



ADAPTIVE RECREATION

Bowling

This bowling league is designed for individuals with special needs and/or physical disabilities.

LOCATION: Yosemite Lanes
2301 Yosemite Boulevard

#41952 6+ yrs 16 sessions/\$44
Apr 1-Jul 15 Thur, 4-6 pm

Senior/Disabled Swim

A drop-in program for seniors and disabled persons designed to stretch their muscles, work their joints and get them moving in an indoor heated therapeutic pool. A swim card is required. Cash is not accepted at pool site (see box on page 12 for more information). Pool closed on major holidays.

LOCATION: Burris Pool, Sonoma Elem.
1325 Sonoma Avenue

Jan 4-May 27 Mon-Thur, 3:30-5 pm

Friday Night Out on page 14 in Free Programs.



ART

The following art classes are provided in partnership with the Central California Art Association (CCAA).

Instructors are qualified and experienced art educators. For questions regarding supplies and/or course information, contact the CCAA at (209) 529-3369.

Mommy/Daddy & Me

Adults will assist their child in experiencing the fun of painting and creating with color. Each week will be a different art adventure. An adult must accompany child. Supplies furnished.

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Mistlin Gallery
1015 J Street

#41405 3-5 yrs 4 sessions/\$40
Jan 20-Feb 10 Wed, 11 am-noon

#41406 3-5 yrs 4 sessions/\$40
Mar 3-Mar 24 Wed, 11 am-noon

My First Art Class

Children will experience the fun of painting by creating new colors and learning to handle paints and brushes. New lessons at each session. Supplies furnished.

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Mistlin Gallery
1015 J Street

#41408 5-7 yrs 6 sessions/\$60
Jan 20-Feb 24 Wed, 3:30-4:30 pm

#41409 5-7 yrs 6 sessions/\$60
Mar 3-Apr 7 Wed, 3:30-4:30 pm

Basic Art

Students who want to know more about perspective, color, texture, proportion, elements of art and the principles of art should take this class. New lessons at each session. Sketchbook is required. Most supplies will be furnished.

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Mistlin Gallery
1015 J Street

#41402 8-12 yrs 6 sessions/\$45
Jan 21-Feb 25 Thur, 3:30-4:30 pm

The Science of Art

What do science and art have in common? This fun, hands-on workshop will show students that these subjects have more in common than they might think. Students will learn about distorted images and try to draw their own. They will also learn how colors combine both scientifically and artistically.

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Mistlin Gallery
1015 J Street

#41410 8-13 yrs 1 session/\$20
Jan 13 Wed, 3:30-4:30 pm

#41411 8-13 yrs 1 session/\$20
Mar 17 Wed, 3:30-4:30 pm

Fun with Painting

Students will concentrate on painting with different media, techniques and subject matters. Art aprons should be worn to class. Supplies will be furnished.

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Mistlin Gallery
1015 J Street

#41403 14-17 yrs 4 sessions/\$40
Mar 11-Apr 1 Thur, 3:30-4:30 pm

Oil Painting

Create lasting works of art as you learn the skills and techniques of color and composition through oil painting. All skill levels welcome - from beginner to advanced. Supplies needed prior to the start of class. Call (209) 577-5344 for supply list. *Supply costs: \$100-\$150.*

INSTRUCTOR: Central CA Art Assoc.
LOCATION: Senior Citizens Center
211 Bodem Street

#40502 18+ yrs 6 sessions/\$40
Jan 7-Feb 25 Thur, 1-4 pm
(No class Jan 14 & Feb 11)

#40503 18+ yrs 6 sessions/\$40
Mar 4-Apr 22 Thur, 1-4 pm
(No class Mar 11 & Apr 8)

YOUNG REMBRANDTS

Young Rembrandts focuses on teaching children to draw, using a structured step-by-step method. This process gives young students instruction on how to draw increasingly complex images at a crucial time in their development.

Young Rembrandts Pre-School

This class will concentrate on the skills of drawing and coloring while developing fine motor skills, focus, listening, staying on task, patience and spatial organization. No prior art class experience is necessary. There will be new lessons each class and each session.

INSTRUCTOR: Young Rembrandts
LOCATION: Senior Citizens Center
211 Bodem Street

#40957 3-5 yrs 4 sessions/\$40
Jan 6-Jan 27 Wed, 3-3:45 pm

#40958 3-5 yrs 4 sessions/\$40
Feb 3-Feb 24 Wed, 3-3:45 pm

#40959 3-5 yrs 4 sessions/\$40
Mar 3-Mar 24 Wed, 3-3:45 pm

Young Rembrandts Elementary

The elementary age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary in a positive and nurturing environment that brings out the best in each child. No prior art class experience necessary. All materials supplied by Young Rembrandts. There will be new lessons each class.

INSTRUCTOR: Young Rembrandts
LOCATION: Senior Citizens Center
211 Bodem Street

#40961 6-13 yrs 4 sessions/\$40
Jan 6-Jan 27 Wed, 4-5 pm

#40962 6-13 yrs 4 sessions/\$40
Mar 3-Mar 24 Wed, 4-5 pm

Young Rembrandts Cartooning

This delightful program combines Young Rembrandts' innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. No prior art class experience necessary. There will be new lessons each class and each session.

INSTRUCTOR: Young Rembrandts
LOCATION: Senior Citizens Center
211 Bodem Street

#40967 6-13 yrs 4 sessions/\$40
Feb 3-Feb 24 Wed, 4-5 pm

Young Rembrandts Holiday Camp

This camp is all about the holiday season! We will draw many fun characters and themes including a stocking, Santa, a nutcracker and more. This camp also involves cartooning a variety of themed characters and scenes. No art experience required.

INSTRUCTOR: Young Rembrandts
LOCATION: Senior Citizens Center
211 Bodem Street

#40956 6-13 yrs 2 sessions/\$40
Dec 21, 22 Mon, Tue, 3:30-5:30 pm



BASKETBALL

Youth Basketball

Teaches the fundamentals of basketball, including playing offense and defense, terminology and rules.

INSTRUCTOR: Vernon Bradford
LOCATION: Maddux Youth Center
615 Sierra Drive

#40852 8-17 yrs 6 sessions/\$30
Jan 26-Mar 2 Tue, 7-8 pm

#40853 8-17 yrs 6 sessions/\$30
Mar 30-May 4 Tue, 7-8 pm



BATON TWIRLING

Baton Twirling

Everyone loves a parade! Instruction for recreational and competitive twirling. Learn basic twirls up to advanced. Great for developing hand-eye coordination. Just have fun or become a champion.

INSTRUCTOR: Dandi Humphrey
LOCATION: Senior Citizens Center
211 Bodem Street

#41102 4-6 yrs 4 sessions/\$24
Jan 4-Feb 1 Mon, 5:30-6 pm
(No Class Jan 18)

#41103 7-11 yrs 4 sessions/\$38
Jan 4-Feb 1 Mon, 6-7 pm
(No Class Jan 18)

#41104 4-6 yrs 4 sessions/\$24
Feb 8-Mar 8 Mon, 5:30-6 pm
(No class Feb 15)

#41105 7-11 yrs 4 sessions/\$38
Feb 8-Mar 8 Mon, 6-7 pm
(No class Feb 15)

#41106 4-6 yrs 4 sessions/\$24
Mar 15-Apr 5 Mon, 5:30-6 pm

#41107 7-11 yrs 4 sessions/\$38
Mar 15-Apr 5 Mon, 6-7 pm



CERT

Community Emergency Response Team (CERT)

This 20-hour hands-on course covers emergency preparedness, fire safety, disaster medical operations, light search and rescue operations, disaster psychology and more. Training consists of approximately 10 hours in the classroom and 10 hours of field training.

INSTRUCTOR: Modesto Fire Dept. Staff
LOCATION: Regional Fire Training Center, 1220 Fire Science Lane

#41802 18+ yrs 8 sessions/FREE
Feb 22-Apr 12 Mon, 6-9 pm

#41803 18+ yrs 3 sessions/FREE
Feb 20, Feb 27 Sat, 8 am-5 pm
Mar 6 Sat, 8 am-noon



CHEER

provided by Gymstars

Classes are provided in a 20,000-sq.-ft. air-conditioned multi-sport facility. There is an annual \$20 insurance fee per child. This fee is required once a year regardless of the number of activities the child participates in.

Cheer

With many of the same benefits of gymnastics and dance plus a unique team element, cheerleading has become a challenging and exciting sport. These classes incorporate jumps, stunts, motions and tumbling to help cheerleaders at any skill level.

INSTRUCTOR: Gymstars Coaches
LOCATION: Gymstars Gymnastics
5170 Pentecost Drive

#41161 5-9 yrs 4 sessions/\$49
Jan 7-Jan 28 Thur, 6-7 pm

#41162 5-9 yrs 4 sessions/\$49
Feb 4-Feb 25 Thur, 6-7 pm

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