

New!

LAND NAVIGATION ON THE TRAIL ㊦ ㊧

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.

Morgan Territory

10am-3pm, Sat, Mar 27 #23737

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

SURVIVAL ESSENTIALS ㊦ ㊧

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.

Lake Chabot

10am-3pm, Sun, Apr 11 #23739

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

New!

CAMP GOURMET ㊦ ㊧

Susan Labiste

Bake Dutch-oven chicken, pan-grill savory yeast breads, roast sausage in its own quickbread bun, steam trout in clay, and sizzle a steak to perfection directly on the coals. Come with an appetite and leave with some new tricks for camping this summer. 14+yrs.

Garin

10am-2pm, Sat, Apr 10 #23738

Fee: \$18 (non-res. \$20)

BASIC LAND NAVIGATION ㊦ ㊧

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, Mar 14 #23735

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

ARCHERY - INTRODUCTION ㊦ ㊧

Redwood Bowmen

Basic beginner recreational archery instruction. 30 minutes of classroom lecture in clubhouse reviewing safety, terminology, and a brief overview of recreational archery. 90 minutes of shooting instruction and practice on outdoor range. Equipment provided. 10+yrs (10-13 parent supervision required).

Roberts Regional Recreation Area

9-11am, Sat, Apr 24 #23850

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

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

3:30-5pm, Sun, Mar 21 #23830; Sat, Apr 17

#23831

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, Sat, Apr 10 #23505; Sun, Jun 20

#23506; Sun, Aug 15 #23507; Sun Oct 17

#23508

Fee: \$45

(non-res. \$51)

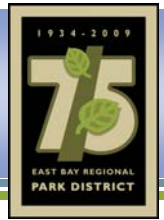


All classes require advance registration

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

March & April
2010

Outdoor Recreation Programs



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:

Jun 21-25 Contra Loma #23751 (age 5-12 yrs); Jul 26-30 Ardenwood #23758 (age 5-12yrs); Aug 2-6 Ardenwood #23759 (age 5-12 yrs);

Jun 21-25 Cull Canyon #23752 (age 5-8 yrs); Jun 28-Jul 2 Castle Rock #23755 (age 9-12yrs)

Registration is 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)482-6023 to request an application. 13-16yrs.

9am-4pm, Mon-Fri:

Jun 21-25 Contra Loma #23809;

Jul 26-30 Ardenwood #23811;

Aug 2-6 Ardenwood #23812

POLES FOR MOBILITY, BALANCE, & WALKING 🏕️

Jayah Faye Paley

Poles enable profound freedom of movement. Learn how to achieve & maintain mobility. Improve posture, endurance, function & strength. Vital skill for joint issues & other conditions preventing enjoyment of the outdoors. Easy-to-learn techniques & gentle exercises help you navigate everyday obstacles. Top-quality poles provided.

Black Diamond

1-4pm, Sat, Apr 24 #23741

Fee: \$35 (non-res. \$39)

FUNCTIONAL FITNESS FOR THE TRAIL 🏕️

Jayah Faye Paley

Focus on establishing a healthy & sustainable foundation. Learn fun ways to improve your endurance, balance, posture, flexibility & strength. Set goals, learn about creating an achievable & progressive routine. Experience easy exercises for maintaining function & enjoying the outdoors. All levels welcome. 12+yrs.

Black Diamond

9:45am-12:30pm, Sat, Apr 24 #23740

Fee: \$20 (non-res. \$22)

New!

POLES FOR HIKING & FLOWER HIKE 🏕️

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. Top quality poles provided.

Black Diamond

9:30am-3:15pm, Sat, Mar 20 #23736

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

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

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 – PIER BASICS

8-10am, Sat, Apr 17 #23729, Antioch Shoreline

FISHING – INTRODUCTION

8-10am, Sat, June 5 #23732, Quarry Lakes;
Sat, Aug 21 #23846, Del Valle

FISHING – BASS BASICS

8-10am Sat, Jun 26 #23731, Contra Loma

FISHING – CATFISH BASICS

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

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)

FLOAT TUBE FISHING! ♿ ♻️ Ⓢ

Outdoor Recreation Staff

This course will introduce the sport of float tube fishing. Participants will be given on-land instruction on float-tubing gear and techniques, followed by instructor guided fishing on Contra Loma Reservoir. Gear provided. 16+yrs.

Contra Loma

7:30-10:00am, Sat, May 1 #23730

Fee: \$29 (non-res. \$33)

FISHING – INTERMEDIATE TROUT ♿ ♻️ Ⓢ

Outdoor Recreation Staff

Learn intermediate trout fishing skills including rigging, casting, ecology and conservation, fish habitats. Proper technique on use of a variety of lures and where/how to catch trout will be covered along with hands-on fishing. Gear provided. 12+yrs (PPR 12-15yrs). Valid CA fishing license required for ages 16+.

Shadow Cliffs

7-9am, Sat, Mar 20 #23728

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

New! FISHING – MY FIRST FISH! (Guaranteed) ♿ ♻️ Ⓢ



Come out to the lake and participate in this fun “derby style” class where kids will catch their first fish - - - guaranteed! Participants will practice casting, followed by catching a fish from an enclosed net in the lake. PPR 5-15 yrs. Gear provided. 5-17yrs.

Outdoor Recreation Staff

5-7pm, Wed, May 5 #23733, Shadow Cliffs

5-7pm, Wed, May 26 #23734, Temescal

Fee: \$38 (non-res. \$44)

BEGINNING FLY CASTING ♿ ♻️ Ⓢ

Lois Kilburn

Learn knots, roll cast, pick-up and lay down cast, false casting, and how to select equipment and set up your fly rod. Class is taught by a National Champion tournament caster. 15+yrs.

Shadow Cliffs

8am-1pm, Sat, Mar 27 #23749; Sat, Apr 24

#23750

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

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

10am-4pm, Sun, Mar 14 #23843;

7am-1pm, Sun, Apr 11 #23844

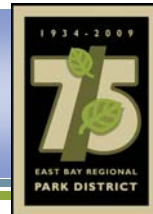
Fee: \$60 (non-res. \$66)

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Outdoor Recreation Programs



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. Participants are expected to be in good physical condition. For more information call (510) 530-8241.

- **Round Valley Regional Preserve**
October 2-3, Sat-Sun
- **Mission Peak Regional Preserve**
December TBD



New! SURVIVAL ESSENTIALS OVERNIGHT CAMP WORKSHOP

Susan Labiste

This is an overnight adventure in saving your own skin. Set up rain and shade shelters. Insulate with natural materials. Practice fire starting/management, day and night signaling, water procurement & treatment, and more. Bring backup camping equipment so you can pursue this experience as far as you feel capable. Food provided.

Sunol

1pm, Sat, Jun 5 to 11am, Sun, Jun 6 #24179

Fee: \$68 (non-res. \$76)

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)

11am-3:30pm, Sun, Mar 21 #23813, Chabot

11am-3:30pm, Sat, Apr 24 #23814, Quarry

Fee: \$65 (non-res. \$72)

New!

BACKPACKING: SUNOL-OHLONE WILD FLOWERS

G. Broesder

Experience spring wildflowers on this 2-night 3-day adventure. With rolling oak woodlands, grasslands and a day hike to Rose Peak we'll explore the Ohlone wilderness. By staying at the same location both nights we gain time to enjoy. Food provided. Loaner gear is available. Ages 14+yrs. Parent Participation & Registration Required.

Sunol

2pm, Fri, Mar 19 to 1pm, Sun, Mar 21 #23624

Fee: \$112 (non-res. \$124)

New!

PACK-AND-DROP ANTHONY CHABOT PARK

M. Charnofsky

Recharge your batteries in beautiful Anthony Chabot Park on this moderate hike through grassland, oak woodland and shady forest. Experience amazing views, spring wildflowers, diverse animal life, and the nighttime sky. We provide the food, loaner equipment if necessary, and we drop it off at our primitive campground destination. All experience levels welcome. Pre-trip meeting May 5. 14+ Parent Participation & Registration Required.

Anthony Chabot

11am, Sat May 8 to 2pm, Sun, May 9 #24173

Fee: \$76 (non-res. \$86)

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, Mar 13 #23815, Quarry

11am-2pm, Sun, Apr 11 #23816, Chabot

**Fee: \$60 50-61yrs/\$55 62+yrs
(non-res. \$66/\$61)**

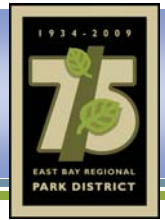


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Outdoor Recreation Programs



New!

LLAMAS – MYSTICS OF ANDES

LAMAS Outfitters

Ready for a new experience? Learn the secrets of the llamas; you'll get to know these wonderful creatures as you feed, groom, and handle them on the trails of Redwood Regional Park. Professional Llama packers will guide you along the way; expect to hike 2-3 miles. Age 8+ (PPR).

Redwood

11am-2:30pm, Sat, Mar 27 #23870;

Sun, Mar 28 #23871

11am-2:30pm, Sat, Apr 24 #23872;

Sun, Apr 25 #23873



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**

All classes require advance registration

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