REDWOOD HEIGHTS RECREATION CENTER
3883 ALISO AVENUE
OAKLAND, CA 94619
(510) 482-7827
www.oaklandnet.com/parks

OFFICE HOURS
Monday 9:00 AM - 9:00 PM
Tuesday 9:00 AM - 9:30 PM
Wednesday 9:00 AM - 9:30 PM
Thursday 9:00 AM - 9:00 PM
Friday 9:00 AM - 6:00 PM
Saturday Rentals only
Sunday Rentals only

*Rental inquires Monday – Friday 9:00 am – 6:00 pm only

Rentals Friday Between hours 6:00 PM - 12:00 AM
Rentals Saturday Between hours 3:00 PM - 12:00 AM
Rentals Sunday Between hours 12 pm - 12:00 AM

DATES TO REMEMBER

December 9, 2013  Winter 2014 Cooking class online registration only
December 10, 2013  Winter 2014 Class registration begins
January 13 – March 14, 2014  Winter 2014 Session (9 weeks)
March 3, 2014  Summer Day Camp registration begins
March 4, 2014  Spring 2014 Cooking Class online registration only
March 5, 2014  Spring 2014 Class registration begins
March 24 – June 6, 2014  Spring 2014 Session (10 weeks)

MOVIES IN THE PARK

Please check our website www.oaklandnet.com/parks for updated information for our Movies in The Park 2014.

*Ballet program does not follow session schedule. Follow specific class listing under Ballet
**Ongoing programs continue year-round and do not follow session schedule. You may register at any time for these classes. See class listings for details.
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### WINTER 2014 CLASSES

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RECREATION CENTER STAFF

CENTER DIRECTOR: Breht Clark

SELF-SUSTAINING STAFF

Tauheedah Abdur-Rasheed   Carolyn deVreeze
Amy Aldrich               Alejandro Johnson
Diana Goodman             Dorothy Ferguson
Patricia Hunter           Blanka Soltys
Caryn Wolf                William Austin
George Latimer

IMPORTANT INFORMATION

Many patrons have inquired about classes after they have been canceled. Since the fee that is obtained from the classes pays the staff salaries & supply costs, a minimum enrollment for each class must be reached. If the minimum enrollment is not reached, we will have to cancel one week prior to beginning of class. To prevent classes from being canceled, please sign up on the day of registration or the following week.

REGISTRATION INFORMATION

1. Walk-in registration for the Winter 2014 Session will begin on December 10, 2013 (unless otherwise noted), during regular business hours, and will continue during regular business hours 9:00 am to 6:00 pm, until classes are either full or canceled. All registrations will be processed in the order in which they are received until programs reach capacity.

2. Fill out a registration form(s) (available in center office) and make check payable to the City of Oakland. On your check, please be sure to include the participant’s full name and itemize what you are paying for. NO REGISTRATION WILL BE ACCEPTED WITHOUT FULL PAYMENT.

3. Payment for all classes is due at time of registration. Fees for self-sustaining classes are non-refundable and cannot be pro-rated, unless determined otherwise by the Recreation Center Director. It is necessary to enforce this rule because all adult classes and many youth programs are self-sustaining and instructor pay is based on the number of persons enrolled.

4. Classes without sufficient advance registration may be canceled. Patrons will be notified by phone and may transfer classes or receive a full refund.

5. Waiting lists will be kept for all full classes. You will be notified by phone if openings occur and a spot will be held for you for 24 hours. If you cannot be reached, the next person on the list will be notified.

6. If a parent/guardian signs up for a class and does not withdraw before the start of the 1st class, then no refund will be given.

7. Please allow 6-8 weeks for refund to be processed by the City of Oakland

8. A receipt will be issued for all payments received and may be picked up in the office during regular business hours

9. If your check is returned NSF, you could be liable for three times the amount of the check (city policy) plus the face value of the check and court costs.

10. Make checks payable to “City of Oakland”
11. Oakland’s Office of Parks and Recreation (OPR) welcome individuals with disabilities into its programs.
   If you need disability accommodations please contact your Recreation Center Director or Program Coordinator. You may also contact OPR directly at (510) 238-3092.

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**REDWOOD ROCKETS #32201.201**

**2013-2014 School year**

***August 26, 2013 – June 12, 2014***

**Registration for the 2013 – 2014 school year of Rockets will begin June 3, 2013**

MONDAY - FRIDAY, 3:00-6:00 p.m. (Wednesdays 1:30-6:00 pm)

Inquire in the office for the COVA schedule and rate.

Again this fall, we have the Kindergarten & 1st grade children separate from the 2nd-5th grade children. The 2nd-5th grade children will be signed in & out at our old building (the one with the murals on it) and the K’s & 1st grade children will be signed in & out down in the new building in the Pre-school classroom.

***Please note that there will be some days when the two age groups will be combined and that is due to the Pre-school classroom not being available for use (there are other classes that use that room as well), special events or if we have staff that are out sick.

Redwood Rockets is an after-school program designed for Kindergarten through 5th graders who are in need of supervision during the hours of 3 pm - 6 pm. The program will run on school days and will NOT meet when Oakland Public Schools are not in session. Redwood Rockets incorporates structured activities and free play. A typical day includes activities such as outdoor games, arts & crafts indoor games, snack, etc. At about 5:00 pm we come inside for homework/quiet time. Children are encouraged to work together toward goals and problem solving. The philosophy of fair play will be stressed. Rules governing the conduct of children will be enforced. If a child needs more than two parent call-ins because of behavioral problems in one month; he/she will be dropped from the program.

In addition to participation in the Redwood Rockets, your child may also register for other classes listed in the program brochure for the fee listed. However, if you are unable to pick up your child after the end of the class, he/she must go into the Rockets program to ensure that your child is properly supervised. Children are expected to come DIRECTLY from school to the old center to check in. Parents are expected to sign out their child DAILY and inform the instructor that you are taking the child.

If your child is unable to attend on a day that he/she is expected, please notify the center at (510) 482-7827. **Rockets must be paid in advance.** The Office of Parks & Recreation is enforcing this rule. We will no longer be able to allow parents to pay 1 week (or later) late. Basically you will need to have a credit on your Rockets account. If at the end of the school year you have not used up all of your credit, we will issue a refund for any un-used funds. If you do not pay in advance, your child will not be allowed to attend Rockets and you will need to pick them up at the school. Please note that all of your fees paid for Rockets go directly towards programs/supplies here at the center. You also may leave a credit card # on file that we will charge at the end of each month if you prefer (we had about 15 parents do this last year).

**The fee for the Rockets program is $12/day** (you only pay for the days that your child attends). A $60 fee is due at time of registration (this will be applied towards the first 5 times your child attends Rockets).
This program will meet on days that the Redwood Heights Elementary School is in session. Program will include craft activities, free play and more. Breakfast is not provided. Children will be walked down to the school @ 8:35 am.

Instructor: Staff

Hours:  7:30 am –8:40 am
Cost:   $7/day per child

$35 deposit (this will be applied towards the 1st 5 times your child attends morning care) is due at time of registration.

**Morning care must be paid in advance.** The Office of Parks & Recreation is enforcing this rule. We will no longer be able to allow parents to pay 1 week (or later) late. Basically you will need to have a credit on your Rockets account. If at the end of the school year you have not used up all of your credit, we will issue a refund for any unused funds. If you do not pay in advance, your child will not be allowed to attend morning care and you will need to drop them off at the school. Please note that all of your fees paid for Morning care go directly towards programs/supplies here at the center. You also may leave a credit card # on file that we will charge at the end of each month if you prefer (we had about 15 parents do this last year).

**COLLABORATIONS**

Redwood Heights Recreation Center is pleased to be able to partner with the Girl Scouts. We currently have 2 different troops that meet at the center. Please contact the center for more information.
BIG TOTS
Big Tots will prepare your child for Kindergarten. We work to develop their ability to follow classroom rules and increase their attention span through planned lesson times.
Instructor:  Lea Felix

Winter registration has begun
Day’s class meets:  Tuesdays & Thursdays
Class times:  11:00 am – 1:30 pm
Age:  4.5-5 years of age

January & February - $140 (January 14 – February 27)
March & April - $150 (March 4 – April 29) No class April 15 & 17 (spring break)
May & June - $110 (May 1 – June 5)
**PEEWEE KARATE**

Kids in this class will learn and practice real, traditional martial arts values like non-violence, cooperation, respect and helping others. They will also build coordination, balance and fitness through fun, physical activities and learn basic, age appropriate skills for safety and self defense. When they are ready to move into the “big kids” karate class, they will have an excellent head start!

Instructor: Didi Goodman

Visit the Redwood karate website [www.redwood-dojo.com](http://www.redwood-dojo.com) for more information.

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**Winter 2014 session:** January, February & March 2014

<table>
<thead>
<tr>
<th>Day’s class meets:</th>
<th>Mondays</th>
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</thead>
<tbody>
<tr>
<td>Class times:</td>
<td>4:00 – 5:00 pm</td>
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<tr>
<td>Age:</td>
<td>4½ -5 years</td>
</tr>
<tr>
<td>Cost:</td>
<td>$75</td>
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**Spring 2014 session:** April, May & June 2014

<table>
<thead>
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<th>Day’s class meets:</th>
<th>Mondays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class times:</td>
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<td>Age:</td>
<td>4½ -5 years</td>
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<tr>
<td>Cost:</td>
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**PRE-BALLETT**

Pre-ballet is a wonderful introduction to the world of classical music, imaginative movement, and the timeless ballet stories which inspire young minds to dream and thrive. Being elegant and graceful is stressed as well as proper behavior in a classroom setting, preparing them for a more formal class when maturity and skill have developed. **YOUR CHILD MUST BE 4 BY THE FIRST CLASS DATE. PLEASE BRING BIRTH CERTIFICATE WHEN REGISTERING FOR THE FIRST TIME!**

Instructor: Patricia Hunter

Registration for new students begins December 10, 2013

<table>
<thead>
<tr>
<th>Days class meets:</th>
<th>Saturdays January 11 – March 8 (9 weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class time:</td>
<td>10:00 am – 10:45 am</td>
</tr>
<tr>
<td>Age:</td>
<td>4-6 years</td>
</tr>
<tr>
<td>Cost:</td>
<td>$135</td>
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</tbody>
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## ELEMENTARY PROGRAMS

**AFRO-HAITIAN DANCE**

This class introduces dances, music and culture of Haiti. Children will learn exciting and rhythmic dances that condition the body by developing strength, coordination and flexibility, as well as learn the dances historical and cultural context.

Come and enjoy the fun!

Maximum enrollment of 20 students.

**Winter registration begins December 10, 2013.**

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<tbody>
<tr>
<td>Class times:</td>
<td>4:30-5:30 pm</td>
</tr>
<tr>
<td>Age:</td>
<td>7-11 years</td>
</tr>
<tr>
<td>Cost:</td>
<td>$35</td>
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</table>
AMHARIC LANGUAGE CLASS
This 1-hour language class is designed for children ages 4-12 who are interested in learning the fundamentals of one of the many Ethiopian languages – Amharic. In addition, the students will be exposed to some of the rich Ethiopian culture.

The learning environment is setup to be a fun and inspirational experience as youngsters explore the language and culture. The classes are specifically designed to provide children with a firm grasp of both written and spoken Amharic. We use a variety of educational tools, from traditional classroom materials and audio-visual aids, to facilitate learning Amharic as effectively as possible.

Day’s class meets: Saturdays
Class times: 10:30 am – 12 pm
Age: 4-12 years
Cost: FREE

BALLET TECHNIQUE
The Ballet program, under the direction of Patricia Hunter, at Redwood Heights includes Pre-Ballet through and including pre-Pointe. Patricia Hunter is a Certified Associate with the Imperial Society of Teachers of Classical Ballet. She danced professionally for 12 years before she began teaching in the Bay Area 24 years ago.

WINTER 2014 BALLET TUITION (9 weeks)
Please read carefully under specific class

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Pre-Ballet</td>
<td>Saturdays 10:00 - 10:45 am</td>
<td>$135</td>
</tr>
<tr>
<td>Ballet 1-A</td>
<td>Saturdays 11:00 – 12:15 pm</td>
<td>$150</td>
</tr>
<tr>
<td>Ballet 1-B</td>
<td>Saturdays 11:00 – 12:45 pm</td>
<td>$175</td>
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</tbody>
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Those dancers in Ballet 1-B would benefit greatly taking an additional class at one of our sister studios during the week to help prepare for pointe work in the future. Inquire and we can provide a list if you are interested.

BALLET 1-A and 1-B
These classes are for graduates of pre-ballet or dancers with 2 years RECENT ballet experience. We will advise when a pre-ballet student is ready!

We use the ballet Barre and do simple center combinations. We will closely monitor progress as to not injure the developing joints and musculature, especially posture and alignment of the spine.

Instructor: Patricia Hunter

Registration for new students begins December 10, 2013

Day’s class meets: Saturdays January 11 – March 8
Class times: Ballet 1-A; 11:00 am – 12:15 pm
            Ballet 1-B; 11:00 am – 12:45 pm
Age: 7-12 years
Cost: Ballet 1-A: $150
      Ballet 1-B: $175
**BASKETBALL - Team**
The basketball league is for children in grades 3rd, 4th and 5th. Fundamentals and fun emphasized. Both boys and girls are encouraged to play. Games will take place on Saturday mornings and are against other recreation center teams. Game schedule TBA

Please note that there will be “2” – 5 game seasons.

Coach: Kevin

***Please note that this class is held outside and does not meet on rainy days.***

Registration begins December 10, 2013

Day’s class meets: Tuesday & Thursday January 7 – March 13, 2014

Class times: 3:30 – 4:45 pm

Age: 3rd, 4th, & 5th grade

Cost: $80

**CERAMICS, POTTERY, SCULPTURE**
Calling all clay buddies! In this class children will be encouraged to create clay pieces from their own imagination and at the same time they will learn basic ceramic techniques; slab, coil construction, pinch pots and glazing. Ceramics will be decorated with colorful lead-free glazes and fired at a private studio. Each session we will work on different projects.

Maximum 12 students

Instructor: Blanka Soltys

Session I
Winter registration begins December 10, 2013

Day’s class meets: Wednesdays January 8-February 5, 2014 (5 weeks)

Class times: 2:15 – 3:15 pm

Age: 5 ½ - 11 years

Cost: $70 (includes $14 supply fee)

Session II

Day’s class meets: Wednesdays February 12 – March 12, 2014 (5 weeks)

Class times: 2:15 – 3:15 pm

Age: 5 ½ - 11 years

Cost: $70 (includes $14 supply fee)

**COOKING**
Not just pigs in a blanket! We will work together to prepare delicious meals. Each little chef will learn the basics of kitchen safety and meal preparation.

Each meal is prepared with a green salad or fruit salad. French toast, fried chicken, pizza & brownie sundaes are just some of our past goodies.

Come join the yummy fun!

Instructor: Dorthy Ferguson

Note that we are only offering the Wednesday classes

Online Registration only for winter 2014 session: December 9 only

***See below***

Due to the limited number of spots and the popularity of our cooking class here at the recreation center, we will only be conducting online registration.

The process will be as follows:

- There will be 6 spots available to register online on December 9, 2013. Please note that online registration is for this one day only. When the 6 available spots that are available for online registration are filled, we will start a waiting list. Please note that there are only 6 total online spots available for each cooking class.
To register online, you must pay with a credit card (Visa, Mastercard).
To register online, you will need to create a new customer account (if you do not have one already from previous online registrations with the Office of Parks & Recreation). You will need to do this process in advance to registering online, as it does take a few days to receive your new account info via email and you will not be able to register online without an online account with OPR. We recommend that you set up your account in advance.

To create a new online account, please log on to [www.oaklandnet.com/parks](http://www.oaklandnet.com/parks) and click on “register online”. Click on “new customer” to setup your new account. For help with online registration, please call the help desk Monday – Friday 238-7557.

Once you have your online account setup, beginning on December 9, 2013, you may try to register online. Go to [www.oaklandnet.com/parks](http://www.oaklandnet.com/parks) and click on “programs, classes & activities”, then click on the middle of the page where it says, “View Programs and Activities, click here”. Under locations choose Redwood Heights Rec. Ctr and then choose the cooking class that you want to register for.

Remember that there are only 6 available spots per class for online registration. The spring season classes filled fast. Once those 6 spots per class are filled, we are full and will generate a waiting list.

**Winter 2014 cooking class information. For children in 1st- 6th grade.**

**Note: classes are 9 weeks**

<table>
<thead>
<tr>
<th>Cooking A</th>
<th>Activity # 32212.301</th>
<th>Wednesdays 2-3 pm</th>
<th>$99</th>
<th>January 8 – March 12, 2014</th>
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<tbody>
<tr>
<td>Cooking B</td>
<td>Activity # 32212.302</td>
<td>Wednesdays 3-4 pm</td>
<td>$99</td>
<td>January 8 – March 12, 2014</td>
</tr>
</tbody>
</table>

Note: A class will be cancelled if there are less than 7 children enrolled.

**DOUBLE DUTCH**
Come join us and learn to Double Dutch Jump Rope! Receive the best in exercise and fun. A healthy sport that’s beneficial to your entire body. It helps burn off 1000 calories, improves cardiovascular (heart) condition & maximizes your athletic skills combining alertness, coordination, timing and endurance.

Instructor: Ms. Andriana
**Winter registration begins December 10, 2014**

<table>
<thead>
<tr>
<th>Day’s class meets:</th>
<th>Friday January 10 – March 21 (no class January 31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class times:</td>
<td>3:30 – 4:30</td>
</tr>
<tr>
<td>Age:</td>
<td>8 – 12 years of age</td>
</tr>
<tr>
<td>Cost:</td>
<td>$20</td>
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</tbody>
</table>

**DRUMMING w/ MR. LEE**
Come and learn the art of Haitian drumming. This class explores the beauty of African stylr poly-rhythms. Kids will play on authentic instruments from Haiti. They will learn about other cultures, become better listeners and better communicators. These rhythms have been handed down many generations. Your kids will be the next musical ambassadors of this ancient tradition.

**Winter registration begins December 10, 2013**

| Minimum enrollment of 8 needed by December 20 or class will be cancelled |
|-----------------------------|---------------------------------------------------|
| Day’s class meets:          | Friday January 10 – March 14 (no class January 31, 2014) |
| Class times:                | 3:30 – 4:30                                       |
| Age:                        | 8-11 years of age                                 |
| Cost:                       | $40                                               |
KARATE

Cuong Nhu Karate is a well-rounded martial art that blends hard and soft principles from traditional karate, judo, aikido, wing chun, vovinam and more. Children who train with us gain fitness, confidence, skill, self-discipline and perseverance, while engaging in a fun, energetic activity. New students should make a 3 month commitment to get a grasp of the basics and begin to feel the real benefits of training. Continuing students show the commitment and dedication that lead to success, not just in martial arts, but in school and all aspects of life.

Classes are taught by Master Didi Goodman, Rokudan (sixth degree black belt), assisted by senior students who have earned brown or black belt rank. “Sensei Didi” has over 35 years experience in martial arts, and has taught at Redwood Heights since 1992.

Visit our website www.redwood-dojo.com

Winter 2014 session: January, February & March 2014
Cost: $140

Spring 2014 session: April, May & June 2014
Cost: $140

Important Winter Session Dates:
Monday January 6th or Tuesday January 7 – Classes begin.
Tuesday February 13 – Progress review
Thursday March 20 – belt rank testing

Important Spring Session Dates:
Tuesday May 15 – Progress review
Thursday June 19 – belt rank testing

More information available on the website, www.redwood-dojo.com

Late entry into as session may be possible with permission and available space.

Class  Level  Age  Day(s) / time
Karate A: Beginning / Intermediate  6 & 7  Monday 5-6 pm AND Thursday 4-5 pm
Karate B: Beginning / Intermediate  8 & up  Tuesday AND Thursday 4-5 pm
Karate C: Intermediate / Advanced  with instructor’s permission - Tuesday & Thursday 5-6 pm
Karate E: Saturday Outdoor Class  all ranks, all ages 6 & up – 9:30 – 10:30 am weather permitting, open to all who are registered in Karate A, B, C or Teen and Adult classes at no additional cost. See also Teen & Adult Class listings.

Peewee Karate available for 4 ½ -5 yrs….see preschool listings for more information

TEEN/ADULT PROGRAMS

ACE HIGH DUPLICATE BRIDGE

The Ace High Duplicate Bridge Club is an ongoing, year-round program for beginning and advanced bridge players. A GREAT opportunity to meet new people. Everyone is invited. Lunch is served at 12:30 am.

Leader: Rita Robinson

Ongoing  Fri  10:00-3:00 pm  Adult  $3 Bridge  Reg. Ongoing
AERO-BO-CISE
This specialized full body workout with therapy exercise ball and resistance bank class can maintain or jump start your desire to be healthier and fit. The class includes exercises that accommodates most abilities / fitness levels (with and without disabilities) to improve your life. Class is designed to be easy on the joints while providing you with healthy movement to be fit. So bring a friend and join a great class. Lets give our BODIES the tender loving care and appreciation that is required for better health.

Instructor: Tauheedah Abdur-Rasheed, MA., Certified in Adapted Exercises to accommodate most ability / fitness levels.
Class minimum is 8 students per class

CONSULT YOUR DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM

Mondays & Wednesdays 6:15-7:15
Teens / adults
$15 drop-in.
$40 per month

BALLET STRETCH FOR ADULTS
Join George Latimer for an easygoing, non-aerobic workout, using ballet, ELEMENTARY BALLET techniques simple enough for a BEGINNER or any dancer who wants to stay in shape. George has owned and run his own School for over twenty years as well as directed the Tennessee Ballet and Ballet South. For more information, George may be reached at (510) 601-0451. (Our children’s Ballet teacher, Patricia Hunter, recommends this class highly.)
$35 5 class card
Drop-in is $15.
Ongoing Wed 11:00-12:30 pm All ages Reg. Anytime

BALLROOM DANCE
Students will learn many ballroom dances. Dancers will be encouraged to change partners as well as adopt a new attitude about "showing off". Enjoy the fun of learning new dances, making new friends and gaining new stature in self-confidence. Students will be introduced to various dances including Salsa, Waltz, Cha Cha, Rumba, Tango and Foxtrot. A partner is not required.

Wednesdays 1:00 pm – 2:00 pm
$15 per class drop in fee or
5 class card for $50
KARATE – TEENS & ADULTS

Cuong Nhu karate is a well-rounded martial art that blends hard and soft principles from traditional karate, judo, aikido, wing chun, vovinam and more. We welcome teen and adult students seeking a great workout, a challenging and interesting discipline, skills for self-defense, and the many long-term benefits of traditional martial arts training. New students should make a 3 month commitment to get a grasp of the basics and begin to feel real progress.

Classes are taught by Master Didi Goodman, Rokudan (sixth degree black belt), assisted by senior students who have earned brown or black belt rank. “Sensei Didi” has over 35 years experience in martial arts, and has taught at Redwood Heights since 1992.

Winter 2014 session: January, February & March 2014
Cost: $150

Spring 2014 session: April, May & June 2014
Cost: $150

Important Winter Session Dates:
Monday January 6th or Tuesday January 7 – Classes begin.
Tuesday February 13 – Progress review
Thursday March 20 – belt rank testing

Important Spring Session Dates:
Tuesday May 15 – Progress review
Thursday June 19 – belt rank testing

More information on the website, www.redwood-dojo.com

Late entry into a session will be pro-rated with permission and available space.

<table>
<thead>
<tr>
<th>Class</th>
<th>Level</th>
<th>Age</th>
<th>Day(s) / time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate D:</td>
<td>all levels</td>
<td>Teen/adult</td>
<td>Tuesday &amp; Thursday 6-7 pm</td>
</tr>
<tr>
<td>Karate F:</td>
<td>all levels</td>
<td>Adult</td>
<td>Tuesday &amp; Thursday 7-8:30 pm</td>
</tr>
<tr>
<td>Karate E:</td>
<td>Saturday Outdoor Class, all ranks, all ages 6 &amp; up – 9:30 – 10:30 am. Weather permitting, and open to all registered in Karate A, B, C or Teen and Adult classes at no additional cost.</td>
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YOGA

Ever wondered what this yoga thing is all about? Do you find yoga studios intimidating? Do you want to get back into yoga? Need a great way to start your week by loosening up? Then yoga at Redwood Heights Rec. is JUST FOR YOU! Join instructor Caryn Wolf and a great group of people on Mondays from 10-11 am (sharp) for a really enjoyable ongoing class.

Caryn is a certified yoga instructor and has been an avid yogi for over 10 years.

Class minimum is 7 students per class

Monday & Wednesday 10 am – 11 am
Monday & Wednesday evenings 7:30 – 8:30 pm
$15 per class drop in fee or
5 class card for $45
GENERAL INFORMATION

1. Programs held outside will be cancelled if it is raining two (3) hours prior to the start of the class.
2. Personal property left or stored at the center is done at patrons’ risk. City of Oakland will not assume any liability for property not supervised by patron.
3. LOST AND FOUND: PLEASE CHECK FOR ALL LOST ARTICLES AT THE CENTER. They will be kept for approximately 30 days. After 30 days, articles will be given to charity.
4. Activities and staff are subject to change.

PARK RULES

NO DOGS ALLOWED. Dogs are welcome at Hardy Park, Claremont Ave/Hudson Ave, San Leandro Marina Point Isabelle, Richmond Point. There are books that you can buy at bookstores on places were you are allowed to walk dogs. No bike riding, motorized vehicles, or parking on park grounds. Parking is available in the parking lot and on the street only. DO NOT PARK ON THE GRASS AREA, IN THE FIRELANE OR IN SPOTS RESERVED FOR STAFF.

VOLUNTEERS

Volunteers are welcome for many of our programs. Volunteers become involved in the community and may benefit from the experience when applying for future jobs. Volunteers at the Redwood Heights Community Recreation Center must register with the City of Oakland Volunteer Program. Please call Breht Clark at (510) 482-7827 if you have some time to spare.

RENTAL INFORMATION

Please contact the center for information regarding the rental of our facility. Rentals will be made by appointment ONLY. A $350 fee is required for reservation of the Redwood Heights Recreation Center facility. The hourly fee is $75 per hour for Oakland residents. Out of Oakland $90 per hour. There is a $50 fee for the use of the kitchen. A twenty-four (24) hour hold for a rental date may be requested if date is available.

ADVISORY COUNCIL

Community oriented individuals are invited to serve on the Advisory Council. The Council provides the Center Director and staff with an outlet to community needs and desires related to the program. The Council provides input for methods, which enhance services to our commitment as a public service agency. The Advisory Council meets the third Wednesday of each month 7:00 – 8:30 p.m. We welcome New Members! You and your ideas are valuable to us! Please get involved! Call Breht Clark at (510) 482-7827.

We are looking forward to your participation in the Redwood Heights Community Recreation Center. Please review the class offerings. Pre-schoolers, teens, retirees, all interested people, there’s a class for you. Come and explore the possibilities with us.