9335, or visit [www.VictorChengTCM.com](http://www.VictorChengTCM.com) to learn how we can help you.

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**City of Ukiah**

[w w w . c i t y o f u k i a h . c o m](http://www.cityofukiah.com)
**Little Bounce Basketball Camp**

This camp is designed for younger players who are not old enough to attend big kids camp. Players will receive quality instruction, positive reinforcement and personalized attention in a safe supervised environment.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Miles Hayes
- **Mon – Tues:** 8:30 am – 12:30 pm
- **Dates:** June 22 – June 23
- **Fee:** $55
- **Age:** 3 – 7 years of age
- **Minimum:** 10 Students
- **Maximum:** 50 Students
- **Location:** Alex Rorabaugh Recreation Center
  1640 S. State St., Ukiah

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**Pamela L. Rones**

**Certified Public Accountant**

601 North State Street

Ukiah, California 95482

Ph (707)468-5711

Fax (707)468-0132

pronescpa@pacific.net
Big Bounce Basketball Camp

This clinic is designed to help boys and girls playing at the Junior High and High School level. Improve offensive and defensive fundamentals through skill work and organized team play. Each participant will receive individual instruction and take their game to the next level.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Miles Hayes
- **Mon - Thur:** July 6 – July 9
- **Time:** 8:00 am – 3:30 pm
- **Fee:** $125
- **Age:** 8 – 15 years of age
- **Minimum:** 15 students
- **Maximum:** 50 students
- **Location:** Pomolita Middle School Gym
All Sports Camp

The Mendocino All Sports Camp is designed to be fun for the camper. We want to use our fun filled camp to increase the campers love for sports and physical activity. This camp is open to boys and girls ages 4 – 12 and will provide camp T-shirts, daily snacks and quality instruction.

For more information on the Mendocino All Sports camp please contact Roy Thompson, Camp Director at rthompson@mendocino.edu or at (601) 213-7016.

Camp Features personalized instruction from Mendocino Coaches & Players in the following:

- Day 1 – Football/Cheerleading
- Day 2 – Basketball
- Day 3 – Baseball/Softball
- Day 4 - Volleyball

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Roy Thompson
- **Mon – Thurs:** 8:00 am – 12:00 pm
- **Session I:** June 22 – June 25
- **Session II:** July 13 – July 16
- **Fee:** $90
- **Age:** Boys & Girls 4 – 12 years of age
- **Location:** Mendocino Community College

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**K-3 Basketball Camp**

This class is for players who love basketball and would like to work on their game this summer. The class will cover fundamentals (footwork, passing, defense, shooting, rebounding and offensive sets) and feature live game play.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Dave Kornegay
- **Tuesdays:** 5:30 pm – 7:00 pm
- **Dates:** June 16 – August 18
- **Fee:** $40
- **Age:** Boys & Girls who were enrolled in K-3 in the 14’/15’ school year
- **Minimum:** 15 students
- **Maximum:** 35 students
- **Location:** Alex Rorabaugh Recreation Center
  1640 S. State St., Ukiah

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**SUMMER SAFARI DAY CAMP**

**THEME WEEKS:**

- **“Jammin’ Jungle” Week:** June 15 – 19
- **“Stellar Sports” Week:** June 22 – 26
- **“Western Wonder” Week:** June 29 – July 3
- **“Sensory Science” Week:** July 6 – 10
- **“Crazy Carnival” Week:** July 13 – 17
- **“Dive Deep” Week:** July 20 – 24
- **“Cultured Cooking” Week:** July 27 – 31
- **“Super Spirit” Week:** Aug 3 – 7
- **“Go Green” Week:** Aug 10 – 14
- **“Spectacular Space” Week:** Aug 17 – 21

**FIELD TRIPS:**

- Pizza Outings • Trips to the Movies
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- Parents Night Out • Arts & Crafts
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Registration Packets Available at 411 W Clay St  
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or visit [www.cityofukiah.com](http://www.cityofukiah.com)

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**Redwood Empire Basketball Camp**

Come and join the longest running basketball camp in Northern California. Each camper will receive intense individual instruction in every phase of the game of basketball from qualified local basketball coaches. Team responsibility and self-discipline will be emphasized. The camp will include the following:

- T-shirt
- Awards
- Team Play
- Shooting Techniques
- Passing Drills
- Offensive & Defensive Concepts
- Fundamental Station Work
- 3-on-3 Competition
- Free Throw Contest
- And Lots More!

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Bill Heath
- **Mon – Fri:** 8:30 am – 2:30 pm
- **Dates:** June 15 – June 19
- **Fee:** $110 pre-registration
- **Age:** Boys & Girls entering 2nd grade through those entering 9th grade
- **Minimum:** 20 students
- **Maximum:** 70 students
- **Location:** Alex Rorabaugh Recreation Center, 1640 S. State St., Ukiah

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**Summer Hoops Class**

This class is for players who love basketball and would like to work on their game this summer. The class will cover fundamentals (footwork, passing, defense, shooting, rebounding and offensive sets) and feature live game play.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Jack Wann  
**Wednesday:** 5:30 pm – 7:00 pm  
**Dates:** June 17 – August 5  
**Fee:** $40  
**Age:** Boys and girls entering grades 7 – 12  
**Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

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**SHOW SCHEDULE:**

**FRIDAY, JUNE 19TH**

Penguins of Madagascar (PG)

**FRIDAY, JULY 3RD**

Into The Woods (PG)

**FRIDAY, JULY 17TH**

The Hunger Games: Mocking Jay - Part 1 (PG-13 Edited)

**FRIDAY, JULY 31ST**

Big Hero 6 (PG)

**FRIDAY, AUGUST 7TH**

McFarland USA (PG)

**FRIDAY, AUGUST 21ST**

Guardians of the Galaxy (PG-13 Edited)

All movies start at dusk

**LOCATION:**

Alex R. Thomas Plaza in Historic Downtown Ukiah

for more information, call 463-6231

Titles may be subject to change.
**Peak Performance Baseball Pitching Lessons**

Learn to take your pitching game to the next level. This program will emphasize arm health, arm strength, work ethic and mental discipline. We will focus on locating pitches and changing speeds. This class will provide an opportunity to develop a foundation for long term success. Lessons have a low student to instructor ratio with each time slot only accommodating two students.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

- **Instructor:** Mickey Coughlin
- **Sun & Wed:** June 14 – August 19
  - 10:00 am – 11:30 am
  - 12:00 pm – 1:30 pm
  - 2:00 pm – 3:30 pm
- **Session I:** June 14 – June 24
- **Session II:** June 28 – July 8
- **Session III:** July 12 – July 22
- **Session IV:** July 26 – August 5
- **Session V:** August 9 – August 19
- **Fee:** $200 for four sessions
- **Age:** 10 years old and up
- **Minimum:** 1 student per time slot
- **Maximum:** 2 students per time slot
- **Location:** Anton Stadium

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**Ukiah Country PumpkinFest**

**This Year’s Theme:** Peace, Love & Pumpkins

**Save The Date! October 17 & 18, 2015**

Vendor applications available NOW!

Call 707.463.6231 or visit www.cityofukiah.com for more information.

---

**Ukiah Rod & Gun Club**

**Annual Wild Salmon BBQ & Raffle**

Saturday, June 20, 2015

5:00 to 7:00 p.m.

Ukiah Senior Center
495 Leslie Street

- **$25.00 - Adults**
- **$12.00 - Children under 12**

**Air Conditioned Dining**

All proceeds go to Salmon & Steelhead Restoration

For more information call 707-972-6411

Advanced sale tickets available at Mendocino Book Company
Ultimate Frisbee

Come join in the fun. Ultimate Frisbee is played much like soccer. This exciting, non-contact sport takes “flight” two days a week throughout the year. Register at the City of Ukiah or at the field. New teams are formed each meeting.

- Saturdays: 10:30 am – 12:00 pm
- Location: Vinewood Park
- Tuesdays: 6:00 pm – 8:00 pm
- Location: Vinewood Park
- Fee: $20 per calendar year
- Ages: 18 years old and up

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Lic#0F56594
**Adult Co-Ed Dodgeball**

Feel like a kid again by participating in a City of Ukiah Adult Co-ed Dodgeball game! Dodgeball is a great way to reduce stress, improve health and fitness and meet new people. The rules of dodgeball are the same as when you played it in elementary school. Open dodgeball is for ages 16 and older and consist of co-ed teams formed at each meeting. Come experience the fun today!

**Instructor:** Staff

**Tuesday:** 6:00 pm – 8:00 pm

**Dates:** June 16 – August 18

**League Fee:** $300 per team (No limit on number of team players)

**Age:** 16 years old and up

**Location:** Alex Rorabaugh Recreation Center
1640 S. State St., Ukiah

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**Outdoor Adult Co-Ed Volleyball**

Friends, fun and sun! Come out and enjoy our Outdoor Adult Co-Ed Volleyball games at Todd Grove Park. Teams will be formed at each meeting and no pre-registration is required for this drop-in program.

**Instructor:** Staff

**Friday:** 5:30 pm – Dusk

**Dates:** June 19 – August 21

**Fee:** $5 drop-in

**Age:** 18 years old and up

**Location:** Todd Grove Park

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**Redwood Academy of Ukiah**

- FREE Public School
- Serving Grades 7-12
- Early College Program
- Advanced Placement Options
- Caring, Credentialed Teachers
- Centrally Located at the Fairgrounds
- Clubs & Electives, Student Council
- Parent Participation
- Dress Code

**www.caredwoods.org • 1059 N. State St., Ukiah**

Enroll Today (707) 467-0500

A Small School for Big Thoughts
Ping Pong

Competitive ping pong with weekly play and tournaments.

Participants supply their own ping pong paddles.

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Michael Pallesen

**Thursday:** 7:00 pm – 9:00 pm

**Dates:** Thursdays (ongoing)

**Fee:** $25

**Ages:** 18 years old and up

**Location:** Alex Rorabaugh Recreation Center
1640 S. State St., Ukiah

Community Services Department ...

Ukiah residents continue to enjoy the benefits of having excellent recreational park facilities. These include a golf course, the Grace Hudson Museum, the Conference Center, baseball and softball stadiums and nearly 130 acres of developed parkland. Our parks offer outstanding amenities including tennis courts, playgrounds, picnic areas, playing fields, and an amphitheater. In addition, our recreational activities are some of the most desired services offered by the City to its residents.

Professional associations such as the California Park and Recreation Society and the National Park and Recreation Association have for a long time boasted that the benefits of recreation are endless. Some of the many individual and community benefits provided by the parks and recreation services include:

**INDIVIDUAL BENEFITS**

- Enhanced relaxation
- A feeling of social belonging
- Increased self-esteem & self-reliance
- Making new friends
- Reduced risk of stress related diseases
- A balance between work & play

**COMMUNITY BENEFITS**

- Reduced crime & delinquency
- Family unity
- Community pride
- Attracting new businesses
- Enhanced ethnic & cultural understanding, harmony & tolerance
- Increased property values

“Life was meant to be lived.” — Eleanor Roosevelt

www.cityofukiah.com
Pickleball

One of the fastest growing sports in America. Pickleball, a great paddle sport with a funny name, played like tennis only on a smaller court. The game uses a whiffle ball and oversized ping pong paddles. Great sport for all ages and skill levels. See us on YouTube at Pickleball Ukiah or usapa.org. Beginners may join in with our more than a dozen returning players at any time. For more information, please call Willie McGinn at (707) 621-1836

**MUST PRE-REGISTER WITH THE CITY OF UKIAH**

**Instructor:** Willie McGinn  
**Saturdays:** June 20 – August 22  
**Time:** 8:00 am – 10:00 am  
**Fee:** $40  
**Age:** 12 years old and up  
**Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

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**We want to hear from YOU!**

Do you have special skills or talents that you want to teach to others? If so, become an instructor for the City of Ukiah Recreation Department. Call 707-463-6231 for more information.

---

**Sports Complex Advertising Space Available Now!**

[Image of an advertising sign]

Put your sign where everyone is looking!

(707) 463-6714

---

**Call Jeremy or Laurent 8am to 5pm**

707-462-2021

- American Standard Heating & Air Conditioning
- Mitsubishi Ductless Air Conditioning & Heat Pumps
- SolarWorld Solar systems (30% tax credit)
- Seamless Gutter in a variety of colors
- Service on all brands of Heating & Cooling systems

AC&R Service  
Heating & Cooling  
Solar Systems

707-462-2021  
539 S. Main St.  
Ukiah, CA 95482  
www.acrserviceinc.com  
Lic. 471898
Petanque (Game of Boules)

Learn to play Petanque. Prevalent throughout Europe and the Mediterranean and growing in popularity in the US, Petanque is an outdoor bowling game similar to Bocce Ball that can be enjoyed by all. Develop skill, technique and strategy for recreational or competitive situations. No experience required. Students may enroll anytime during the session. For more information, call (707) 972-1917

MUST PRE-REGISTER WITH THE CITY OF UKIAH

Instructor: Mickey Coughlin
Tuesdays: 5:30 pm – 7:30 pm
Dates: June 16 – August 18
Fee: $20
Age: 10 years old and up
Location: Observatory Park

City of Ukiah Sponsorship Opportunities

YOUTH SPORTS
• Youth Basketball
• Girls Youth Softball
• Scorer’s Table
• Banner

EVENTS
• Sundays in the Park Concert Series
• Moonlight Movie Madness
• Family Fun in the Sun
• All-American Picnic in the Park
• Ukiah Country PumpkinFest

ADULT SPORTS
• Men’s & Women’s Softball
• Co-ed Softball
• Co-ed Volleyball
• Men’s & Women’s Basketball
• Tournaments

SPORTS COMPLEX
ADVERTISING
• 4’ x 8’ Outfield Sign
• Scoreboard: includes sponsor panel & sign space

Call (707) 463-6231
For More Information

www.cityofukiah.com
CITY FACILITIES FOR RENT

City facilities are available to the public on a rental basis at very reasonable fees.

If your business, club, or family group is planning a meeting, wedding, reunion, party or other gathering, we may have the perfect location for you.

For information about renting these facilities, call: 463-6700

Picnic & Barbecue Facilities
Conference & Meeting Rooms
Banquet & Wedding Facilities
Grace Hudson Public Meeting Room
Ukiah Civic Center Council Chambers
Alex Rorabaugh Center (ARC)

For information about renting these facilities, call: 463-6231

Sports Fields & Stadium
Municipal Swimming Pools

Youth Wrestling Camp

Come join in on the fun with national team member Harmonie Roberts to pick up new skills from the world of wrestling. Learn basic fundamentals with other children and discover your love for a new sport. Please bring a lunch.

MUST PRE-REGISTER WITH THE CITY OF UKIAH

Instructor: Harmonie Roberts
Mon – Fri: 10:00 am – 3:00 pm
Dates: June 22 – June 26
Fee: $40
Age: Boys & Girls
5-13 years of age
Minimum: 10 students
Maximum: 40 Students
Location: Pomolita Wrestling Room
(Back of school at corner of Hazel & Maple)

NEW
Class Offering!

Village Books

Literature • Mysteries
SciFi • History
Cookbooks and lots more

344 N. State St. Ukiah
707-468-5355
Monday-Saturday 10am-5:30pm
www.villagebooks-ukiah.com
Commemorative Tree & Bench Program

Celebrate an event or memorialize a loved one by having a commemorative bench or tree installed in a City of Ukiah Park.

For more information, call the City of Ukiah Community Services Department at (707) 463-6231.
City of Ukiah Valley Conference Center

Dental Facilities
- Ukiah Valley Conference Center
- Alex Rorabaugh Recreation Center
- Alex Rorabaugh Gym
- Grace Hudson Meeting Room
- Alex Thomas Plaza
- Todd Grove Park
- Oak Manor Park
- Vinewood Park

Other Services Provided
- Catering
- Audio Visual
- Special Event Permits
- Street Closure Permits

For more information please contact The Ukiah Valley Conference Center at 707-463-6701
Visit our office on 200 South School Street, Ukiah CA 95482 or website at www.cityofukiah.com
2015 FALL SOFTBALL LEAGUES

Registration Deadline: Friday, July 31
Team Sponsor Fee: $350
Divisions: Women’s Fall Ball, Co-ed Rec. Tuesdays, Co-ed Int. Wednesdays, Men’s Fall Ball, Co-ed Rec. Fridays

Men’s Softball Tourney
Saturday & Sunday, July 11 & 12
$300 per team
Three Game Guarantee

City of Ukiah Recreation Department
411 West Clay St. ~ (707) 463-6714 ~ www.cityofukiah.com
FEEL LIKE A KID AGAIN!
Reduce Stress!
Improve Health & Fitness
Meet New People!
Experience the Fun Today!

REGISTRATION DEADLINE: Friday, June 5th

THURSDAY: 6:00 pm - 8:00 pm
DATES: June 18 - August 20
FEE: $300 per team
(No limit on number of team players)
AGE: 16 years old and up
LOCATION: Alex Rorabaugh Recreation Center
1640 S. State St., Ukiah, CA 95482

For More Information, Call (707) 463-6714
Team registration forms are available online @
www.cityofukiah.com/recreation
Or at
411 W. Clay St.
Ukiah, CA 95482
UKIAH VALLEY GOLF COURSE
599 PARK BLVD., UKIAH (707) 467-2832

Come out and join other golfers in social activities and gatherings.
Be a part of it by joining the Men’s or Women’s Clubs, Par Tee Niners, summer BBQ’s, etc.
Call the Pro Shop, 467-2832 for more information.

The Ukiah Valley Golf Course is proudly owned by the City of Ukiah. This picturesque golf course offers you great family-friendly golf surrounded with its magnificent views. It is a challenging 18-hole championship golf course recognized as a member of the Northern California Golf Association. NCGPA Par 70

- Open every day from sunrise until sunset
- Twilight rates available after 12 noon
- Food & beverage concessions
- Club rentals available
- Cart rentals available
- Golf instruction for individuals or groups
- Fully stocked pro shop
- Tournament scheduling available
- Men’s and women’s leagues
- Limited and unlimited memberships available

GREEN FEES

Saturday, Sunday & Holidays

<table>
<thead>
<tr>
<th>Category</th>
<th>18 holes</th>
<th>9 holes</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADULTS</td>
<td>$32</td>
<td>$9</td>
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<tr>
<td>Twilight</td>
<td>$22</td>
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</tr>
<tr>
<td>JUNIORS</td>
<td>$12</td>
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Monday thru Friday

<table>
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<tr>
<th>Category</th>
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<th>9 holes</th>
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<tbody>
<tr>
<td>ADULTS</td>
<td>$24</td>
<td>$6</td>
</tr>
<tr>
<td>Twilight</td>
<td>$19</td>
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<tr>
<td>SENIORS</td>
<td>$20</td>
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<tr>
<td>JUNIORS</td>
<td>$10</td>
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</table>

(fees subject to change)

Annual Green Fees

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
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<tr>
<td>Unlimited Adult</td>
<td>$1,500</td>
</tr>
<tr>
<td>Unlimited Adult Couples</td>
<td>$2,100</td>
</tr>
<tr>
<td>Limited Adult</td>
<td>$1,050</td>
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<tr>
<td>Limited Couple</td>
<td>$1,500</td>
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<tr>
<td>Limited Junior</td>
<td>$250</td>
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<tr>
<td>Annual Private Cart Permit Fee</td>
<td>$265</td>
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</tbody>
</table>

Head Golf Professional Frank L. Johnson, Member PGA

www.ukiahgolf.com

www.cityofukiah.com
The Community Services Department operates and maintains a wide variety of park and building facilities to meet the needs of the community. Most parks are open daily to the public between the hours of 6am and 10pm. Many facilities may also be reserved for a low rental fee. We have the perfect location for meetings, seminars, weddings, parties, and other gatherings. For additional rental information, call 463-6700.

**RENTAL OPERATIONS INCLUDE:**
- Picnic and Barbecue Facilities
- Conference and Meeting Rooms
- Banquet and Wedding Facilities
- Board Room and Auditorium
- Sports Stadium and Complex
- Swimming Pool
- Amphitheaters
- Covered Gazebo and Pavilion

City facilities are available to the public on a rental basis at very reasonable fees. If your business, club, or family group is planning a meeting, wedding, reunion, party or other gathering, we may have the perfect location for you.

**Call 463-6700 to Rent**
- Picnic & Barbecue Facilities
- Conference & Meeting Rooms
- Banquet & Wedding Facilities
- Grace Hudson Public Meeting Room
- Ukiah Civic Center
- Council Chambers

**Call 463-6231 to Rent**
- Sports Fields & Stadium
- Municipal Swimming Pools
How Do I Register?

Choose the programs you want. Complete the registration form fully with all class dates and times listed. Please be sure to sign your form. Please total all fees and include your check or money order payable to the City of Ukiah.

**PLEASE NOTE:** There will be a $25 charge for all checks returned from your bank for non-sufficient funds. To make sure your registration is not delayed, please be certain that your forms are complete, correct and signed. Payment, either of cash, check, money order or credit card (including expiration date) must be included.

Once you’ve chosen the programs, complete the registration form and select a payment method. You can Mail-in, Walk-in or, if paying by credit card, Fax-in your form. If the class of your choice is full, you will be placed on a waiting list and contacted about the status of your registration.

Classes may be cancelled due to lack of enrollment. Please make every effort to pre-register so a class will not be cancelled unnecessarily. Pre-registration is required for every class.

**HOW WILL I KNOW I’M IN THE CLASS?**

You will NOT be contacted to confirm your registration. Please make a note of the classes for which you registered.

You WILL be contacted in writing or by phone* regarding your registration in the following cases:

- The class you have requested has reached its registration limit and you were placed on the waiting list.
- Your registration form is incomplete.
- Your class is being cancelled due to insufficient registration.

*NOTE: For this reason, it is imperative that you provide both your phone number plus an emergency contact.

**REFUND POLICY**

Refunds are granted only if a written request is received by the City of Ukiah before the second class meeting. There is a 15% administration fee deducted from all refunds. Instructors do not issue credit or refunds for classes you miss. A credit is offered if the class is canceled due to instructor’s cancellation.

**WHAT HAPPENS WHEN I’M ON THE WAITING LIST?**

You will remain on the waiting list until the class begins. We will make every effort to create additional classes and contact you if we have been able to do so.

Once the class begins, if we have been unable to accommodate you, we will process your refund for fees paid.

**NOTE:** In order to remain on the waiting list, we require that your fees be retained. If you wish your name to be removed from the waiting list, contact us at 463-6231, and your refund will be processed.

**FINANCIAL ASSISTANCE**

The City of Ukiah wants every child to have an opportunity to participate in its various recreation programs. In an effort to provide affordable programs, the City has established a fee subsidy program. Please contact the City of Ukiah Community Services Department at 463-6231 at least 15 days prior to first class to inquire about completing an application for reduced program fees.
Three Easy Ways To Register:

By Mail
Send completed form to:
City of Ukiah
411 W. Clay Street
Ukiah, CA 95482

By Fax
If you are paying with a credit card, you can fax the completed form to:
(707) 463-6740

In Person
Deliver directly to:
City of Ukiah
411 W. Clay Street
8 am to 5 pm, Mon - Fri

<table>
<thead>
<tr>
<th>Last Name, First Name</th>
<th>D.O.B.</th>
<th>M/F</th>
<th>Course Title</th>
<th>Date &amp; Time</th>
<th>Fee</th>
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Refunds are granted only if a written request is received by the City of Ukiah before the second class meeting. There is a 15% administrative fee deducted from all refunds.

Please Read and Sign

In consideration of the acceptance of my application for entry into the above stated recreation activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury or property damage or losses, expenses, including reasonable attorney fees, which I may have or which may hereafter accrue to me, against the City of Ukiah as a result of my participation in the activity(ies). This release is intended to discharge the City of Ukiah, its officers, officials, employees, instructors, agents, and volunteers, from and against any and all liability arising out of or connected in any way with my participation in the activity(ies) even though that liability may arise out of the negligence or carelessness on the part of other persons. I further understand that accidents and injuries can arise out of the activity(ies), knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless the City of Ukiah and all of the persons mentioned above who might otherwise be liable to me or my heirs or assigns for damages. It is further understood and agreed that this waiver, release and assumption of risks is to be binding on my heirs and assigns.

I, the undersigned or parent/guardian of the individual named below do hereby agree to allow the individual named herein to participate in the aforementioned activity, and I further agree to indemnify and hold harmless the City of Ukiah and its instructors, agents, officers and employees from and against any and all liability resulting in injury associated with that individual(s) participation in this activity(ies).

I/We agree to allow use of my/our photograph for program publicity. I/We read and agree to the registration and program policies. I have read and understand the previous paragraphs.

Signature __________________________     Date ________________

Name __________________________     City __________________________

Day Phone __________________________     Night Phone __________________________

E-mail Address __________________________

Person to Notify in Case of an Emergency

Name __________________________     Phone __________________________

For Official Use Only:

Amount Paid: $ ________________     Payment __________________________

Credit Card Payment

☐ Visa  ☐ Mastercard  Number __________________________     Expiration Date __________________________

Name (as it appears on card) __________________________

Signature __________________________     Date __________________________     Phone # __________________________

www.cityofukiah.com
ADVERTISING IN THE GUIDE

The City of Ukiah is pleased to provide you with information on the benefits of advertising in the Activity and Recreation Guide. We are confident that you will experience a better “return on investment” than advertising with other publications. Our guide is printed in full-color with glossy covers and contains seasonal information about recreation and leisure activities throughout inland Mendocino County.

OUR GUIDE GETS INTO THE HANDS OF YOUR CUSTOMERS!

HERE ARE THE REASONS WHY:

- Directly mailed to every single resident and business in Ukiah, Redwood Valley, Calpella, Talmage and Potter Valley.
- Rates are lower than other magazines and newspapers.
- Single largest leisure and recreation guide in the region.
- Each ad is custom formatted to your specifications by our experienced and friendly staff.
- Proceeds support local youth activities.
- Published 3 times a year in January, June and September.
- The guide is also published electronically on the City’s website.

COMPARE OUR PRICES

<table>
<thead>
<tr>
<th>BACK COVER: $1,050</th>
<th>INSIDE FRONT COVER: $775</th>
<th>INSIDE BACK COVER: $725</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full-Color, Glossy Print</strong></td>
<td><strong>Full-Color, Glossy Print</strong></td>
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</tbody>
</table>

FULL PAGE: $550 7.5” x 9.5” Full-Color

HALF PAGE: $300 7.5” x 4.5” Full-Color

1/4 PAGE: $155 3.5” x 4.5” Full-Color

BANNER AD: $125 7.5” x 1.5” Full-Color

1/8 PAGE: $105 3.5” x 2.25” Full-Color

OUR CLIENT LIST INCLUDES:

- Alan Nicholson Design Studio
- Curves
- Heidi’s Yarn Haven
- Mendocino Community Health Center
- Patrona
- Shoefly and Sox
- The Tutoring Center
- Triple S Camera
- Villa Del Mar
- Village Books

...JUST TO NAME A FEW!

CALL TODAY! 467-5723 • WWW.CITYOFUKIAH.COM
Creative Workshop
PRINTING & COPIES
759 S. State Street • Ukiah
707-468-0251

WHAT’S NEW

Jerseys, Caps & Visors

Coffee & Latte Mugs

No Minimums!
order 1 or more

Shirts

• Aprons
• Hoodies
• Uniforms
• Tank Tops
• Quilt Squares
• Active Wear
• Work Shirts
• Jackets & More

Your Material or Ours

Design Your Own Mug

Mouse Pads

Photo Calendars

WHAT’S NEW

Your Material or Ours
MCHC Primary Care Provider Justin Ebert is also a volunteer firefighter.

our community of care

Caring for our community means more than providing health care at Hillside Health Center. It means volunteering in our community.

Justin Ebert provides medical care to children and adults Monday - Friday from 8am - 5pm. Off duty, Justin is a volunteer firefighter in Redwood Valley. Our community is our home.

www.mchcinc.org
707-468-1010
333 Laws Avenue, Ukiah CA

Hillside Health Center
Part of the MCHC Family of Care