City of Ukiah

www.cityofukiah.com

# Activities & Recreation Guide

## Winter/Spring 2017

# THE TUTORING CENTER

## SPECIAL "BACK TO SCHOOL" OFFER!

It's hard to believe. *The school year is starting again!* Thankfully, by starting early before report cards come out in a few months, you have time for **THE TUTORING CENTER** to help your child start the year on a "high-note!" Our FUN, proven, unique, one-to-one instruction known as *"The Rotational Approach to Learning™"* will help your child improve confidence, concentration & self-esteem while strengthening the academic skills that he or she needs to succeed in school!

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**with this ad*

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|---|---|
| ***One-to-One Instruction*** | ***Group Instruction*** |
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VS.

***The Rotational Approach to Learning™* enables students to work in a highly interactive, positive environment working one-to-one with an instructor.**

**Small-group instruction is often very distracting for students where competition and intimidation are unavoidable factors.**

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- ★No Contracts to Sign!
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- ★Algebra
- ★Geometry
- ★Algebra II
- ★Study Skills

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***707-468-1300***
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*(Corner of Smith & State)*

THE TUTORING CENTER™
**www.tutoringcenter.com**

# CITY of UKIAH

COMMUNITY SERVICES DEPARTMENT

### *Ukiah City Council*

| | |
|---|---|
| Jim Brown | ***Mayor*** |
| Kevin Doble | ***Vice-Mayor*** |
| Douglas Crane | ***Council Member*** |
| Steve Scalmanini | ***Council Member*** |
| Maureen Mulheren | ***Council Member*** |

### *Administration*

| | |
|---|---|
| Sage Sangiacomo | ***City Manager*** |
| Tami Bartolomei | ***Community Services Administrator*** |

### *Recreation Department*

| | |
|---|---|
| Jake Burgess | ***Recreation Supervisor*** |
| Julie Webb | ***Sports Coordinator*** |
| Tim S. Poma | ***Recreation Coordinator*** |
| Olivia Zotter | ***Receptionist*** |

### *Ukiah Valley Conference Center*

| | |
|---|---|
| Kerry Randall | ***Conference Center Administrator*** |
| Kate Jones | ***Facility Attendant*** |

### *Grace Hudson Museum*

| | |
|---|---|
| Sherrie Smith-Ferri | ***Museum/Cultural Arts Director*** |
| Karen Holmes | ***Curator*** |

### *Buildings & Park Maintenance*

Jarrod Meyer
Robert Gibson
Donald O'Hara
Jim Thomsen
Joe Fowler
Chris McMahan
Danny McVay
Raul Ramos
Cole Gowan
Jose Ruiz

### *Parks, Recreation & Golf Commission*

Henry Sadowski
Alan Nicholson
Faye Hefte
Susan Knopf
Vicki Bitonti-Brown

### *Important Phone Numbers*

| | |
|---|---|
| Alex Rorabaugh Recreation Center | ***463-6275*** |
| Community Services Department | ***463-6231*** |
| Grace Hudson Museum | ***467-2836*** |
| Softball Hotline | ***463-6713*** |
| Ukiah Chamber of Commerce | ***462-4705*** |
| Ukiah Valley Conference Center | ***463-6700*** |
| Ukiah Valley Golf Course | ***467-2832*** |
| Visit Ukiah | ***467-5766*** |

### *Phone Numbers for Sports Program Partners*

| | |
|---|---|
| Rusty Bowl BMX | ***462-0249*** |
| Ukiah Babe Ruth League | ***www.ukiahbaberuth.com*** |
| Ukiah Lion's Youth Football | ***485-7600*** |
| Ukiah Valley Soccer | ***467-9797*** |
| Ukiah Youth Baseball League | ***468-8800*** |

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City of Ukiah
RECREATION DEPARTMENT

# Message from the Recreation Supervisor

## Sportsmanship 101

As a Recreation Department employee for over 12 years, I have come to prioritize sportsmanship above all else in our Youth Sports programs. Sportsmanship can mean many different things to different people but what it means to me is playing the same way whether you are winning or losing. It means treating your opponent with respect and understanding. It means treating your teammates with respect regardless of their performance in the game. Please read and take to heart the sportsmanship advice below from Dr. Darrell Burnett, a clinical and sport psychologist, parent, national lecturer, author, consultant and volunteer youth league coach.

## Sportsmanship is the ability to:

Win without gloating  Lose without complaining  Treat your opponent with respect

## Sportsmanship Tips

If you make a mistake, don't pout or make excuses. Learn from it, and be ready to continue to play.

If a teammate makes a mistake, offer encouragement, not criticism.

If you win, don't rub it in.

If you lose, don't make excuses.

## Sportsmanship Checklist

**1.** I abide by the rules of the game.
**2.** I share in the responsibilities of the team.
**3.** I always play fair.
**4.** I respect the other team's effort.
**5.** I accept the judgment calls of the game officials.
**6.** I try to avoid arguments.
**7.** I give everyone a chance to play.
**8.** I follow the directions of the coach.
**9.** I offer encouragement to my teammates.
**10.** I end the game smoothly.

On a final note, a word of caution. We can't be so naive as to think that by teaching and valuing sportsmanship in our youth we will ensure that they will take these values with them into their young adult and adult sports lives. However, if we don't expose them to the essentials of sportsmanship, and if we don't guide them in developing a sense of good sportsmanship, we can all but guarantee that they will fall prey to the young adult and adult world of sports and athletics, with its continued tendency to minimize sportsmanship, and maximize winning as the only real value in competitive athletics.

***JAKE BURGESS***
Recreation Supervisor
City of Ukiah Community Services Department
411 W. Clay Street, Ukiah, Ca. 95482
(707) 463-6201
jburgess@cityofukiah.com

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For more information:
**707.463.6231 www.cityofukiah.com**

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## Puppy Class

A gentle introduction to teaching owners how to effectively raise their puppies to be social, obedient, well-mannered and balanced. Course covers introduction to obedience commands, activities, problem prevention and health concerns. For puppies under 4.5 months (small breeds under 6 months) who have had at least two sets of puppy vaccinations, owners whose pups do not have the required vaccinations may attend without the puppy.

For more information contact Sallie Palmer at (707) 463-3647 or www.wellmanneredmutts.com.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Sallie Palmer
***Saturdays:*** 10:00 am – 11:00 am
***Dates:*** January 14 – February 25 (no class 1/21/17)
***Fee:*** $130
***Age:*** 12 years old and up if accompanied by an adult
***Minimum:*** 6 students
***Maximum:*** 10 students
***Location:*** 275 F. Cherry St. Ukiah

## Dog Training – Just the Basics

A simplified format designed to produce results. This course teaches the owner how to train their dog to reliably sit down, stay, walk on loose leash and come when called. Participants are required to only master a few training skills each week. Dogs over 4 months old must be current with vaccinations. This class is not appropriate for dogs with aggression issues. Owner must be physically able to control their dog.

For more information contact Sallie Palmer at (707) 463-3647 or www.wellmanneredmutts.com.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Sallie Palmer
***Saturdays:*** 11:15 am – 12:15 pm
***Dates:*** January 14 – February 25 (no class 1/21/17)
***Fee:*** $130
***Age:*** 12 years old and up if accompanied by an adult
***Minimum:*** 6 students
***Maximum:*** 8 students
***Location:*** 275 F. Cherry St. Ukiah

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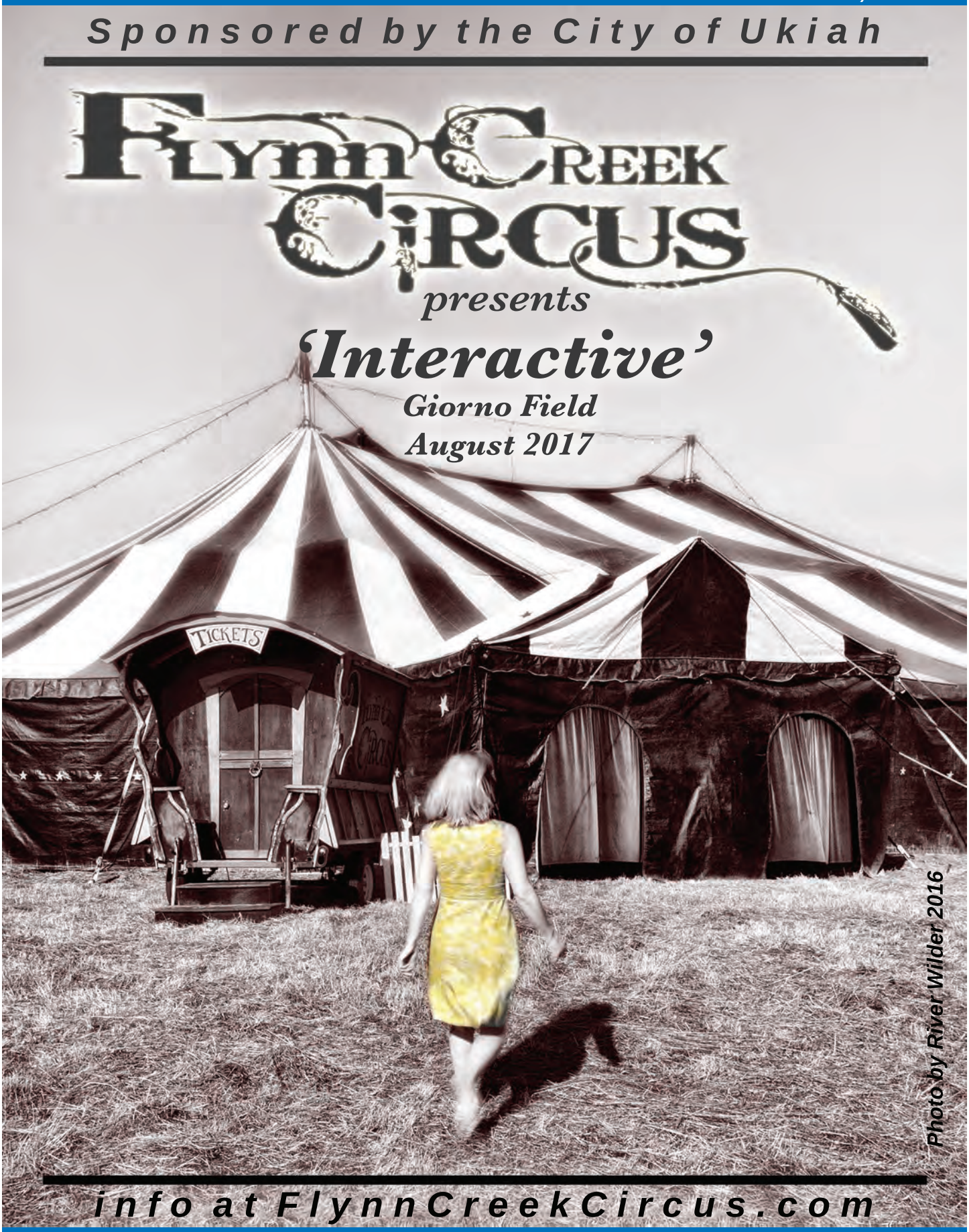



registration information on pages 46 & 47

## *Beginning Belly Dancing*

Linda has been teaching for the City of Ukiah for 33 years. This time in a short course of four weeks which will leave you with music and dance you will love forever, with some basic movements of Egyptian belly dance. Loads of fun for any age, size, or fitness (she has taught women in their 80's). There will be more layering moves for those who have danced with me before and want to refresh.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Instructor:*** Linda Johnston
***Wednesdays:*** 6:45 pm – 7:45 pm
***Dates:*** January 11 – February 1
***Fee:*** $28
***Age:*** 15 years old and up
***Minimum:*** 8 students
***Location:*** Alex Rorabaugh Recreation Center – Room H11

## *East Coast Swing Dance Lessons*

Start the New Year off on the right foot! The East Coast Swing is a fun dance that can be done to many types of music. Learn the basic step and some cool patterns. Bring your partner for an exciting night out or come to meet new people.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Instructor:*** Eddie Vedolla; World Swing Dance Champion
***Mondays:*** 6:00 pm – 7:00 pm
***Dates:*** January 9 – January 30
***Fee:*** $35 or $10 drop-in
***Age:*** 16 years old and up
***Minimum:*** 4 students
***Maximum::*** 50 students
***Location:*** Frank Zeek Elementary School 1060 N. Bush St., Ukiah

## *Salsa Dance Lessons*

Have fun learning the exciting and spicy Salsa! Social dance is a great exercise for the mind and body, a fun date night out, and a great place to meet new people. Put your stresses aside with some salsa dancing. No partner necessary.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Instructor:*** Eddie Vedolla; World Swing Dance Champion
***Mondays:*** 6:00 pm – 7:00 pm
***Dates:*** February 6 – February 27
***Fee:*** $35 or $10 drop-in
***Age:*** 16 years old and up
***Minimum:*** 4 students
***Maximum::*** 50 students
***Location:*** Frank Zeek Elementary School 1060 N. Bush St., Ukiah

# Sundays in the park

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To Learn More About Becoming a Sponsor Please Call Us at 463-6231 or Visit www.cityofukiah.com



registration information on pages 46 & 47

## Night Club Two-Step Dance Lessons

Enjoy learning to dance in a fun social setting. Replace the slow dance that rocks back and forth with the Night Club Two-Step. No partner necessary!

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Eddie Vedolla; World Swing Dance Champion |
| ***Mondays:*** | 6:00 pm – 7:00 pm |
| ***Dates:*** | March 6 – March 27 |
| ***Fee:*** | $35 or $10 drop-in |
| ***Age:*** | 16 years old and up |
| ***Minimum:*** | 4 students |
| ***Maximum::*** | 50 students |
| ***Location:*** | Frank Zeek Elementary School 1060 N. Bush St., Ukiah |

*Mendocino Ballet*

## Dance This Spring!

Ballet classes for ages 3-Adult
Tap/Ballet classes 4-7
Tap Classes for ages 5-Adult
Jazz/Contemporary classes

**Classes Start in January**

**Check our website for updated class lists!**

For more information call our office at 463-2290 or email us at balletoffice@sbcglobal.net
Follow us on Facebook, Twitter and Instagram!

www.mendocinoballet.com
*"Where Dreams to Dance Come True!"*

## West Coast Swing Dance Lessons

Learn the California State Dance - West Coast Swing from a West Coast Swing Champion. This is the perfect dance to learn for summer concerts and weddings. Bring a partner or come solo. No partner necessary!

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Eddie Vedolla; World Swing Dance Champion |
| ***Mondays:*** | 6:00 pm – 7:00 pm |
| ***Dates:*** | April 3 – April 24 |
| ***Fee:*** | $35 or $10 drop-in |
| ***Age:*** | 16 years old and up |
| ***Minimum:*** | 4 students |
| ***Maximum::*** | 50 students |
| ***Location:*** | Frank Zeek Elementary School 1060 N. Bush St., Ukiah |

## 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.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Amadou Camara |
| ***Sundays:*** | 2:00 pm – 3:30 pm |
| ***Session I:*** | January 8 – February 12 |
| ***Session II:*** | February 19 – April 2 |
| ***Session III:*** | April 9 – May 28 |
| ***Fee:*** | $16 drop-in |
| ***Age:*** | All Ages |
| ***Minimum:*** | 2 students |
| ***Maximum:*** | 15 students |
| ***Location:*** | Oak Manor School Gym/Cafeteria |

AMADOU CAMARA
*West African Drum Class Instructor*

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registration information on pages 46 & 47

## *Explore Your Voice Class*

The purpose of this class is to develop your singing voice while exploring what it takes to do that. You will learn vocal technique, breath management, how to manage your high and low voice, as well as gain confidence singing in front of others, stage presence, and self-expression. Also, you will be able to explore singing different musical genres and select one song of your choice to perform at the conclusion of the session. You will sing in a comfortable and supportive environment.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Denise Doering |
| ***Tuesdays:*** | January 10 – February 28 |
| ***Dates:*** | 5:30 pm - 7:00 pm |
| ***Fee:*** | $80 |
| ***Age:*** | All Ages |
| ***Minimum:*** | 6 students |
| ***Maximum:*** | 20 students |
| ***Location:*** | Anton Stadium<br>Recreation Room<br>506 Park Blvd., Ukiah |

# GRACE HUDSON MUSEUM
## & Sun House

A Division of the City of Ukiah Community Services Department

431 S. Main Street, Ukiah • 467-2836
www.gracehudsonmuseum.org

**MUSEUM HOURS:**

**Wednesday - Saturday:** 10am - 4:30pm
**Sunday:** Noon - 4:30pm
**Admission Prices:** $4/person; $10/family; $3 for seniors and students; Free to members; Free to all on First Fridays

**Educators:** Call to schedule student visits.
**Visit Our Gift Shop:** Featuring an enticing selection of books and gifts!

## FEATURED EXHIBITS

### *In the Construction Zone: Mendocino County Assemblage Art*

*Saturday, January 30 – Sunday, April 17, 2016*

As the Grace Hudson Museum remodels and reconfigures, we embrace the possibilities of construction with this group show featuring the fascinating three-dimensional assemblage work of County artists Spencer Brewer, Larry Fuente, Joan Giannecchini, Esther Siegel, Susan Spencer, Denver Tuttle and Michael Wilson. From intriguing to outrageous, their work utilizes found objects, surprising materials and unique perspectives on the ordinary that will make you take a second look.

*Blue Moon* by Susan Spencer.

### *She Sang Me a Good Luck Song: The California Indian Photographs of Dugan Aguilar*

*Saturday, April 30 - Sunday, July 31, 2016*

Dugan Aguilar (Mountain Maidu/Pit River/Walker River Paiute), a man of few words, speaks his heart through his photography. With nature's light and a camera, he creates images of indigenous California people, photographs that embody the depth of their subjects' beauty, strength, and humor. Ranging from portraits of military veterans, basket makers, and dancers to meditative landscapes, Aguilar's work documents—and contributes to—the perseverance and renewal of Native California's living, vibrant cultures.

*Oak Meadow* by Dugan Aguilar.

## GRACE HUDSON MUSEUM & SUN HOUSE STAFF

**Top Row, L to R:** Louise Yale, Docent/Receptionist; Kristen Marrow, Receptionist; Marian Scalmanini, Gift Shop Manager; Marvin Schenck, Curator;
**Bottom Row, L to R:** Diana Thomas, Receptionist; Karen Holmes, Registrar; Sherrie Smith-Ferri, Director

registration information on pages 46 & 47

# ART IN THE FOYER

Select works of art
can be displayed in
***the Civic Center Foyer***

Call ***463-6231*** for
more information

## *Open Art Studio*

The open art studio meets at the Anton Stadium Recreation Room Mondays: 9:30 am to 2 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. Tables 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.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Monday:*** | 9:30 am – 2:00 pm |
| ***Dates:*** | ongoing, every Monday |
| ***Member Fee:*** | $4 per class |
| ***Non-Member Fee:*** | $5 per class |
| ***Ages:*** | 18 years old and up |
| ***Location:*** | Anton Stadium Recreation Room 506 Park Blvd., Ukiah |

## *Mandala: A Doorway to Artistic Awakening*

Come explore the world of Acrylics as you enter a space of empowerment through the process of mandala making. During the creation of your mandala you will experience logic and wisdom, what artists call "the zone or the flow." This state of consciousness has many benefits known to science in its ability to alter one's physiology and outcome of life. In guided meditation, you will feel at ease, relaxed, and focused. Mandalas have been used for thousands of years as a healing tool by many cultures.

The purpose of this work shop is to build up to a collective creation, a 6'x6' Mandala for the healing of the fire victims in CA. This workshop is a perfect and fun way to tap into your empowerment and use these tools to create more focus, ease, depth and wisdom in your own life.

For more information contact Ancha Baumann at (707) 354-2787.

***Supplies will be provided***

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor***: | Ancha Baumann |
| ***Sundays:*** | 10:00 am –2:00 pm |
| ***Intro*** : | January 14 (Fee: $30) |
| ***Session I:*** | February 11 |
| ***Session II:*** | March 11 |
| ***Session III:*** | April 8 |
| ***Session IV:*** | May 13 |
| ***Fee***: | $60 |
| ***Age***: | 13 years and older |
| ***Minimum:*** | 5 students |
| ***Maximum:*** | 20 students |
| ***Location:*** | Ukiah RailRoad Depot, 247 E. Perkins St. |

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registration information on pages 46 & 47

## *Power Pilates*

Discover the powerful change you can make in your life. Pilates is a result proven exercise that strengthens the body's core muscles improving how you look and feel. Power Pilates is not a typical Pilates experience. This class is well balanced because it blends fat burning cardio with strength and endurance training using hand held weights, small balls and resistance bands to maximize results. Each class begins with great music and energetic sculpting bodywork, and then moves into classic Pilates mat, ending with stretch and relaxation. Every class is different. You will have fun and not get bored!

Gina has been teaching this class since 2000. As a result, a high percentage of her clients are long time, repeat clients and from referrals. She teaches for ***all fitness levels***. In just two hours a week you will see an improvement. Power Pilates is taught year round and you may join at any time. Gina can be reached at 391-4330 or at ginagrecopilates@yahoo.com. Check out her website for Power Pilates testimonials and other classes she offers. www.ginacreco.net.

Some of the benefits include:

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

Don't you deserve an hour just for you? Forget about whatever is causing you stress and spend an hour de-stressing with good times, laughs and good health. Equipment is provided, YOU will need to bring a mat or towel.

| | |
|---|---|
| ***Instructor:*** | Gina Greco |
| ***Mon & Wed:*** | 5:30 pm – 6:30 pm |
| ***January:*** | January 2 – January 30 |
| ***Fee:*** | $40 (no class Jan 25) |
| ***February:*** | February 1 – February 27 |
| ***Fee:*** | $40 |
| ***March:*** | March 1 – March 29 |
| ***Fee:*** | $45 |
| ***April:*** | April 3 – April 26 |
| ***Fee:*** | $40 |
| ***May:*** | May 1 – May 31 (no class 5/29) |
| ***Fee:*** | $45 |
| ***Drop-in Fee:*** | $10 |
| ***Age:*** | 13 years old and up |
| ***Location:*** | Ukiah Valley Conference Center<br>200 S. School St., Ukiah<br>Enter through<br>parking lot side door |

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# Parks Make Life Better!℠

## Yoga for Veterans

This Forrest Yoga four week series is designed specifically for veterans. A beginner class, we will focus on mindfulness and breath to decrease the body's stress response. Yoga can help you sleep better at night and feel more awake during the day. All bodies and injuries welcome. Modifications will be given if needed. Increase your balance and flexibility - learn something new!

Dress comfortably and bring a yoga mat (or call ahead 621-2134).

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Genevieve Shouff
***Mondays:*** 3:30 pm – 4:45 pm
***Dates:*** January 2 – February 27
***Fee:*** $55 or $17 drop-in
***Age:*** 18 years old and up
***Minimum:*** 5 students
***Maximum:*** 20 students
***Location:*** Anton Stadium Recreation Room 506 Park Blvd., Ukiah

registration information on pages 46 & 47

275 Hospital Drive | Ukiah, CA 95482 | uvmc.org | 707.462.3111

*Ukiah Valley Medical Center*
Adventist Health

## Buti Yoga

WHAT IS BUTI YOGA?

This calorie-scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting primal movement. Created by a celebrity trainer, Buti Yoga utilizes the Spiral Structure Technique to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body instead of linear movements. THE RESULT – Buti Yoga workouts transform your BODY + SOUL with cardio-intensive bursts of tribal dance, primal movement + conditioning woven into a dynamic yoga practice to create long, lean muscle with sexy feminine curves.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Ezra Farr
***Mon & Wed:*** 5:45 am – 6:45 am
***Session I:*** January 9 – February 15
***Fee:*** $60
***Session II:*** February 20 – March 22
***Fee:*** $50
***Session III:*** March 27 – April 26
***Fee:*** $60
***Session IV:*** May 3 – May 31
***Fee:*** $50
***Age:*** 15 years old and up
***Minimum:*** 10 students
***Location:*** Alex Rorabaugh Recreation Center – Room H11

## Body Blast: Build & Balance

Develop better coordination, rhythm, flexibility and most importantly, self-expression!

A total body workout that lifts your booty, tones your thighs, abs and arms, and scorches fat. This one-stop body shock that combines easy, yet effective cardio routines, interlaced with weights and resistance work.

**Let's get RIPPED!**

R – Resistance
I – Intervals
P – Power
P – Plyometric
E – Endurance
D - Determination

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Ezra Farr
***Tues & Thurs:*** 5:45 pm – 6:45 pm
***Session I:*** January 10 – February 16
***Fee:*** $60
***Session II:*** February 21 – March 23
***Fee:*** $50
***Session III:*** March 28 – April 27
***Fee:*** $60
***Session IV:*** May 4 – June 1
***Fee:*** $50
***Age:*** 15 years old and up
***Minimum:*** 10 students
***Location:*** Alex Rorabaugh Recreation Center – Room H11

## Buti, Body, Boot Camp Pass

Interested in getting into some serious shape? Get the Buti, Body, Boot Camp Pass! With this pass you get the freedom to enjoy all of Ezra Farr's classes for the session of your choosing!!

Adding a variety of classes in your weekly workout regimen is a great way to create muscle confusion, which keeps your body guessing and ramps up your metabolism. It also helps prevent boredom!

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Fee:*** $85 per session
total value $180!

registration information on pages 46 & 47

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www.heidisyarnhaven.com
hyhyarn@pacific.net

## Boot Camp

Start the New Year off right and get the body you have always wanted and DESERVE. Boot camp workouts are not only fun, but EFFICIENT.

Whether your goal is weight loss, heart health, strength, or sculpting and toning—experience a one-of-a-kind workout loaded with skills, drills and over-the-top fun!

Smart, certified, educated and empathetic: that's the profile of your Boot Camp instructor with over 15 years experience in kick boxing, strength training, Yoga and Pilates. I am here to make sure you get a safe and challenging workout. You might even enjoy yourself! You might be surprised by what's possible with fun people and plenty of well-earned endorphins. So, if you're looking for total health and well-being, get a super-efficient and inspiring workout that pay rewards to more than just your body, THIS IS THE CLASS FOR YOU!!!!

***Bring a mat or towel and 3 lb. weights if possible. Substitutions will be available.***

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Ezra Farr |
| ***Tues & Thurs:*** | 5:45 am – 6:45 am |
| ***Session I:*** | January 10 – February 16 |
| ***Fee:*** | $60 |
| ***Session II:*** | February 21 – March 23 |
| ***Fee:*** | $50 |
| ***Session III:*** | March 28 – April 27 |
| ***Fee:*** | $60 |
| ***Session IV:*** | May 4 – June 1 |
| ***Fee:*** | $50 |
| ***Age:*** | 15 years old and up |
| ***Minimum:*** | 10 students |
| ***Location:*** | Alex Rorabaugh Recreation Center – Room H11 |

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## Beginning Adult Aikido

Aikido is a Japanese martial art that teaches the way of defeating violence and transitioning conflict into harmony. Aikido instruction provides practical martial arts training as well as deeper exploration of the nature of conflict in a safe and friendly training environment. Aikido is the way to becoming a peaceful warrior.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Owen Lawyer |
| ***Thursdays:*** | 6:30 pm – 8:00 pm |
| ***Session I:*** | February 2 – February 23 |
| ***Session II:*** | March 2 – March 23 |
| ***Session III:*** | March 30 – April 27 (no class 4/13) |
| ***Session IV:*** | May 4 – May 25 |
| ***Fee:*** | $55 |
| ***Age:*** | 13 years old and up |
| ***Minimum:*** | 2 students |
| ***Maximum:*** | 15 students |
| ***Location:*** | Ukiah Aikido<br>901 S. Oak St., Ukiah |

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Fee: $300 per team
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(707) 463-6714 ukiah.recdesk.com

## Kids Beginning Aikido

Ukiah Aikido's Children's Program focuses on the development of awareness, focus, discipline, and spirit. Coordination, flexibility, and fitness are the natural results of this fun activity.

Training cooperatively with partners, students learn how to be present in their bodies while gaining practical skills for calmly dealing with bullies. Aikido offers a safe place for children to experience interacting positively with others, see the direct consequences of their actions, and develop emotional resilience.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Randy Durnil |
| ***Wednesdays:*** | 5:30 pm – 6:30 pm |
| ***Fee:*** | $45 per session |
| ***Minimum:*** | 2 students |
| ***Maximum:*** | 10 students |
| ***Location:*** | Ukiah Aikido<br>901 S. Oak St., Ukiah |
| ***AGES*** | 5-8 |
| ***Session I:*** | January 4 – January 25 |
| ***Session II:*** | February 1 – February 22 |
| ***Session III:*** | March 1 – March 22 |
| ***AGES*** | 8-13 |
| ***Session I:*** | March 29 – April 26 (no class 4/12) |
| ***Session II:*** | May 3 – May 24 |


registration information on pages 46 & 47

## Aiki-Balance

Aiki-Balance is a course for fit adults who have concerns about balance and flexibility. We use exercises from Aikido to improve coordination, body structure, and awareness of where our bodies are in space.

We won't practice falls, but students will get up and down from the mat and spend time on their feet doing weight shirts and walking on both soft and firm surfaces. Wear loose comfortable clothing and be prepared to have your shoes off.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Janet Rosen
***Tuesdays:*** 10:00 am – 11:00 am
***Session I:*** January 10 – January 31
***Session II:*** February 21 – March 14
***Fee:*** $40
***Age:*** 18 years old and up
***Minimum:*** 2 students
***Maximum:*** 8 students
***Location:*** Ukiah Aikido
901 S. Oak St., Ukiah

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## Low Impact Aikido: The Art of Peace

Aikido is a practical martial art called by its founder "the art of peace." In this low impact Aikido class (no rolling or falling) we explore how to practice non-violence while maintaining our own integrity, with exercises in safe space, connection, ki energy, and good body structure.

Cooperative training with slow attacks and responses teach how to apply Aikido techniques for self-defense.

This course is for beginning and continuing students. Wear loose, comfortable clothing and be prepared to have your shoes off.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Janet Rosen
***Tuesdays:*** 6:00 pm – 7:15 pm
***Session I:*** January 10 – January 31
***Session II:*** February 21 – March 14
***Session III:*** April 4 – April 25
***Fee:*** $45
***Age:*** 16 years old and up
***Minimum:*** 2 students
***Maximum:*** 8 students
***Location:*** Ukiah Aikido
901 S. Oak St., Ukiah

BREAKFAST
8am-1pm • Mon-Wed
LUNCH & DINNER
Mon-Sat: 10am-10pm
Sunday: 10am-9pm
111 South State Street
Ukiah, CA 95482
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TO GO ORDERS WELCOME!


## All Fall Down! Learning to Survive Falls

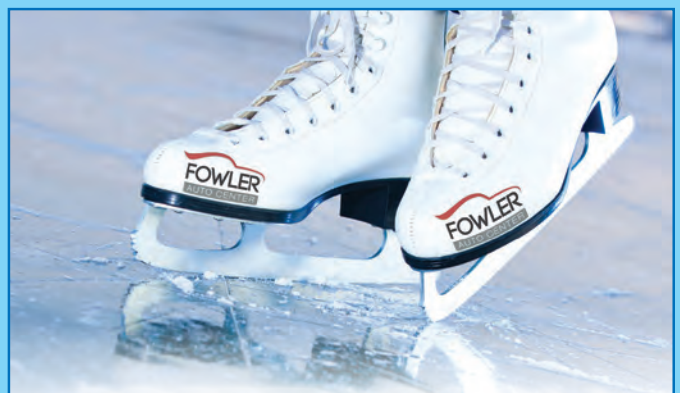
All Fall Down! teaches fit active adults how to relax and sink into a fall or roll when they experience a loss of balance. Start with breathing and relaxing, progress to taking a slow gentle fall on Ukiah Aikido's soft mats.

Course developer/instructor Janet Rosen has been an RN since 1980 with over 20 years experience in Aikido.

Participants will take one step up onto our mat and repeatedly sit down and get up from the mat and move about independently. People with severe osteoporosis should not enroll. Please wear loose, comfortable clothes and be prepared to have your shoes off.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Janet Rosen |
| ***Tuesdays:*** | 10:00 am – 11:30 am |
| ***Dates:*** | April 4 – April 25 |
| ***Fee:*** | $60 |
| ***Age:*** | 18 years old and up |
| ***Minimum:*** | 2 students |
| ***Maximum:*** | 6 students |
| ***Location:*** | Ukiah Aikido<br>901 S. Oak St., Ukiah |




PRETTY COOL!

*Have a great time, Ukiah!*
Let us know how we can keep you moving
(in a car or truck...we're not so good with the ice skates).

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City of Ukiah
www.cityofukiah.com


registration information on pages 46 & 47

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## Tai Chi Chuan

This class teaches the principles and 37 postures of the Yang style short form. Tai Chi Chuan is an internal martial art, and is also called "meditation in motion."

It improves strength, flexibility, balance, and reflexes while calming and focusing the mind through slow deliberate movement. Ongoing classes welcome both beginning and continuing students. Cottie has practiced since 1975 and taught since 2003. For more information call 463-0447.

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

| | |
|---|---|
| ***Instructor:*** | Cottie Morrison |
| ***Wednesdays:*** | ***BEGINNERS***<br>7:00 pm – 7:45 pm<br>***INTERMEDIATE/ADVANCED***<br>7:00 pm – 8:30 pm |
| ***Session I:*** | January 18 – March 22 |
| ***Session II:*** | March 29 – May 31 |
| ***Beginners:*** | $70 per session |
| ***Int/Adv:*** | $100 per session |
| ***Age:*** | 15 years old and up |
| ***Minimum:*** | 5 students |
| ***Maximum:*** | 20 students |
| ***Location:*** | Anton Stadium Recreation Room<br>506 Park Blvd., Ukiah |

## Feldenkrais Method Awareness Through Movement

***The Feldenkrais Method*** was developed by Moshe Feldenkrais, a physicist, engineer, martial artist and educator. His method teaches you to become aware of habitual patterns and allows you to find options for new, more efficient and graceful movement. Many aches and pains disappear as we use ourselves in new effortless ways.

In ***Awareness Through Movement (ATM)*** lessons, the Feldenkrais teacher verbally guides you through a sequence of movements, usually lying on a pad, but sometimes sitting or standing. The instructions are to move slowly and gently so that self-awareness can begin to expand.

***Benefits include:***

- *Improvement in flexibility, suppleness and balance*
- *Reduction of pain, aches and fatigue.*
- *Increased coordination and muscular efficiency*
- *Stress reduction*

Mats will be provided. Please wear loose, comfortable clothing that allows you to move.

For more information, call Karen Poplawski at (707) 462-6570 or visit our website at www.feldenkraisinukiah.com.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Karen Poplawski |
| ***Wednesdays:*** | 10:00 am – 11:00 am |
| ***Session I:*** | January 11 – February 8 |
| ***Session II:*** | February 15 – March 15 |
| ***Session III:*** | March 22 – April 19 |
| ***Session IV:*** | April 26 – May 24 |
| ***Fee:*** | $45 per session<br>($40 seniors 55+)<br>$11 drop-in<br>($10 seniors 55+) |
| ***Age:*** | All Ages (children under 16 must be accompanied by an adult and willing and able to follow verbal instructions) |
| ***Minimum:*** | 5 students |
| ***Maximum:*** | 20 students |
| ***Location:*** | Anton Stadium Recreation Room<br>506 Park Blvd., Ukiah |


*registration information on pages 46 & 47*

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Mendocino County Crab, Wine & Beer Festival
JANUARY 20 – 29 • COUNTYWIDE

Barrel Tasting 101
JANUARY 21 & 22 • REDWOOD CORRIDOR/HWY 101

International Alsace Varietals Festival
FEBRUARY 25 & 26 • ANDERSON VALLEY

Whale Festivals
MARCH 4 & 5, 11 & 12, 18 & 19 • MENDOCINO COAST

Legendary Boonville Beer Festival
APRIL 29 • BOONVILLE

Whale & Jazz Festival
APRIL 1 – 30 • SOUTH COAST

Hopland Passport
MAY 6 & 7 • HOPLAND

Mendocino Coast Garden Tour
MAY 6 • MENDOCINO

Anderson Valley Pinot Noir Festival
MAY 19 – 21 • ANDERSON VALLEY

Gualala Fine Arts Fair
MAY 27 & 28 • GUALALA

Mendocino Film Festival
JUNE 1 – 4 • COUNTYWIDE

Sierra Nevada World Music Festival
JUNE 16 – 18 • BOONVILLE

Willits Frontier Days
JUNE 24 – 30 • WILLITS

WWW.VISITMENDOCINO.COM/EVENTS
...WHAT YOU'VE BEEN MISSING

## Begin Again...It's a New Year! Life Coaching Class

Give yourself a fresh start to the New Year.

Most of us get out of balance from time to time. Through simple practices you can return to center more quickly, reduce stress and experience more awareness, presence and well-being. From a more balanced place, you can be more creative and make better choices. You can start fresh in each moment, with generosity of spirit for yourselves and others.

This two-part class is an invitation to explore more self-awareness of what holds you back and what brings you alive. It is fun and experiential, and will provide many supportive tools you can take home with you.

What a better time than now to give yourself this gift!

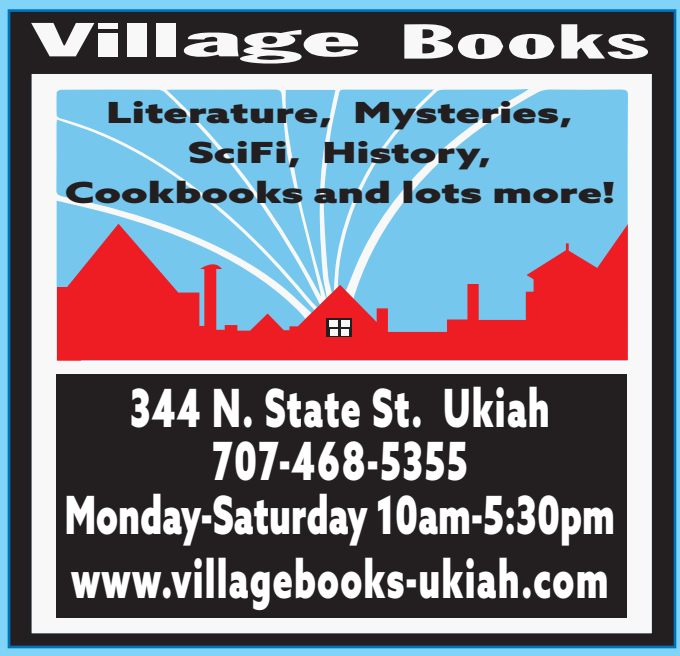
For more information, call Carol at 707-391-5933 Visit her website www.carolgoldberg.com

One-on-one coaching available

Carol Goldberg, Certified Life Coach, has been working in the healing arts for over 29 years. She has a vast educational and professional background with a passion in supporting and encouraging her clients to consciously create a life that feeds their spirit.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Carol Goldberg |
| ***Mondays:*** | 6:00 pm – 8:00 pm |
| ***Dates:*** | January 30 – February 6 |
| ***Fee:*** | $50 |
| ***Age:*** | 18 years old and up |
| ***Minimum:*** | 4 students |
| ***Maximum:*** | 16 students |
| ***Location:*** | Ukiah Valley Conference Center<br>200 S. School St., Ukiah<br>Chardonnay Room<br>Enter through parking lot side door |



registration information on pages 46 & 47

UAS
Ukiah Adult School

# Ukiah Adult School offers FREE classes:

## - Citizenship

Monday Evenings, 6:30 to 9:30pm

For more information go to: www.ukiahcitizenship.com

## - English as a Second Language (ESL)

Monday, Tuesday, Wednesday, Thursday, Friday

Mornings: 8:30 to 11:30am

## - Diploma Completion/GED Preparation

Monday, Tuesday, Wednesday, Thursday

(No class on Fridays)

8:30 to 11:30am, 1 to 4pm and 5 to 8pm

(CAHSEE No longer a graduation requirement)

(Ukiah Adult School is a GED testing site. To register for GED testing go to: ged.com)

## For more information:

**Call: 463-5217 (se habla español)**

**or visit our website:**

**www.ukiahadultschool.net**

**Ukiah Adult School is an Official Pearson-Vue Testing center which is open Tuesdays from 7:45 to 4pm**

**We offer the following evaluation systems:**

**CBEST, CSET, RICA, CTEL, CPACE**

**To register for a test go to:**

**www.pearsonvue.com**

**Ukiah Adult School is part of Ukiah Unified School District and the Mendocino Lake Adult Education Consortium**

## CFAST

### Layperson CPR Training 2015 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*

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | | |
|---|---|---|
| ***Adult CPR/AED*** | ***3hrs*** | ***$60*** |
| ***First Aid Basics*** | ***3hrs*** | ***$60*** |
| ***Adult CPR/AED/First Aid*** | ***5hrs*** | ***$80*** |
| ***Child/Infant/CPR/AED*** | ***3.5hrs*** | ***$60*** |
| ***Child/Infant/CPR/AED/First Aid*** | ***6hrs*** | ***$80*** |
| ***Adult/Child/Infant/CPR/AED*** | ***4hrs*** | ***$80*** |
| ***Adult/Child/Infant/CPR/AED/First Aid*** | ***7hrs*** | ***$95*** |

***Instructor:*** Allen James

| | | | |
|---|---|---|---|
| ***Saturday:*** | January 21 | | 9:00 am – 4:30 pm |
| | February 11 | | 9:00 am – 4:30 pm |
| | March 18 | | 9:00 am – 4:30 pm |
| | April 9 | SPANISH | 9:00 am – 4:30 pm |
| | April 15 | | 9:00am – 4:30 pm |
| | May 20 | | 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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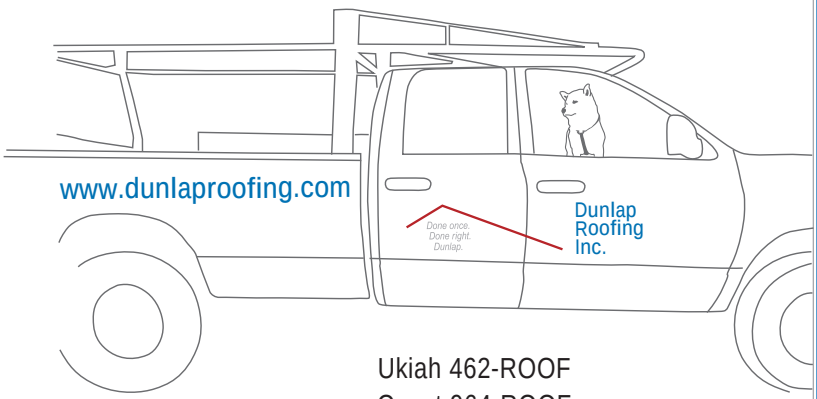


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registration information on pages 46 & 47

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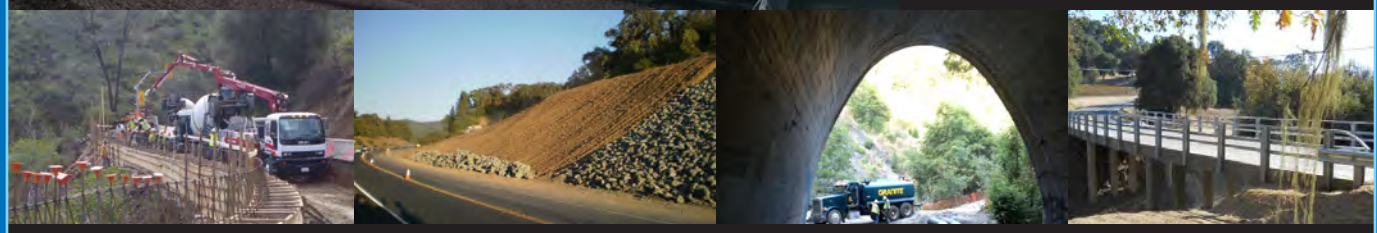

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GRANITE™


## *Health Care Professional*

This class is for the participants that have a duty to respond and includes advanced techniques performing two-person CPR/AED for adult, child, and infant while using rescue breathing devices. Includes pocket mask.

- *Challenge & Review opportunities are available*
- *2 year certificate for CPR except for Lifeguard which is 1 year*

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Allen James |
| ***Saturday:*** | 9:00 am – 4:00 pm |
| ***Session I:*** | January 28 |
| ***Session II:*** | April 22 |
| ***Fee:*** | $85 |
| ***Age:*** | 18 years old and up |
| ***Location:*** | NCO Conference Room<br>413 N. State Street, Ukiah |


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## 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***

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Allen James
***Age:*** 18 years old and up
***Location:*** NCO Conference Room
413 N. State Street, Ukiah

### CALIFORNIA CHILD CARE CPR & PEDIATRIC FIRST AID

***Saturday:*** February 4
9:00 am – 5:30 pm
***OR***
***Saturday:*** March 4
9:00 am – 5:30 pm
***Fee:*** $100

### CALIFORNIA CHILD CARE PREVENTATIVE HEALTH & SAFETY

***Saturday:*** March 11
9:00 am – 5:30 pm
***Fee:*** $80

## Babysitting Training

These classes are for 11 to 15 year olds to teach babysitting skills including handling emergencies and preventing accidents, feeding, diapering, playing with and caring for children.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Allen James
***Age:*** 11 – 15 years of age
***Location:*** NCO Conference Room
413 N. State Street, Ukiah

### BABYSITTER'S TRAINING

***Saturday:*** May 6
9:00 am – 4:00 pm
***Fee:*** $75

### BABYSITTER'S CPR & FIRST AID TRAINING

***Saturday:*** May 13
9:00 am – 4:00 pm
***Fee:*** $80

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First open enrollment ends 1/31/17

**Call: 707-462-0913**

treeoflifeschool@pacific.net

**www.treeoflifeschool.net**

registration information on pages 46 & 47

# The Alex Rorabaugh Recreation Center

## Ukiah's Premier Recreation & Community Center

## ARRC OPEN GYM

***FREE ACTIVITIES***
***PLAY BASKET BALL, FUTSAL, VOLLEYBALL & MORE!***
All are welcome!!
Kids under 12 must be supervised by an adult.
Youth 13 to 18 can attend on their own, but must be registered by a parent or guardian.
Find out about more fun events on our facebook page!

**FRIDAY NIGHTS**
**8:00 pm-11:00 pm**

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- **TWO conference rooms with natural light, screens, white-boards, tables and chairs**
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- **Performing arts stage with dressing rooms**
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**The Alex Rorabaugh Recreation Center**
**1640 S. State Street, Ukiah**
**For more information call (707) 463-6275**

## 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.

***Fee:*** $20 per calendar year
***Ages:*** 18 years old and up

*SATURDAY MORNINGS*
***Time:*** 10:00 am – 12:00 pm
***Location:*** Vinewood Park

*TUESDAY EVENINGS*
***Time:*** 6:00 pm – 8:00 pm
***Dates:*** January 5 - March 29
***Location:*** Ukiah Sports Complex

***Dates:*** April 5 - May 31
***Location:*** Vinewood Park

## Junior Golf

Taking Junior Golf classes is a proven player development program designed for new learners. Our Junior Golf classes contain all the elements of golf. We build on strong fundamentals of putting, chipping, pitching and full swings. This is a great way to learn the game of golf. A game that can be play a lifetime.

For more information contact the Ukiah Valley Golf Course at (707) 467-2832.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Mondays*** 4:30pm – 5:30pm
***Session I:*** March 13 – April 3
***Session II:*** April 10 – May 1
***Fee:*** $60
***Age:*** 6 - 10 years old
***Minimum:*** 4 students
***Maximum:*** 8 students
***Location:*** Ukiah Valley Golf Course
599 Park Blvd, Ukiah


*registration information on pages 46 & 47*

## Get Golf Ready

In just five lessons, students can expect to learn basic techniques from chipping and putting to full swing and bunker play, along with fundamental guidelines for the use and maintenance of golf equipment, keeping score and navigating the course.

Golf's health and wellness benefits are excellent reasons to give Get Golf Ready a try. Walking an 18-hole round of golf is the equivalent to a 5-mile walk and approximately 2,000 calories burned. Regardless of handicap, gender, or course played, golfers exceed 10,000 steps during a typical round of golf.

For more information about Get Golf Ready visit ***GetGolfReady.com*** or call Ben Waterman at (707) 467-2832.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Saturdays***: | 11:00am – 12:00pm |
| ***Session I:*** | March 18 – April 15 |
| ***Session II:*** | April 22 – May 20 |
| ***Fee:*** | $99 |
| ***Age:*** | 18 years old and up |
| ***Minimum:*** | 6 students |
| ***Maximum:*** | 8 students |
| ***Location:*** | Ukiah Valley Golf Course<br>599 Park Blvd, Ukiah |

## SNAG® Golf (Starting New At Golf)

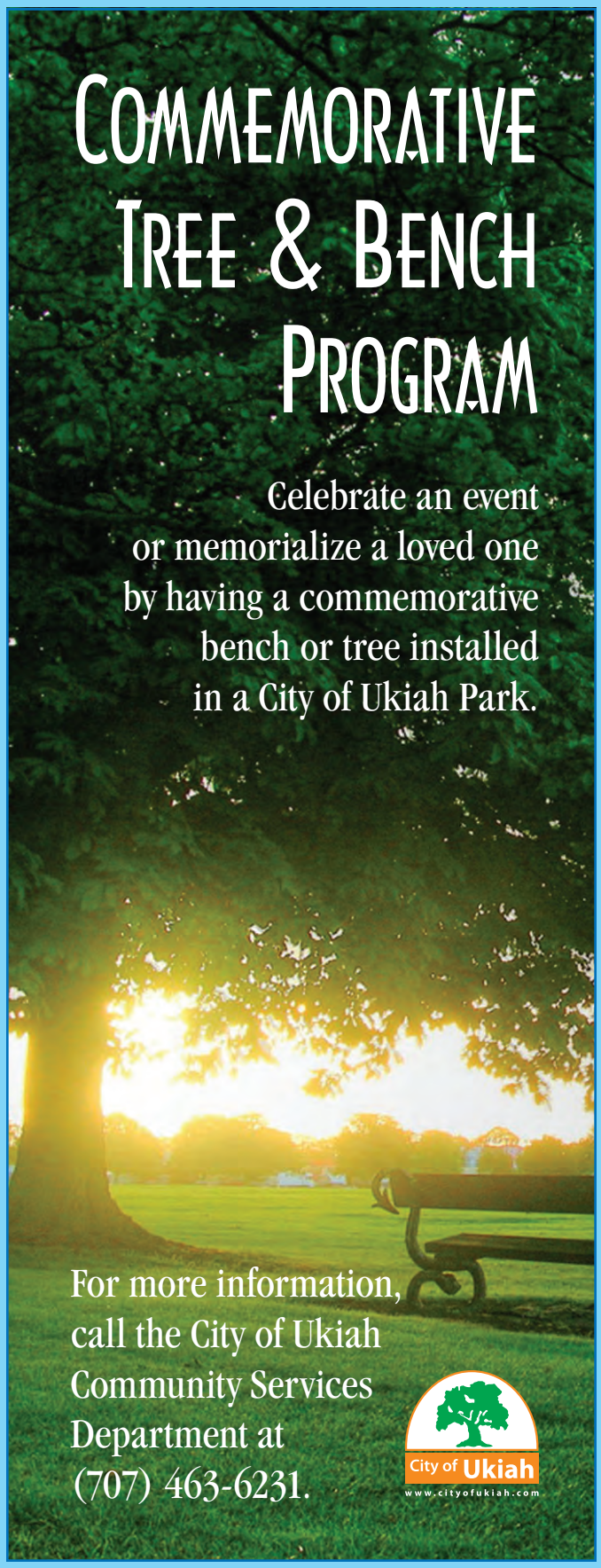
SNAG Golf is all about having FUN while learning the basics of golf!

SNAG is a proven player development program designed for new learners. SNAG contains all the elements of golf but in a modified form, making it easy and fun way to learn to play golf. The system builds on strong fundamentals of putting, chipping, pitching and full swings to develop playing ability quickly and effectively. SNAG incorporates developmentally appropriate equipment and instruction that will allow golf to be learned. The game has its own simplified rules and terminology that adds fun to the learning and playing experience.

For more information contact the Ukiah Valley Golf Course at (707) 467-2832.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Tuesdays:*** | 11:00am – 12:00pm |
| ***Session I:*** | March 14 – April 4 |
| ***Session II:*** | April 11 – May 2 |
| ***Fee:*** | $40 |
| ***Age:*** | 4 - 6 years old |
| ***Minimum:*** | 4 students |
| ***Maximum:*** | 8 students |
| ***Location:*** | Ukiah Valley Golf Course<br>599 Park Blvd, Ukiah |

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## Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. Pickleball was invented in the mid-1960s as a children's backyard pastime, but has quickly become a popular fun game for players of all ages

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

| | |
|---|---|
| ***Instructor:*** | Scott Miller & Susan Schrock |
| ***Fee:*** | $40 OR $5 drop-in |
| ***Age:*** | 12 years old and up |
| ***Minimum:*** | 3 players |
| ***Maximum:*** | 20 players |
| ***Dates:*** | January 2 – March 11 |
| ***Tues/Thurs/Sat:*** | 9:00am – 12:00pm |
| ***Location:*** | Oak Manor Tennis Courts |
| ***Dates:*** | March 15 – May 29 |
| ***Wed/Sat:*** | 9:00am – 12:00pm |
| ***Location:*** | Alex Rorabaugh Recreation Center |

## *Peak Performance Pitching*

Students will have the opportunity to learn techniques on how to develop arm strength, health, and endurance. There will be an emphasis on work ethic, mental discipline, and routines. The goal of this class is to provide pitchers with a foundation which will help promote long term success towards their pitching expectations. If you have any questions you can contact Mickey Coughlin at 707-972-1917

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Instructor:*** Mickey Coughlin
***Time:*** By appointment
***Dates:*** Call to schedule
***Fee:*** $200 for four lessons
***Age:*** 10 and Up
***Minimum:*** 2 students
***Maximum:*** 30 students
***Location:*** Anton Stadium, 506 Park Blvd., Ukiah

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## Rugby

Have you ever wanted to play rugby? No experience necessary. Rugby is a sport with the ability of basketball, the stamina of soccer and the hard hitting of football. We will teach you everything you need to know. Travel all over Northern California, stay in shape and make new friends.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Michael Winters
***Tues & Thurs:*** 6:30 pm – 8:30 pm
***Dates:*** November 3 – March 24
***Fee:*** $20 per person per season
***Age:*** 18 years old and up
***Location:*** Ukiah Sports Complex

## Ping Pong

Competitive ping pong with weekly play and tournaments.

Participants supply their own ping pong paddles.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Bucky West
***Thursdays:*** 7:00 pm – 9:00 pm
***Dates:*** Jan 2 - May 29
***Fee:*** $25
***Ages:*** 18 years old and up
***Location:*** Alex Rorabaugh Recreation Center
1640 S. State St., Ukiah

Accelerated Achievement Academy
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## *Girls Youth Softball Camp*

Get ready for Girls Youth Softball City League by attending this 3-day camp! We have great local coaches who are eager to help your child back into the swing of softball. This softball camp is perfect for players of all ages and offers a chance to get the equivalent softball experience of 12 team practices in just three days. Each camper will receive quality instruction in every phase and the fundamentals will be broken down to make sure every player is confident in themselves. Bring a snack and come dressed ready to play softball!.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Local Coaches |
| ***Mon - Wed*** | 10:00 am – 1:00 pm |
| ***Dates:*** | April 12-14th |
| ***Girls:*** | Grades K-8 |
| ***Fee:*** | $60 / $55 for a sibling |
| ***Age:*** | 18 years old and up |
| ***Location:*** | Giorno Field<br>506 Park Blvd. |

## COMMUNITY WALK DATES

CITY OF UKIAH RAIL TRAIL

| | |
|---|---|
| NEW YEAR NEW YOU | JAN 7TH |
| CUPID SHUFFLE | FEB 11TH |
| LEPRECHAUN LEAP | MAR 3RD |
| JOKERS JAUNT | APRIL 1ST |
| MAY MAYHEM | MAY 6TH |
| JUNE JOY | JUNE 3RD |

ALL WALKS START AT 10AM
(CORNOR OF CLARA & MASON)

**Like the Ukiah Rail Trail Community on f**
**For more information please call 707.391.3664**


# Happy Holidays
## from your friends at Mendo Lake Credit Union!

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**Jay Epstein, Agent**
Insurance Lic#: 0C50641
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Ukiah, CA 95482
Bus: 707-468-0179
Hablamos Español

**Thanks, Ukiah.**

I love being here to help life go right™ in a community where people are making a difference every day.
Thank you for all you do.

StateFarm®

## President's Day Basketball Camp

Come and work on proper form and footwork. You will be pushed to the next level of basketball performance.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

***Instructor:*** Miles Hayes
***Fri & Mon:*** 8:00 am – 2:00 pm
***Dates:*** Friday, February 17 & Monday, February 20
***Fee:*** $60
***Age:*** 6 – 15 years of age
***Minimum:*** 10 students
***Maximum:*** 50 students
***Location:*** Alex Rorabaugh Recreation Center 1640 S. State St., Ukiah

## Give Us Your Best Shot!

Send a photo of a City of Ukiah recreation class or event, and your photo may be featured in the next Recreation Guide.

Email your "best shot" to:
**recreation@cityofukiah.com**

Be sure to include your contact information and where and when your photo was taken.

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PHONE: 707-462-9725
FAX: 707-462-8932
EMAIL: DAVISINS@MARKDAVISINSURANCE.COM
LIC#0F56594


## *Little Bounce Basketball Spring Break 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.

***REGISTER ONLINE AT UKIAH.RECDESK.COM***

| | |
|---|---|
| ***Instructor:*** | Miles Hayes |
| ***Mon & Tues:*** | 8:30 am – 12:30 pm |
| ***Dates:*** | April 12 – April 13 |
| ***Fee:*** | $60 |
| ***Age:*** | 3 – 7 years of age |
| ***Minimum:*** | 10 students |
| ***Maximum:*** | 30 students |
| ***Location:*** | Alex Rorabaugh Recreation Center 1640 S. State St., Ukiah |

VALLEY PAVING
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We want to thank the community for its support and are proud to be a sponsor of Ukiah On Ice!

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Buy one meal at the regular price and receive the second one of equal or lesser price @ 50% off.
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City of Ukiah

# Ukiah Valley Confrence Center

## *Rental Facilities*

- Ukiah Valley Conference Center
- Alex Rorabaugh Recreation Center
- Bechstoffer Gym
- Alex Thomas Plaza
- Todd Grove Park
- Oak Manor Park
- Vinewood Park

## *Other Services Provided*

· Catering · Street Closure Permits
· Special Event Permits · Audio Visual

***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***

# Thank You Sponsors

## 2016 Fall Adult Softball

Brawlers
ACME Movers
All American Containers
Anytime Fitness
Anytime Fitness Strokers
Atlas Tree
Baechtel Creek Medical Clinic
Ballaholics
Bushby Sharpening
Carls Classics
Corona's Landscaping
Coyote Valley
Crisis Crushers
D.V. Demolishers
Dave's Trailer Repair
DBO—The Pub
Deep Valley Security
Defatte Equipment/Langdon Day Farms
Diamond Ballers
Ding Bats/Village Smith
Dirty Ballers
El Molcajete
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Handley Cellars
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Hippie Joe's
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Kathy's Krew
KnuckleBusters
Lee Kraemer RE/MendoLake Credit Union
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NDN'Z
Northern Specific Landscaping
Off the Cuff
Outsiders
Rec In Ukiah
Romi's Brew & BBQ
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Sharon's Cleaning Magic
Sherwood Valley
Silva's
Sparetime Supply
StudioWest
Tacos & Trees
TFG
The Pub
Truck Stop Barber Shop
Ukiah Gun Shop
Unusual Suspects
UVMC Valkyries
Van Meier Janitorial
West Lake Auto Center
Wreckers
Yedda's Babydolls

# 2017 ADULT SOFTBALL LEAGUES

**Registration Deadline:** Friday, March 31st

(Priority Placement Deadline March 17)

**Team Sponsor Fee:** $450

**Divisions:** Mondays Co-Ed,

Tuesdays Men's B3

Wednesdays Women's Leagues

Thursdays Men's B1

Fridays Men's B2

Coors LIGHT

## Men's Softball Tourney

**Saturday, May 6th**

**$250 per team**

**Double-Elimination**

City of Ukiah

**City of Ukiah Recreation Department**

411 West Clay Street

(707) 463-6714

www.cityofukiah.com

CITY OF UKIAH RECREATION DEPARTMENT
411 West Clay St
UKIAH, CALIFORNIA 95482
Phone: 463-6714 Fax: 463-6740

# 2017 GIRLS YOUTH SOFTBALL LEAGUE

**WHO:** Girls, Grades K through 12
**COST:** **$60.00 Per Player**; $5.00 discount for siblings
*Low-income discounts available through February 24, 2017*

**REGISTRATION:** **Deadline – Friday, February 24, 2017**
$15 late fee after 2/24/17

Divisions: Grades K – 1st (T-Ball); Grades 2nd – 4th (Machine Pitch); Grades 5th – 8th (Fast Pitch); Grades 9th-12th (Slow Pitch). The league will run late March through early June. Each team will play a minimum of eight games. **We are in need of umpires, team sponsors and volunteer coaches. The fee to sponsor a team is $250. Sponsor Benefits include company name on the t-shirt, team plaque and recognition in the summer recreation guide.**

**** No refunds after March 10, 2017. A 15% Fee is retained on all refunds. ****

---

## RELEASE FROM LIABILITY AND INDEMNIFICATION

### 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 and facility owners, 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.

**For Official Use**

**Paid:$_____ Method:_____**

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, volunteers and employees and facility owners from and against any and all liability resulting in injury associated with that individuals 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, program and refund policies.

Parents Signature:_____Date:_____

Print Parent's Name:_____

**Participant's Name**:_____

Address:_____City_____Zip_____

Home/Work Phone:_____Cell Phone:_____

E-Mail Address:_____

Shirt Size (circle one): (YS YM YL / AS AM AL AXL AXXL)

Grade: ____ Age:_____ Years Played:____

School:_____

Emergency Contact Person (other than parent):

Name_____Phone_____

Would you or someone you know be willing to coach a team: Yes___ No___

Name of possible coach:_____ Phone:_____

Are you or someone else you know willing to sponsor a team for $250?

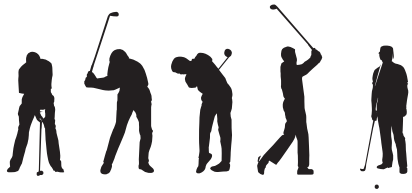
Name of possible sponsor:_____Phone:_____

**The City of Ukiah is no longer accepting manual entry of Credit Cards. To register online, please visit ukiah.recdesk.com and follow these steps:**

1. **Log in OR create an account**
2. **Select the class you want to register for**
3. **Pay the amount listed on invoice**
4. **Attend the class**

# 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

| | | |
|---|---|---|
| **ADULTS** | 18 holes | **$32** |
| | Twilight | **$22** |
| **JUNIORS** | 18 holes | **$12** |
| | 9 holes | **$ 9** |

### Monday thru Friday

| | | |
|---|---|---|
| **ADULTS** | 18 holes | **$24** |
| | Twilight | **$19** |
| **SENIORS** | 18 holes | **$20** |
| **JUNIORS** | 18 holes | **$10** |
| | 9 holes | **$ 6** |

*(fees subject to change)*

### Annual Green Fees

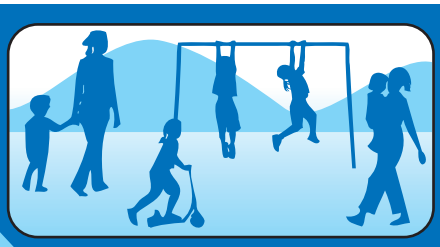
| | |
|---|---|
| Unlimited Adult | $1,500 |
| Unlimited Adult Couples | $2,100 |
| Limited Adult | $1,050 |
| Limited Couple | $1,500 |
| Limited Junior | $ 250 |
| Annual Private Cart Permit Fee | $ 265 |

Head Golf Professional **Frank L. Johnson,** Member PGA

**www.ukiahgolf.com**

# Park Facilities & RENTAL INFORMATION

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.



| Park Facilities | Address | Acreage | Open Grass Area | Playground Equipment | Picnic Tables and Benches | Barbecues | Reservable Group Picnic Area | Restrooms or Port-o-lets | Horseshoe Pits | Volleyball Standards | Tennis Courts | Basketball Courts | Adjacent to School Facilities | Swimming Pool | Amphitheater | Covered Gazebo/Pavilion | Softball/Baseball Diamonds | Multi-Purpose/Meeting Rooms | Bocce/Petanque Court |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Alex Rorabaugh Center | 1640 S. State St. | n/a | | | | | | ✓ | | ✓ | | ✓ | ✓ | | | | | ✓ | |
| Alex R. Thomas Plaza | 310 S. State St. | 0.8 | | | ✓ | | ✓ | | | | | | | | ✓ | ✓ | | | |
| Gardner Park | 248 Oak St. | 0.2 | | | ✓ | | | | | | | | | | | | | | |
| Giorno Park/Anton Stadium | 506 Park Blvd. | 12.0 | ✓ | | | | | | | | | | | | | | ✓ | | |
| Hudson-Carpenter Park | 431 S. Main St. | 0.8 | | | ✓ | | | ✓ | | | | | | | | | | ✓ | |
| McGarvey Park | 310 Dora St. | 1.0 | | | ✓ | | | | | | | | | | | | | | |
| Nokomis Tennis Courts | Wabash Ave. | 0.3 | | | | | | | | | ✓ | | ✓ | | | | | | |
| Oak Manor Park | 500 Oak Manor Dr. | 4.0 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | | ✓ | | ✓ |
| Observatory Park | 407 Luce St. | 2.5 | ✓ | | | | | | | | | | | | | | | | ✓ |
| Orchard Park | 855 Orchard Ave. | 0.25 | ✓ | ✓ | ✓ | | | | | | | | | | | | | | |
| Riverside Park | 1281 E. Gobbi St. | 38.0 | ✓ | | ✓ | | | | | | | | | | | | | | |
| Todd Grove Park | 600 Live Oak | 16.2 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | | ✓ | |
| Ukiah Civic Center | 300 Seminary Ave. | 2.5 | ✓ | | | | | | | | | | | | | | | ✓ | |
| Ukiah Skate Park | 1043 Low Gap Rd. | n/a | ✓ | | ✓ | | | ✓ | | | | | ✓ | | | | | | |
| Ukiah Sports Complex | 905 City Well Rd. | 10.3 | ✓ | ✓ | ✓ | | | ✓ | | | | | | | | | ✓ | | |
| Vinewood Park | 1260 Elm St. | 4.7 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | | | | | | | |
| City Rail Trail | Along side the railroad track from Gobbi Street to Clara Avenue | | | | | | | | | | | | | | | | | | |

## 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

# Park & Facilities Map

City of Ukiah

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2 Alex R. Thomas Plaza
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11 Orchard Park
12 Pomolita Middle School
13 Riverside Park
14 Rail Trail
15 Todd Grove Park / Ukiah Municipal Pool
16 Vinewood Park
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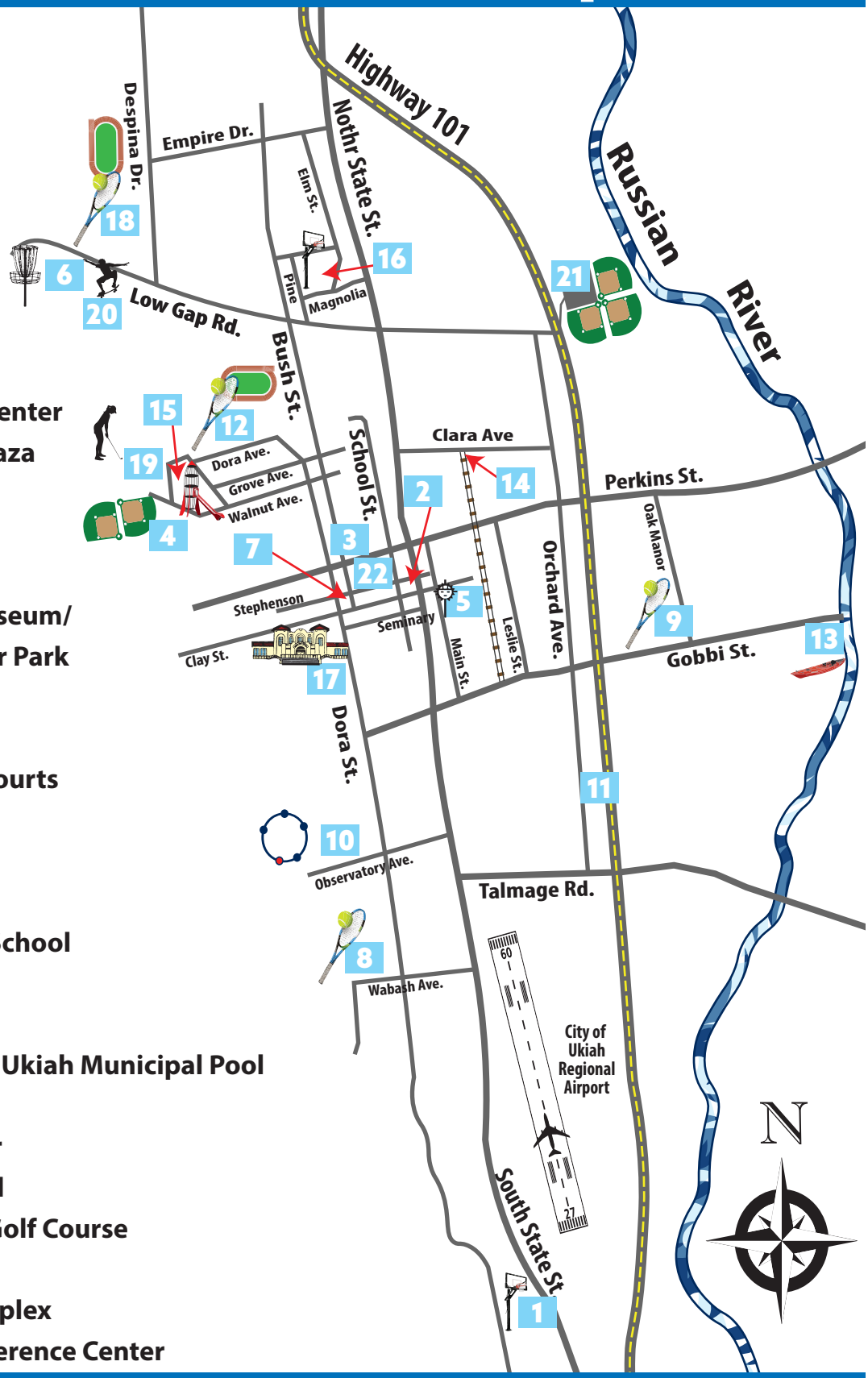
18 Ukiah High School
19 Ukiah Municipal Golf Course
20 Ukiah Skate Park
21 Ukiah Sports Complex
22 Ukiah Valley Conference Center



City of Ukiah
www.cityofukiah.com

# How Do I Register?

**MAIL-IN**

**ONLINE**

**WALK-IN**

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, or money order. If paying by credit card, please visit ***ukiah.recdesk.com*** to register.

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, go Online at ***ukiah.recdesk.com***. 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.

## 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.

•

## 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.

# REGISTRATION FORM

City of Ukiah

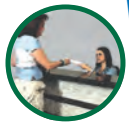
## Three Easy Ways to Register:

### MAIL-IN

Send Completed Form to:
City of Ukiah
Recreation Classes
411 W. Clay Street
Ukiah, CA 95482

### ONLINE

Complete Form via:
rec desk
*ukiah.recdesk.com*



### WALK-IN

Deliver Completed Form to:
City of Ukiah
8am-5pm; Mon-Fri
411 W. Clay Street

| LAST NAME, FIRST NAME | DOB | M/F | COURSE TITLE | DATE & TIME | FEE |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| **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.** | | | | **TOTAL FEES** | |

## RELEASE FROM LIABILITY AND INDEMNIFICATION

**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 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 from any injury or property damage associated with that individual's participation in the activity(ies).

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

Signature: _____ Date: _____
Signature Required (Parent or guardian must sign for minor under 18 years of age)

Print Name: _____ DOB: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home #: _____ Cell # _____

E-Mail Address: _____

Emergency Contact: _____ Phone: _____

**FOR OFFICIAL USE ONLY:**

AMOUNT PAID: _____ PAYMENT METHOD: _____

**IMPORTANT NOTICE:**

**The City of Ukiah is no longer accepting manual entry of Credit Cards. To register online, please visit *ukiah.recdesk.com* and follow these steps:**

1. Log in OR create an account
2. Select the class you wish to register
3. Pay the amount listed on invoice
4. Attend the class

City of Ukiah
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

**BACK COVER:**
**$1,050**
*Full-Color, Glossy Print*

**INSIDE FRONT COVER:**
**$775**
*Full-Color, Glossy Print*

**INSIDE BACK COVER:**
**$725**
*Full-Color, Glossy Print*

**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
- SPACE
- The Tutoring Center
- Triple S Camera

*...JUST TO NAME A FEW!*

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Ukiah, CA 95482

PRSRT STD
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PAID
UKIAH, CA
PERMIT #243

Postal Customer

ECRWSS

HILLSIDE HEALTH CENTER

333 Laws Avenue, Ukiah

(707) 468-1010

hillsidehealthcenter.org

MEDICAL, DENTAL,
BEHAVIORAL HEALTH
& CARE FOR HER SERVICES

"Hey, Doc!

Is there really a frog in my throat?"

Our providers have answers for those crazy kid questions–and your serious ones, too.

WE ACCEPT Medicare, Medi-Cal, Partnership and other insurance.

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