

Park'n It

SUMMER DAY CAMP ㉿

Explore the Regional Parks through field trips, art, swimming and play. Recreation Leaders, naturalists, rangers and lifeguards will take you behind the scenes to discover nature's secrets. Extended care is available from 7:30-9a.m. and 4-5:30p.m. Ask about our family discount (not available online and is not given once online registration is completed).

9am-4pm, Mon-Fri:

Jul 26-30 Ardenwood #23758 (age 5-12yrs); Aug 2-6 Ardenwood #23759 (age 5-12 yrs);

Jun 28-Jul 2 Castle Rock #23755 (age 9-12yrs)

Registration required

Fee: \$200 (non-res. \$220)



PARK'N IT LEADERS IN TRAINING ㉿

Would you like to be a Recreation Leader (camp counselor)? This is your chance to learn what it takes! Receive hands-on training while assisting our camp staff during Park'n It Summer Day Camp. Complete the entire week and you will receive a \$50 stipend. Attend the camp week of your choice. Call (510)544-2554 to request an application. 13-16yrs.

9am-4pm, Mon-Fri:

Jul 26-30 Ardenwood #23811;

Aug 2-6 Ardenwood #23812

POLES FOR HIKING & NATURE EXPLORATION ㉿

Jayah Faye Paley

Power with Poles! Using your whole body while hiking feels good! Learn how to use your upper body muscles to help preserve your joints. Reduce knee stress, improve endurance, upper body strength, posture and balance. Beginner to experienced hikers welcome. Loaner poles provided. Disabled accessible. 18+yrs.

Tilden

9:30am-2:30pm, Sat, Aug 28 #24947

Fee: \$45 (non-res. \$51)

GOLF - INTRODUCTION ㉿

American Golf Corp

Learn pre-shot and full-swing fundamentals, and become familiar with terminology/equipment. Golf balls and loaner clubs are provided. Participants will receive a free \$20 range card for use at the driving range and \$20 off a future class at the golf course. 14+yrs.

Tilden Golf Course

2:30-4pm, Sun, Jul 11 #24966; 5-6:30pm, Thu,

Jul 22 #24967; 5:30-7pm, Tue, Aug 3 #24968

Fee: \$50 (non-res. \$56)

PET FIRST AID/CPR ㉿

Peter Pay

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program concentrates on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate available for purchase during class. 12+yrs.

Lake Chabot

9am-1pm, Sun, Aug 15 #23507; Sun Oct 17 #23508

Fee: \$45 (non-res. \$51)



All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org

BASIC LAND NAVIGATION 6/6

Susan Labiste

Hit the trails without fear of getting lost. Learn the basics of map and compass reading, and triangulation for on-trail navigation. We'll try our newly learned skills on the trail in a hike with moderate elevation gain. Compass and maps will be provided. 14+yrs.

Sunol

10am-3pm, Sun, Jul 11 #24943

Fee: \$23 (non-res. \$27)

LAND NAVIGATION ON THE TRAIL 6/6

Susan Labiste

Hate getting lost? Join us to practice map and compass skills, using our topographic maps. This course emphasizes land association and triangulation techniques, requires some basic knowledge of map/compass navigation and terminology, and a fitness level appropriate for moderate to difficult trails. 14+yrs.

Lake Chabot

10am-3pm, Sun, Jul 25 #24944

Fee: \$23 (non-res. \$27)

SURVIVAL ESSENTIALS 6/6

Susan Labiste

Thinking of traveling to desolate locations? This introductory workshop will prepare you for your adventure; teaching you basic principles and methods of wilderness survival. Topics covered will include assembling survival kits, shelter building, fire starting techniques, emergency signaling, water purification, and more! 14+yrs.

Garin

10am-3pm, Sun, Aug 29 #24945

Fee: \$23 (non-res. \$27)

Free! NORDIC WALKING FOR HEALTH & FITNESS 6/6

Jayah Faye Paley

Join us and learn about walking with power, attitude and poles. Up your energy, improve pace, endurance and upper body strength while walking, talking & enjoying the outdoors. Popular in Europe, this activity is great for athletes and couch potatoes alike! Loaner poles provided. Disabled accessible. 18+yrs.

Tilden

4:45-6:30pm; Fri, Aug 27 #24946

Wilderness Trips

Join Park Naturalist and Recreation staff for fun & exciting wilderness trips in your local Regional Parks. Learn about your natural environment and backpacking skills with likeminded people. Trips are available for all levels of hikers and loaner gear is available while supplies last. Trips vary in theme to meet a variety of interests. Participants are expected to be in good physical condition. For more information call (510) 544-2558.

- Round Valley Regional Preserve
October 8-9, Sat-Sun
- Mission Peak Regional Preserve
December TBD

New!

PERSEID METEOR SHOWER CAMPOUT

Trail Gail

Hike 1.5 miles for an evening under the stars. As the nocturnal animals come out, so will we, to experience the Perseid meteors. The next morning we'll beat the heat and hike to Little Yosemite before going home. Food provided and we'll carry your camp gear. 7+yrs PPR.

Sunol Regional Wilderness

5:30pm, Fri, Aug 13 to 1:30pm, Sat, Aug 14
#24754

Fee: \$66 (non-res. \$74)



All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org

Whether you are an experienced or novice angler, the East Bay Regional Park District offers a fishing class for you! Come out and learn basic to advanced techniques that will have you fishing for a lifetime. Look for the new Pontoon Boat Fishing class coming soon!

FISHING – CATFISH BASICS

6:30-8:30pm, Fri, Jul 23 #23845, Shadow Cliffs

FISHING – INTRODUCTION

Sat, Aug 21 #23846, Del Valle

Outdoor Recreation Staff

Learn the basics of bass, catfish, or pier fishing as well as skills in knot tying, casting and gear selection. These classes are perfect for anyone interested in getting started with the sport of fishing. A CA State Fishing License is required for participants 16+yrs. Gear provided. 5+yrs.

Fee: \$19 (non-res. \$21)

INTRO TO FLY-FISHING-Fish 1st! 🎣

Fish First!

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two-1/2 hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more.

Lake Anza

7am-1pm, Sun, Jul 11 #24924; Sun, Aug 15

#24926

Fee: \$60 (non-res. \$66)



FREE OUTDOOR MOVIE!

**7pm, Sat, Aug 7 & Sat, Aug 21, Contra Loma;
7pm, Sat, Aug 14, Ardenwood;
7pm, Sat, Aug 28, Shadow Cliffs**

Join us for FREE family oriented outdoor movies in beautiful park settings. Movies begin shortly after sunset and are a great way to spend the evening for everyone! Arrive early to secure a good seat and enjoy your surroundings. Be sure to bring a flashlight, clothes to stay warm, snacks, and a blanket or chair for sitting. Each location offers a unique experience. Parking fees do apply. No pets. Rain cancels event. More information:

www.ebparks.org web, recreation@ebparks.org email, or 510-544-2553 tel.

August 7: Contra Loma- "Where the Wild Things Are" rated PG, 101 minutes, 2009. This adaptation of Maurice Sendak's classic children's story follows Max, a disobedient little boy who is sent to bed without his supper. Max then creates an imaginary forest world populated by the wild things, exotic monsters and ferocious creatures who embrace Max as their ruler.

August 14: Ardenwood- "The Wizard of Oz" rated PG, 102 minutes, 1939. Kansas girl Dorothy Gale (Judy Garland) and her dog, Toto, are whisked by a tornado into the magical land of Oz in this much loved musical adaptation of L. Frank Baum's classic novel. Dorothy joins the Tin Man, the Scarecrow, and the Cowardly Lion on an adventure down the Yellow Brick Road to persuade the Wizard to help her find her way home.

August 21: Contra Loma- "Up" rated PG, 96 minutes, 2009. Carl Fredricksen spent his entire life dreaming of exploring the globe and now in his 78th year he launches his house into the sky via thousands of balloons. Right after liftoff he discovers he has a stowaway in the form of an over optimistic 8-year-old Wilderness Explorer named Russell. This hilarious journey takes you into a lost world with the least likely duo on Earth.

August 28: Shadow Cliffs- "Alice in Wonderland" rated PG, 108 minutes, 2010. Tim Burton brings his unique take on the classic Lewis Carroll story about a girl named Alice to the big screen. Alice falls down a rabbit-hole into a fantasy realm populated by talking playing cards, the raging Red Queen and a stark raving Mad Hatter.

All classes require advance registration

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BROOKS ISLAND ADVENTURE ♿

Brooks Island California Canoe & Kayak
This trip is short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a naturalist guided, two-mile hike around the island which is normally closed to visitors. Parking fee will be charged at Richmond Marina. 14+yrs.

10am-4pm:

**Sat, Jul 10 #24288; Sat, Jul 24 #24290;
Sun, Jul 25 #24297; Sun, Aug 8 #24299;
Sun, Aug 22 #24300; Sun, Aug 29 #24301;
Sat, Sep 11 #24302; Sat, Sep 25 #24309;
Sun, Sep 26 #24310; Sat, Oct 2 #24312;
Sat, Oct 9 #24313; Sun Oct 10 #24314
Fee: \$85(non-res. \$95)**

KAYAKING FAMILY DISCOVERY ♿

Current Adventures

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)

**11am-2pm, Sun, Aug 1 #24962, Lake Chabot
Fee: \$60 14+yrs/\$55 5-13yrs
(non-res. \$66/\$61)**

DISCOVER KAYAKING ♿

Current Adventures

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)

**10am-2:30p, Sat, Jul 10 #24956; Sun, Aug 8
#24959; 11am-3:30pm; Sat, Aug 28 #24960,
Lake Chabot
11am-3:30pm, Sat, Jul 24 #24958, Quarry
Lakes
Fee: \$65 (non-res. \$72)**

KAYAKING FOR FOLKS 50+ ♿

Current Adventures

Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the lake in a single kayak (double kayaks available upon request). 50+yrs.

**11am-2pm, Sat, Jul 3 #24352; Sat, Aug 21
#24953, Quarry Lakes
10am-1pm, Sun, Jul 25 #24954; 11am-2pm,
Sat, Aug 7 #24955, Lake Chabot
Fee: \$60 50-61yrs/\$55 62+yrs
(non-res. \$66/\$61)**



BROOKS ISLAND VOYAGE: BRING YOUR OWN BOAT TRIP ♿

Interpretive Staff

Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own kayak and safety gear. Parent participation required. 14+ years. Parking fees apply where charged.

**Brooks Island
10am-4pm: Sat, Aug 21 #24190;
Sun, Sep 12 #24191
Fee: \$20 (non-res. \$24)**

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org

Free!



TRAILS CHALLENGE

Thousands of people like you have participated in this program, last year over 8000 people! The program challenges participants to complete 5 of the featured trails in the guide booklet by December 1. The booklet features trails for all levels of fitness and all types of trail users as well as a variety of tips for new trail users. We are encouraging participants to go "green" by using the downloadable version of the booklet and printing only what you need; hard copies are available for \$5.00. With registration you will receive access to download the guidebook, instructions on how to receive your free organic T-shirt (while supplies last), and web links to see the routes on Google Maps. A commemorative pin will be sent once you complete the challenge, pins will be mailed in the fall (while supplies last). Kaiser Permanente is a major sponsor of this program.

Registration required

Visit www.ebparks.org and click on the "Features" section to get started.

No phone registrations



Free!






KIDS CHALLENGE

The 2010 Kids Challenge program is based on the California Children's Outdoor Bill of Rights which recommends a fundamental list of experiences that every child would benefit from, before entering high school. This program is self-paced and challenges youth to complete 5 of the 10 activities listed in the Bill of Rights. Some activities require parent participation and/or additional fees. Register to receive the guidebooklet and a special prize to help you get started (1 per child, while supplies last). A commemorative patch and EBRPD frisbee will be sent after completing the challenge (1 per child, while supplies last). **Course #23496**
Registration required.



Accommodations will be made for visitors with disabilities upon advance request.

For assistance call (510) 544-2558

-  **Online Registration**
-  **Parking Fee applies**
-  **Disable accessible**

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org