



# PARKS & RECREATION GUIDE

*Fall 2024*



[AmericanCanyon.gov](http://AmericanCanyon.gov) | (707) 648-7275

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## A NOTE FROM THE CITY

Please note that the information provided in the City of American Canyon Fall Activity Guide, including fees and hours, may be subject to change without prior notice, despite our best efforts to maintain accuracy. We appreciate your cooperation and understanding in this matter. Our team is dedicated to serving your Fall parks and recreation needs to the best of our abilities.

## REGISTER FOR CLASSES

To register for Fall 2024 Parks and Recreation programs, visit [AmericanCanyon.gov/Recreation](https://AmericanCanyon.gov/Recreation) and click on "Register for Activities & Programs". Sign in or create a new account. Browse class offerings and register!

**Registration begins August 13 for residents and August 27 for nonresidents**

## CONTACT US

(707) 648-7275

[parksinfo@cityofamericancanyon.org](mailto:parksinfo@cityofamericancanyon.org)

4381 Broadway Street, Suite 106  
American Canyon, CA 94503

M/Tu/Th/F: 10:30 AM-5 PM

W: 10:30 AM-3 PM

Saturday and Sunday: Closed

Counter Closed for Lunch

M/Tu/Th/F: 1-2:15 PM



## HOW TO USE THIS GUIDE

Reference the location key below to know where classes are taking place.

AC	AC Middle School Gym 300 Benton Way American Canyon, CA 94503
AAC	Adult Activity Center 2185 Elliott Dr. American Canyon, CA 94503
RC	Recreation Center 2193 Elliott Dr. American Canyon, CA 94503
EP	Elliott Park 2246 Elliott Dr. American Canyon, CA 94503
NJCC	Napa Junction Community Center 300 Napa Junction Rd. American Canyon, CA 94503
AQ	Phillip West Aquatics Center 100 Benton Way American Canyon, CA 94503
WEP	Wetlands Edge Preserve 2 Eucalyptus Dr. American Canyon, CA 94503
CPII	Community Park II 20 Benton Way American Canyon, CA 94503
NOS	Newell Open Space 7000 Newell Dr. American Canyon, CA 94503
SP	Shenandoah Park 100 Sonoma Creek Way American Canyon, CA 94503

*Look for these icons:*



No class



More Information

R: Resident Fee    NR: Nonresident Fee

## CONSTRUCTION UPDATE!

**Pardon Our Dust,  
We Are Making Magic Happen.**

This fall, we have several exciting projects underway within our parks. For more details, please visit our website at [AmericanCanyon.gov](https://AmericanCanyon.gov).

# WELCOME!

Fall into fun with American Canyon's Parks and Recreation Department. As the leaves turn and the air gets crisp, we're gearing up for a season full of laughter, adventure and community spirit. We are committed to continuing to enhance our community's quality of life and enriching the lives of our residents. We're here to help you discover new hobbies, stay active and make the most of our parks and programs this fall. We have something for everyone.

Don't miss out on key events like Smores and Meteors, an enchanting evening where you can savor sweet treats under the starlit sky. Dive into October with our Pool Pumpkin Patch, where pumpkins float, kids splash and fall memories are made with every splash and smile. Participate in Barktoberfest, where playful pups and their best friends come together for a howling good time. Join us for Veterans Day as we honor and celebrate the brave men and women who have served our country with courage and dedication. And lastly, experience the enchantment at our Magic of the Season event, where we celebrate our community's cultural diversity through festive cheer and joyful moments that create unforgettable holiday memories.

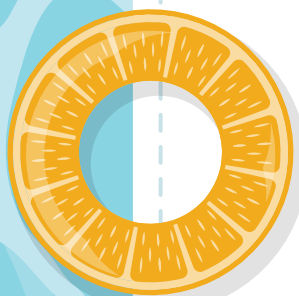
We encourage you to get up, get out and play here in American Canyon. From hiking through our vibrant autumn trails, enjoying picnics in our beautiful parks and discovering our vibrant and magical playgrounds, there's endless fun waiting for you to explore. Don't miss out on the fun and excitement we have planned for you and your family this season. We can't wait to see you this fall, making unforgettable memories with your Parks and Recreation Department.

*Happy Adventures,*

Alexandra Ikeda  
Parks and Recreation Director







# AQUATICS

## programs

### Recreation Swim June 17-August 31

M-F: 1:30-4 PM, Ends August 9  
Saturdays: 1-5 PM, Ends August 31

#### Monday-Friday Fees:

Residents: Adults \$5 / Youth (3-12 yrs) \$4  
Nonresidents: Adults \$6 / Youth (3-12 yrs) \$5  
2 & under: Free

#### Saturday Fees:

Residents: Adults \$6 / Youth (3-12 yrs) \$5  
Nonresidents: Adults \$7 / Youth (3-12 yrs) \$6  
2 & under: Free



### Lap Swim

Closures: 9/2, 10/14, 10/31, 11/11, 11/28-11/29, 12/23-1/5

#### August

- **8/1-8/9**  
M-F: 11:30 AM-1 PM  
M/W: 7:30-8:30 PM
- **8/12-8/30**  
M/W/F: 10 AM-1 PM  
M-Th: 7-8:30 PM

#### September

Closure: 9/2  
M/W/F: 10 AM-1 PM  
M-Th: 7-8:30 PM

#### October

Closures: 10/14, 10/31  
M/W/F: 10 AM-1 PM  
M-Th: 7-8:30 PM

#### November

Closures: 11/11, 11/28, 11/29  
M/W/F: 10 AM-1 PM  
M-Th: 7-8:30 PM

#### December

Closures: 12/23/24-1/5/25  
M/W/F: 10 AM-1 PM  
M-Th: 7-8:30 PM

#### Fees:

Daily Drop-in: R \$6 / NR \$7  
Monthly Light Pass (8-Visits): R \$44 / NR \$51  
Monthly Unlimited Pass: R \$63 / NR \$73



## Lap Swim Monthly Light Passes

Instructors: Parks & Rec Staff

Lap swimming is a great way to stay healthy and live an active lifestyle. Lap swimmers will have the option to pay for a monthly unlimited pass that is valid for the full month and all available lap swim dates and times; or purchase a Monthly Light Pass that is good for 8 visits per month or pay a daily drop-in fee to participate. Unused visits may not be transferred or refunded. Lane availability will be available on a first-come, first-serve basis. Swimmers will be encouraged to circle swim when there are multiple swimmers to a lane.

Daily Drop-in: Residents \$6 / Nonresidents \$7

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
74901.604	13+	M, W, F	8/1-8/20	11:30 AM-1 PM	AQ	\$44	\$51
74901.704	13+	M, W, F	8/12-12/20	10 AM-1 PM	AQ	\$44	\$51
		M-Th	8/3-12/19	7-8:30 PM	AQ		

## Lap Swim Monthly Unlimited Passes

Instructors: Parks & Rec Staff

Lap swimming is a great way to stay healthy and live an active lifestyle. Lap swimmers will have the option to pay for a monthly unlimited pass that is valid for the full month and all available lap swim dates and times; or purchase a Monthly Light Pass that is good for 8 visits per month or pay a daily drop-in fee to participate. Unused visits may not be transferred or refunded. Lane availability will be available on a first-come, first-serve basis. Swimmers will be encouraged to circle swim when there are multiple swimmers to a lane.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
74707.605	13+	M-Th	8/1-8/8	7:30-8:30 PM	AQ		
		M-F	8/1-8/8	11:30 AM-1 PM	AQ		
		M-F	8/12-8/30	10 AM-1 PM	AQ		
		M-Th	8/12-8/30	7-8 PM	AQ	\$75	\$90
74707.606	13+	M-F	9/3-9/30	7-8:30 PM	AQ		
		M-F	9/3-9/30	10 AM-1 PM	AQ	\$75	\$90
74901.701	13+	M-Th	10/1-10/30	7-8:30 PM	AQ		
		M, W, F	10/2-10/30	10 AM-1 PM	AQ	\$63	\$73
74901.702	13+	M-Th	11/4-11/27	7-8:30 PM	AQ		
		M, W, F	11/1-11/27	10 AM-1 PM	AQ	\$63	\$73
74901.703	13+	M-Th	12/2-12/19	7-8:30 PM	AQ		
		M, W, F	12/2-12/20	10 AM-1 PM	AQ	\$63	\$73

## Water Aerobics

Instructors: Parks & Rec Staff

The ultimate, low-impact aerobics exercise class designed for all ages. Our Water Aerobics class features cardio exercise for a full-body workout in a fun and enjoyable environment. Grab your friends, bring your favorite equipment and come on down to participate in our aquatic fitness class. Participants have the option to register for a class or pay a daily drop-in; missed class dates may not be refunded or transferred.

Daily Drop-in: Residents \$6 / Nonresidents \$7

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
75707.605	13+	T, Th	9/3-9/26	7:30-8:20 PM	AQ	\$40	\$48
75701.614	13+	M, W, F	9/4-9/30	10-10:50 AM	AQ	\$60	\$72
75701.615	13+	M, W, F	9/4-9/30	11-11:50 AM	AQ	\$60	\$72
75707.701	13+	T, Th	10/1-10/29	7:30-8:20 PM	AQ	\$50	\$58
75801.702	13+	M, W, F	10/2-10/30	10-10:50 AM	AQ	\$60	\$69
75801.703	13+	M, W, F	10/2-10/30	11-11:50 AM	AQ	\$60	\$69
75801.704	13+	M, W, F	11/1-11/27	10-10:50 AM	AQ	\$55	\$64
75801.705	13+	M, W, F	11/1-11/27	11-11:50 AM	AQ	\$55	\$64
75801.706	13+	M, W, F	12/2-12/20	10-10:50 AM	AQ	\$45	\$52
75801.707	13+	M, W, F	12/2-12/20	11-11:50 AM	AQ	\$45	\$52

## Life Guard Training

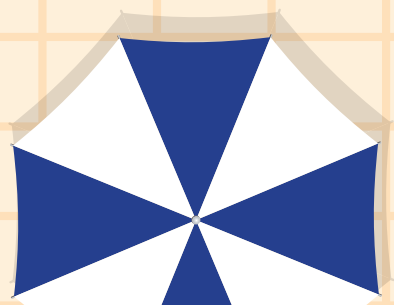
Instructors: Parks & Rec Staff

This class provides the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, inquiries and sudden illnesses until EMS personnel take over. Participants who complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Name	Code	Age	Day	Dates	Time	Place	Fee
Certification	79619.701	15+	S,Su	9/14-9/22	9 AM-5 PM	AQ	\$250
ReCertification	79619.702	15+	Su	9/22	9 AM-5 PM	AQ	\$130



**REGISTER AT**  
[AmericanCanyon.gov](http://AmericanCanyon.gov)



# SWIM LESSONS

Welcome to the City of American Canyon's Fall Swim Lessons! As an authorized provider for the American Red Cross, it is our goal to provide the best aquatic training and programs to promote water safety throughout our community. We have partnered with the American Red Cross, which has developed and designed a Learn-to-Swim program that we offer at Phillip West Aquatic Center. Each class is tailored to the needs of our program participants so they can progress at a comfortable pace with hands-on instruction from our aquatic staff. This program focuses on building skills one step at a time, giving the opportunity to master one element before moving on to the next. All swim lessons meet on Tuesdays and Thursdays, for a total of eight (8) twenty-five (25) minute classes. Space is limited, and classes are expected to fill.

## Group Swim

### Parent & Pollywog

Instructors: Parks & Rec Staff

Parent & Pollywog (6 months-4 years): Our parent and child swim lessons are designed to create an enjoyable, non-threatening environment for infants and toddlers to learn to be comfortable in and around the water with parent support. An adult is required to accompany each infant or toddler in the water for each swim lesson class. Adults will learn how to teach their infant or toddler important safety skills, as well as basic swim lesson skills. This class is held in a group setting.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
71901.701	6m-4yr	T, Th	9/3-9/26	5:30-5:55 PM	AQ	\$76	\$88

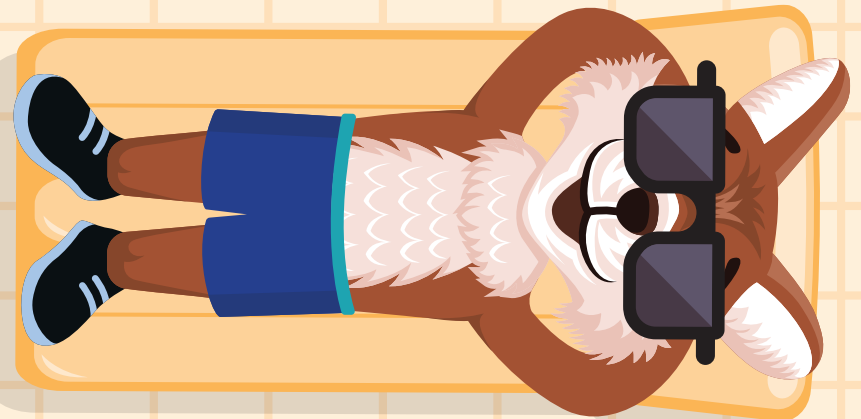
## Private lessons

### Private Swim Lessons (3+ Years)

Instructors: Parks & Rec Staff

Our private swim lessons are one (1) to one (1) student-to-instructor ratio. Each class is developed and designed to be structured around the participant's swimming ability. Our instructors create individualized and custom swim lesson plans that are specific to the participant and their swimming ability. This class is perfect for participants as young as 3 years old to adults due to its one-on-one instruction and custom swim lesson plans.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
72906.701	3+	T, Th	9/3-9/26	6-6:25 PM	AQ	\$160	\$184
72906.702	3+	T, Th	9/3-9/26	6:30-6:55 PM	AQ	\$160	\$184



# COMMUNITY EVENTS

## Fall 2024

### Phillip West Aquatic Center Water Carnival

**Date/Time:** Saturday, August 3, 2024 from 1:30-5 PM  
**Location:** Phillip West Aquatic Center (100 Benton Way)  
**Fee:** \$8 Res / \$9 Non-Res

Come on down with your family and friends for a fun day at the pool! Our annual water carnival elevates the recreation swim with games and giveaway prizes!

### National Night Out

**Date/Time:** Tuesday, August 6, 2024 from 6-8 PM  
**Location:** Participating block parties throughout City of American Canyon

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.

Each year, on the first Tuesday evening in August, communities across the country celebrate National Night Out. Here in American Canyon, there are block parties throughout town hosted by residents for their neighborhoods.

### Smores and Meteors

**Date/Time:** Saturday, August 10, 2024 from 8:30-11:30 PM  
**Location:** Wetlands Edge Park (2 Eucalyptus Dr.)  
**Fee:** \$6 Res / \$7 Non-Res (Children 2yr and under are free)

Enjoy an out-of-this world summer night time experience. Explore fun astronomy activities, silent disco and the signature summer treat — a yummy smore! Check in at the info booth to receive your wristband.

### Coastal Clean-up Day

**Date/Time:** Saturday, September 21, 2024 from 8:30 AM-12 PM  
**Location:** Wetlands Edge Park, Shenandoah Park, Community Park I, Veterans Memorial Park, Adult Activity Center

International Coastal-Clean Up Day is the largest Clean-up day on the planet! Join the City of American Canyon in our effort to achieve trash-free seas.

### Barktoberfest

**Date/Time:** Friday, October 4, 2024 from 4-7 PM  
**Location:** Northampton Park (242 Northampton Dr.)

Get ready for Barktober, where furry friends rule! Bring your pups, blanket and lawn chair for a night of tail-wagging fun. Mingle with fellow dog lovers and indulge in tasty treats from food trucks.

### Pumpkin Patch & Splash

**Date/Time:** Saturday, October 5, 2024 from 12-4 PM  
**Location:** Philip West Aquatic Center (100 Benton Way)  
**Fee:** \$8 Res / \$9 Non-Res

This event creates a fun spin on tradition by having a pumpkin patch in the pool! Come by to swim and choose a pumpkin to help bring in the spooky season!

### Mad Hatter Tea Party

**Date/Time:** Sunday, October 6, 2024 from 2-4 PM  
**Location:** Adult Activity Center (2185 Elliott Dr.)  
**Fee:** \$6 Res / \$7 Non-Res (Children 2yr and under are free)

In honor of National Mad Hatter Day, wear your most eccentric hat and join us for an afternoon of tea and refreshments, a fun craft and croquet!

### Halloween Nerf Battle

**Date/Time:** Saturday, October 19, 2024 from 6-7 PM  
**Location:** Napa Junction Community Center (100 Benton Way)  
**Fee:** \$5 Res / \$6 Non-Res

Come in your Halloween costume, bring your Nerf Blasters and we will provide the darts and bunkers!

### Veterans Day Ceremony

**Date/Time:** November 11, 2024 from 11 AM-12 PM  
**Location:** American Canyon Middle School Gym (100 Benton Way)

Honor those who serve. Listen to a special message from the keynote speaker, special music and resources for veterans, followed by refreshments.



To view all community events, visit:  
[AmericanCanyon.gov/Calendar](https://www.americancanyon.gov/Calendar)



# COMMUNITY EVENTS

*Fall 2024*



**Annual Water Carnival**  
Saturday, August 3, 2024  
1:30-5 PM  
Swimming, activities, and treats  
Phillip West Aquatic Center, 100 Benton Way

Fee: Res \$8 / Non-Res \$9  
Register at [AmericnCanyon.gov/Recreation](https://AmericnCanyon.gov/Recreation)



**TUESDAY, AUGUST 6, 2024**  
6-8 PM

**NIGHT OUT**

MORE INFORMATION & SIGN UP  
AT [AMERICANCANYON.GOV/NNO](https://AMERICANCANYON.GOV/NNO)



**SMORES and METEORS**

**AUGUST 10, 2024 | 8:30-11:30 PM**  
WETLANDS EDGE PARK, 2 EUCALYPTUS DRIVE

ACTIVITIES INCLUDE:  
ASTRONOMY LOOKING & LEARNING,  
SILENT DISCO & SMORES!

REGISTER AT [AMERICANCANYON.GOV/RECREATION](https://AMERICANCANYON.GOV/RECREATION)  
\$6 RESIDENT | \$7 NON-RESIDENT



**COASTAL CLEAN-UP DAY**  
Saturday, September 21, 2024  
8:30 AM-12 PM

Wetlands Edge Park, Shenandoah Park,  
Silver Oak Park, Community Park I and II,  
and Veterans Park

[AmericanCanyon.gov/Recreation](https://AmericanCanyon.gov/Recreation)





## Barktoberfest

**DON'T MISS OUT ON THIS  
PAW-SOME EVENING!**

**Friday, October 4, 2024, 4-7 PM**

Northampton Park, 242 Northampton Drive

Get ready for Barktober, where furry friends rule! Bring your pups, blanket and lawn chair for a night of tail-wagging fun. Mingle with fellow dog lovers and indulge in tasty treats from food trucks.

## PUMPKIN PATCH & SPLASH

**Saturday, October 5, 2024  
12-4 PM**

**Phillip West Aquatic Center  
100 Benton Way**



Fee: Res \$8 / Non-Res \$9

Register at  
[AmericanCanyon.gov/Recreation](https://AmericanCanyon.gov/Recreation)

## Mad Hatter Tea Party



**SUNDAY, OCTOBER 6, 2024  
2-4 PM**

**2185 ELLIOTT DRIVE**

RES: \$6/ N-R: \$7

AGES 2 AND UNDER ARE FREE WITH AN ADULT  
REGISTER AT [AMERICANCANYON.GOV/RECREATION](https://AMERICANCANYON.GOV/RECREATION)



## HALLOWEEN NERF BATTLE

**SATURDAY, OCTOBER 19, 2024  
6-7 PM, GRADES K-5**

Costumes welcome



Register at  
[AmericanCanyon.gov/Recreation](https://AmericanCanyon.gov/Recreation)  
or scan QR Code



## AMERICAN CANYON'S VETERANS DAY CEREMONY

**November 11, 2024  
11 AM-12 PM**

**American Canyon Middle School Gymnasium  
100 Benton Way**



[AmericanCanyon.gov/Veterans](https://AmericanCanyon.gov/Veterans)

AMERICAN CANYON'S

## *magic of the season*

**Friday, December 6, 2024, 5-8 PM  
Shenandoah Park 100 Sonoma Creek Way**



**Indoor Movie Night  
December 13  
6-7:15 PM**

**Donuts with Santa  
December 14  
10 AM - 12 PM**

**I Spy a Snowman  
December 17 or 18  
6:30-8:30 PM**



Register at [AmericanCanyon.gov/Recreation](https://AmericanCanyon.gov/Recreation)



# Youth SPORTS



## AC Rec Badminton

*Instructor: Grace Glenn*

Come and play badminton with us! This time is reserved for players to let loose and play the great game of badminton. Open to singles and doubles play.

Players are only eligible to play on one team.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
46506.605	6+	F	9/6-9/27	6-9:30 PM	AC	\$35	\$41
46506.701	6+	F	10/4-10/25	6-9:30 PM	AC	\$35	\$41
46506.702	6+	F	11/1-11/22	6-9:30 PM	AC	\$35	\$41
46506.703	6+	F	12/6-12/20	6-9:30 PM	AC	\$27	\$32

## Itty Bitty Sports

*Instructors: Parks & Rec Staff*

This is an introductory program for young players ages 2-4 years old taking their first steps into the game of basketball. These sessions are filled with age-appropriate activities that will help your child develop their motor and socialization skills. Learning the fundamentals and having fun are the goals of this program. Parent participation is encouraged.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
41215.701	2-4	Sa	10/5-10/26	10-11 AM	NJCC	\$80	\$92
41215.702	2-4	Sa	10/5-10/26	11 AM-12 PM	NJCC	\$80	\$92
41215.703	2-4	Sa	11/2-11/23	10-11 AM	NJCC	\$80	\$92
41215.704	2-4	Sa	11/2-11/23	11 AM-12 PM	NJCC	\$80	\$92

## JCMA Self Defense

*Instructor: Jesse Corpus*

Self-defense training teaches you how to stay aware of your surroundings and focus on safety. Learn important self-defense skills and improve your physical fitness, strength and conditioning and get a great workout!

Workout uniform can be purchased from instructor.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
42215.628	11+	T	9/3-9/24	5:30-6:30 PM	RC	\$55	\$64
42215.672	11+	T	10/1-10/22	5:30-6:30 PM	RC	\$55	\$64
42215.674	11+	T	11/5-11/26	5:30-6:30 PM	RC	\$55	\$64
42215.676	11+	T	12/3-12/17	5:30-6:30 PM	RC	\$55	\$64

## Mixed Combative Self Defense

*Instructor: Librando Castillo*

Students will learn a hybrid form of self-defense that covers the range in fighting: kickboxing, submission grappling and Filipino weaponry. Students will learn about self-discipline, physical fitness, competition and self-preservation.

Wednesdays: 7-9 PM

Saturdays: 10 AM-12:30 PM

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
42707.605	+12	W, Sa	9/4-9/28	7-9 PM	RC	\$55	\$64
42707.701	+12	W, Sa	10/2-10/30	7-9 PM	RC	\$55	\$64
42707.702	+12	W, Sa	11/2-11/23	7-9 PM	RC	\$55	\$64
42707.703	+12	W, Sa	12/4-12/21	7-9 PM	RC	\$55	\$64



## Youth Basketball Clinic

Instructors: Parks & Rec Staff

Join our youth basketball clinic. This 4-week basketball clinic is designed to introduce the game of basketball to the youth as we build their skills and confidence through fun drills, competition and encouragement. Scores and standings are not kept and all players will be given equal playing time.

Code	Age	Day	Date	Time	Place	Fee	NR Fee
41415.701	5-7	T	9/3-9/24	5:30-7:30 PM	AC	\$80	\$92
41415.702	8-10	Th	9/5-9/26	5:30-7:30 PM	AC	\$80	\$92

## Co-ed Basketball with Coach Drew

Instructor: Andrew Phillips

This session focuses on the fundamentals of basketball advancing into high quality training in strategy and game play. The goals are to teach and learn basketball skills, drills and fundamentals. Practice self-discipline and perseverance. Develop a supportive environment through building connections as a team.

Code	Age	Day	Date	Time	Place	Fee	NR Fee
41403.701	6th Grd	T, Th	10/1-10/29	3:30-5 PM	AC	\$85	\$98
41403.702	7th Grd	T, Th	10/1-10/29	3:30-5 PM	AC	\$85	\$98
41403.703	8th Grd	T, Th	10/1-10/29	3:30-5 PM	AC	\$85	\$98

Open  
GYM



Come on down and play a pickup game of basketball or volleyball! Designed for participants 13 years and older. Pay a daily drop-in fee or sign up for a monthly pass.

Drop-ins are limited to 20 and subject to lower number due to space constraints. Please register for the monthly program to secure your spots.

## Open Gym Volleyball - Monthly Pass

Instructors: Parks & Rec Staff

Improve your volleyball skills during Open Gym! From character-building skills such as leadership, teamwork, respect and communication to the physical benefits of staying healthy and active, come practice and compete against your friends at open gym.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
43108.605	13+	M	9/9-9/30	8-9:30 PM	AC	\$21	\$25

## Open Gym Basketball - Monthly Pass

Instructors: Parks & Rec Staff

Improve your basketball skills during Open Gym! This is a great way to exercise and get on the court.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
41408.614	13+	Th	9/3-9/26	8-9:30 PM	AC	\$25	\$29

## Open Gym Drop In

Instructors: Parks & Rec Staff

Improve your volleyball or basketball skills during Open Gym! This provides you with a single-day payment option to participate in either basketball or volleyball open gym.

⊘ No class on 10/14, 10/31, 11/11

### Volleyball Drop-In

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
43108.701	13+	M	9/9-9/30	8-9:30 PM	AC	\$8	\$9
43108.702	13+	M	10/7-10/28	8-9:30 PM	AC	\$8	\$9
43108.713	13+	M	11/4-11/25	8-9:30 PM	AC	\$8	\$9
43108.714	13+	M	12/2-12/16	8-9:30 PM	AC	\$8	\$9

### Basketball Drop-In

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
41208.701	13+	T, Th	9/3-9/26	8-9:30 PM	AC	\$8	\$9
41208.702	13+	T, Th	10/1-10/29	8-9:30 PM	AC	\$8	\$9
41208.715	13+	T, Th	11/5-11/26	8-9:30 PM	AC	\$8	\$9
41208.716	13+	T, Th	12/3-12/19	8-9:30 PM	AC	\$8	\$9



# Youth SOCCER



## Super Soccer Stars: Ages 2-3

Instructors: Super Soccer Stars

Activities are presented using imagery relatable to children to support learning about the body and ball awareness. This class introduces physical activities, rich language exposure and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and basic skills of soccer!

⊘ No class on 12/1

🔍 Participants should bring their own soccer ball, water bottle and athletic clothing.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45601.670	2-3	Su	9/15-12/15	9-9:40 AM	CPII	\$390	\$449

## Super Soccer Stars: Ages 3-4

Instructors: Super Soccer Stars

Get your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction to passing. This class includes partner activities to build social skills and physical activities.

⊘ No class on 12/1

🔍 Participants should bring their own soccer ball, water bottle and athletic clothing.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45601.671	3-4	Su	9/15-12/15	9:50-10:35 AM	CPII	\$390	\$449

## Super Soccer Stars: Ages 4-5

Instructors: Super Soccer Stars

Get your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction to passing. This class includes partner activities to build social skills and physical activities.

⊘ No class on 12/1

🔍 Participants should bring their own soccer ball, water bottle and athletic clothing.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45601.672	4-5	Su	9/15-12/15	10:45-11:30 AM	CPII	\$390	\$449

## Super Soccer Stars: Ages 5-7

Instructors: Super Soccer Stars

This class will help increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on the constant awareness of teammates so these skills can be easily transferred into the soccer game.

⊘ No class on 12/1

🔍 Participants should bring their own soccer ball, water bottle and athletic clothing.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45601.673	5-7	Su	9/15-12/15	11:40-12:30 PM	CPII	\$390	\$449

## Super Soccer Stars: Ages 7-10

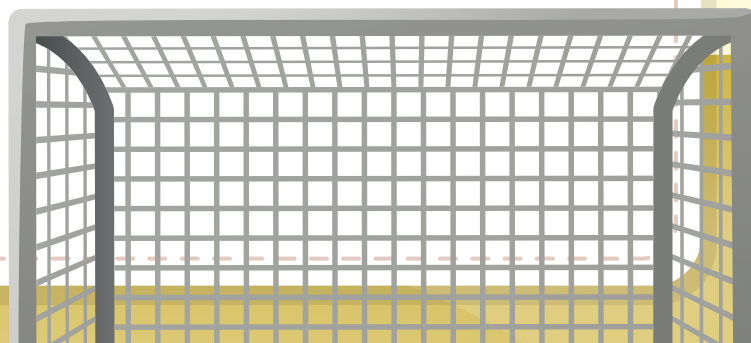
Instructors: Super Soccer Stars

This class will help increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on the constant awareness of teammates so these skills can be easily transferred into the soccer game.

⊘ No class on 12/1

🔍 Participants should bring their own soccer ball, water bottle and athletic clothing.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45601.674	7-10	Su	9/15-12/15	12:40-1:30 PM	CPII	\$390	\$449





Youth


# TENNIS



## Youth Tennis: Beginner

*Instructor: Danny Thrower*

This 4-week program introduces your child to the great sport of tennis in a fun and safe environment. Children will build their skills and learn to play tennis at a young age.


 Unless otherwise noted by the instructor, participants will be required to bring their own racket and wear athletic type shoes to participate.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45204.701	5-9	T	9/3-9/24	4-5 PM	EP	\$40	\$46
45204.702	5-9	T	10/1-10/22	4-5 PM	EP	\$40	\$46

## Youth Tennis: Intermediate

*Instructor: Danny Thrower*

This 4-week program introduces your child to the great sport of tennis in a fun and safe environment. Children will build their skills and learn to play tennis.


 Unless otherwise noted by the instructor, participants will be required to bring their own racket and wear athletic type shoes to participate.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
45424.605	10-16	Th	9/5-9/26	4-5 PM	EP	\$40	\$46
45424.701	10-16	Th	10/3-10/24	4-5 PM	EP	\$40	\$46

## Youth Tennis: Private Lessons

*Instructor: Danny Thrower*

Students will benefit from one-on-one experience with Coach Danny Thrower. The focus will be on individual skills and aspects of the games based on their skill level.

 Unless otherwise noted by the instructor, participants will be required to bring their own racket and wear athletic type shoes to participate.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
46304.641	6-17	W	9/4	4-5 PM	EP	\$30	\$35
46304.663	6-17	F	9/6	4-5 PM	EP	\$30	\$35
46304.642	6-17	W	9/11	4-5 PM	EP	\$30	\$35
46304.664	6-17	F	9/13	4-5 PM	EP	\$30	\$35
46304.643	6-17	W	9/18	4-5 PM	EP	\$30	\$35
46304.665	6-17	F	9/20	4-5 PM	EP	\$30	\$35
46304.644	6-17	W	9/25	4-5 PM	EP	\$30	\$35
46304.666	6-17	F	9/27	4-5 PM	EP	\$30	\$35
46304.701	6-17	W	10/2	4-5 PM	EP	\$30	\$35
46304.710	6-17	F	10/4	4-5 PM	EP	\$30	\$35
46304.702	6-17	W	10/9	4-5 PM	EP	\$30	\$35
45504.712	6-17	F	10/11	4-5 PM	EP	\$30	\$35
45304.713	6-17	W	10/16	4-5 PM	EP	\$30	\$35
45504.714	6-17	F	10/18	4-5 PM	EP	\$30	\$35
45304.715	6-17	W	10/23	4-5 PM	EP	\$30	\$35
45504.716	6-17	F	10/25	4-5 PM	EP	\$30	\$35
45304.717	6-17	W	10/30	4-5 PM	EP	\$30	\$35







## Chess Club

*Instructor: Cate Lauster*

Come learn chess! Children will learn important principles, tactics and strategies. Chess is a sport that teaches children deductive reasoning skills. After a 20-minute lesson, children will be paired and play chess.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
96205.605	6-17yr	11m	T	9/3-9/24	5-6 PM	AAC	\$44 \$51
96205.701	6-17yr	11m	T	10/1-10/22	5-6 PM	AAC	\$44 \$51
96205.702	6-17yr	11m	T	11/5-11/26	5-6 PM	AAC	\$44 \$51
96205.703	6-17yr	11m	T	12/3-12/17	5-6 PM	AAC	\$34 \$40

## Beginner Polynesian Dance

*Instructors: Legacies of the Pacific*

Beginner Polynesian Dance is designed to differentiate the multiple cultures of Polynesia and designed for beginner to progress to higher levels. The focus will be on basics, footwork and hand movement. The goal is to be able to perform a dance routine for the community. We encourage our dancers to allow their actions speak for themselves and understand that what they get is a reflection on what they give.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
25306.605	8+	W	9/4-9/25	6-6:45 PM	AAC	\$50	\$58
25306.701	8+	W	10/2-10/23	6-6:45 PM	AAC	\$50	\$58
25306.702	8+	W	11/6-11/20	6-6:45 PM	AAC	\$50	\$58
25306.703	8+	W	9/4-11/20	6-6:45 PM	AAC	\$130	\$150



## Youth Hip Hop: Beginner 1

*Instructor: Lorrie King*

Your child will find their style and attitude in this high-energy hip-hop class that encompasses classic dance style yet is presented in a non-traditional "street" format. Students are provided a framework of choreography and introduced to rhythm, musicality, control, dynamics, posture and performance.

Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
23306.701	3-4	W	9/4-9/25	6:20-6:50 PM	NJCC	\$25	\$29
23306.702	3-4	W	10/2-10/23	6:20-6:50 PM	NJCC	\$25	\$29
23306.703	3-4	W	11/6-11/20	6:20-6:50 PM	NJCC	\$25	\$29
23306.704	3-4	W	12/4-12/18	6:20-6:50 PM	NJCC	\$25	\$29

## Youth Hip Hop: Beginner 2

*Instructor: Lorrie King*

Your child will find their style and attitude in this high-energy hip-hop class that encompasses classic dance style yet is presented in a non-traditional "street" format. Students are provided a framework of choreography and introduced to rhythm, musicality, control, dynamics, posture and performance.

Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
23326.701	5-7	Th	9/5-9/26	7:10-7:45 PM	NJCC	\$25	\$29
23326.702	5-7	Th	10/3-10/24	7:10-7:45 PM	NJCC	\$25	\$29
23326.703	5-7	Th	11/7-11/21	7:10-7:45 PM	NJCC	\$25	\$29
23326.704	5-7	Th	12/5-12/19	7:10-7:45 PM	NJCC	\$25	\$29

## Youth Hip Hop: Intermediate

*Instructor: Lorrie King*

Your child will find their style and attitude in this high-energy hip-hop class that encompasses classic dance style yet is presented in a non-traditional "street" format. Students are provided a framework of choreography and introduced to rhythm, musicality, control, dynamics, posture and performance.

Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
23137.634	8+	W	9/4-9/25	6:55-7:35 PM	NJCC	\$25	\$29
23137.644	8+	W	10/2-10/23	6:55-7:35 PM	NJCC	\$25	\$29
23137.645	8+	W	11/6-11/20	6:55-7:35 PM	NJCC	\$25	\$29
23137.646	8+	W	12/4-12/18	6:55-7:35 PM	NJCC	\$25	\$29

## Youth Ballet: Sugar Plum

Instructor: Lorrie King

Your child will discover the joy of dance, improve coordination, increase body awareness and increase flexibility through fun and basic movements. Classes are geared for ballet techniques, center work and build strength. Classes will also include alternate tap and jazz dance during the last 15 minutes of class.

⊘ No class on 9/2, 10/14, 11/11

🔍 Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
24116.701	2	M	9/9-9/30	6:15-6:40 PM	NJCC	\$25	\$29
24116.702	2	M	10/7-10/28	6:15-6:40 PM	NJCC	\$25	\$29
24116.703	2	M	11/4-11/25	6:15-6:40 PM	NJCC	\$25	\$29
24116.704	2	M	12/2-12/16	6:15-6:40 PM	NJCC	\$25	\$29

## Youth Ballet: Beginner 1

Instructor: Lorrie King

Your child will discover the joy of dance, improve coordination, increase body awareness and increase flexibility through fun and basic movements. Classes are geared for ballet techniques, center work and build strength. Classes will also include alternate tap and jazz dance during the last 15 minutes of class.

⊘ No class on 10/14, 11/11, 12/23

🔍 Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
14116.614	3-4	M	9/9-9/30	6:45-7:15 PM	NJCC	\$25	\$29
14116.701	3-4	M	10/7-10/28	6:45-7:15 PM	NJCC	\$25	\$29
14116.702	3-4	M	11/4-11/25	6:45-7:15 PM	NJCC	\$25	\$29
14116.703	3-4	M	12/2-12/16	6:45-7:15 PM	NJCC	\$25	\$29

## Youth Ballet: Beginner 2

Instructor: Lorrie King

Your child will discover the joy of dance, improve coordination, increase body awareness, and increase flexibility through fun and basic movements. Classes are geared for ballet techniques, center work and build strength. Classes will also include alternate tap and jazz dance during the last 15 minutes of class.

⊘ No class on 9/2, 10/14, 11/11

🔍 Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
24136.673	7+	W	9/4-9/25	5:30-6:15 PM	NJCC	\$25	\$29
24136.614	5-6	M	9/9-9/30	5:30-6:10 PM	NJCC	\$25	\$29
24136.674	7+	W	10/2-10/23	5:30-6:15 PM	NJCC	\$25	\$29
24115.701	5-6	M	10/7-10/28	5:30-6:10 PM	NJCC	\$25	\$29
24115.702	5-6	M	11/4-11/25	5:30-6:10 PM	NJCC	\$25	\$29
24136.675	7+	W	11/6-11/20	5:30-6:15 PM	NJCC	\$25	\$29
24115.703	5-6	M	12/2-12/16	5:30-6:10 PM	NJCC	\$25	\$29
24136.676	7+	W	12/4-12/18	5:30-6:15 PM	NJCC	\$25	\$29

## Mini-Pom Dance

Instructor: Lorrie King

Your child will discover the joy of dance, improve coordination, increase body awareness and increase flexibility through fun and basic movements. Mini Pom teaches basic motions and Pom techniques will be incorporated.

🔍 Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
26216.701	3-5	Th	9/5-9/26	5:45-6:10 PM	NJCC	\$25	\$29
26216.702	3-5	Th	10/3-10/24	5:45-6:10 PM	NJCC	\$25	\$29
26216.703	3-5	Th	11/7-11/21	5:45-6:10 PM	NJCC	\$25	\$29
26216.704	3-5	Th	12/5-12/19	5:45-6:10 PM	NJCC	\$25	\$29

## Pom Dance

Instructor: Lorrie King

This is a movement-based class that focuses on sharp arm movements, execution of choreographic visuals and dance cheer/team skills. Dancers will learn fundamentals of Pom positions and performance skills. This class will push dancers to expand on their high-energy entertainment skills.

🔍 Parents may be required to purchase costumes for showcases.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
28206.711	6+	Th	9/5-9/26	6:20-7 PM	NJCC	\$25	\$29
28206.712	6+	Th	10/3-10/24	6:20-7 PM	NJCC	\$25	\$29
28206.713	6+	Th	11/7-11/21	6:20-7 PM	NJCC	\$25	\$29
28206.714	6+	Th	12/5-12/19	6:20-7 PM	NJCC	\$25	\$29



# Adult SPORTS & FITNESS (18+)

## Co-ed Volleyball League

Instructors: Parks & Rec Staff

Join the City of American Canyon and your fellow volleyball players with our Co-ed Volleyball League. Sign up your team to compete against other teams and find out who the best team is in this friendly competition.

⊘ No class on 12/25, 1/1

🔍 Players are only eligible to play on one team.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
49306.701	18+	W	11/20-1/15	6-9 PM	AC	\$50	\$60

## 5v5 Adult Basketball League/Tournament

Instructors: Parks & Rec Staff

Join our 5v5 basketball league. Sign up with your friends to enjoy a great workout and competitive basketball games. Teams are required to meet a minimum of 7 players and a maximum of 12 players per team. Players are only eligible to play on 1 team.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
41206.701	35+	W	9/4-10/30	6-9 PM	AC	\$50	\$58

## Adult Co-ed Softball League

Instructors: Parks & Rec Staff

Join the City of American Canyon for the Adult Co-ed Softball League. Sign up with your friends to enjoy a great workout and competitive softball games in American Canyon. Teams are required to meet a minimum of 10 players with a maximum of 18 players per team. Each team will be required to have a minimum of 3 female players on the roster and field each game. Players are eligible to play on one team.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
43611.701	18+	Su	9/8-11/17	12-7 PM	SP	\$50	\$58



For Active Adults (50+)  
programing, visit...

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# Adult (18+)

## RECREATION & ENRICHMENT



### Line Dancing

*Instructor: Coretta Grayson*

Enjoy a great mind-body workout while dancing your way to better health! Not only is line dancing fun, it's also a fabulous way to improve your physical, mental and emotional health. Join us and learn some great dances to upbeat music and come meet some friendly people who love to dance. No need for a partner!

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
28517.605	18+	T	9/3-9/24	7-9 PM	NJCC	\$25	\$29
28517.664	18+	Sa	9/7-9/28	9:30-11 AM	NJCC	\$25	\$29
28517.701	18+	T	10/1-10/22	7-9 PM	NJCC	\$25	\$29
28609.701	18+	Sa	10/5-10/26	9:30-11 AM	AAC	\$25	\$29
28609.702	18+	Sa	11/2-11/23	9:30-11 AM	AAC	\$25	\$29
28517.702	18+	T	11/5-11/26	7-9 PM	NJCC	\$25	\$29
28517.703	18+	T	12/3-12/17	7-9 PM	NJCC	\$25	\$29
28609.703	18+	Sa	12/7-12/21	9:30-11 AM	NJCC	\$25	\$29

### Line Dancing Celebration

*Instructor: Coretta Grayson*

Join us every 3rd Friday to celebrate and learn some great dances to upbeat music and come meet some friendly people who love to dance. No need for a partner! Enjoy this great mind and body workout while dancing the night away.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
58506.601	18+	F	8/16	6-10 PM	NJCC	\$10	\$12
58506.601	18+	F	9/20	6-10 PM	NJCC	\$10	\$12
58506.601	18+	F	10/18	6-10 PM	NJCC	\$10	\$12
58506.601	18+	F	11/15	6-10 PM	NJCC	\$10	\$12
58506.601	18+	F	12/20	6-10 PM	NJCC	\$10	\$12

### Spanish For Beginners

*Instructor: Derrick Leonard*

You CAN learn to speak Spanish! If you took Spanish in high school or don't know a word, join us for this virtual class and get started on your language learning journey.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
96107.605	18+	M	9/9-9/30	7-8 PM	Online	\$44	\$51
96107.701	18+	M	10/7-10/28	7-8 PM	Online	\$44	\$51
96107.702	18+	M	11/4-11/25	7-8 PM	Online	\$44	\$51
96107.703	18+	M	12/2-12/23	7-8 PM	Online	\$44	\$51



# Go Van Go!

## ADULT DAY TRIPS (50+)

Explore locally! Travel with your friends or make new ones as you board our van and set off to discover all the wonderful local treasures the Bay Area has to offer. These trips are one day excursions. You will enjoy site-seeing, shopping, dining and tours. Trip fees include transportation.

### Graton Casino

Instructors: Parks & Rec Staff

Come and play some slots, and table games or just join for the good food. Experience a world-class spa & salon, award-winning dining, gaming and entertainment at the best place to play in the Bay!

 Fees are for transportation only.

 Food may be available for purchase at locations.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
84509.604	50+	T	8/20	9 AM-4 PM	AAC	\$49	\$57

### Berkeley Art Museum & Pacific Film Archive

Instructors: Parks & Rec Staff

One of the nation's leading university museums, the Berkeley Art Museum and Pacific Film Archive (BAMPFA) is a forum for cultural experiences that transform individuals and advance the local, national and global discourse on art and film. As the premier visual arts venue at the top U.S. public research university, BAMPFA is uniquely dedicated to art and film in equal measure.

 Fees are for transportation only.


 Food may be available for purchase at locations.


Code	Age	Day	Dates	Time	Place	Fee	NR Fee
84509.605	50+	Th	9/5	9 AM-4 PM	AAC	\$49	\$57

### Apple Hill

Instructors: Parks & Rec Staff

Join us on a trip to Apple Hill! It's all about picking apples, munching on homemade goodies and enjoying outdoor adventures. Apple Hill is the perfect spot for a relaxed, down-to-earth day trip in the beautiful Northern California countryside.

 Fees are for transportation only.

 Food may be available for purchase at locations.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
84209.701	50+	T	10/8	9 AM-4 PM	AAC	\$49	\$57

## Active Adult (50+) ACTIVITIES

### Self Defense 50+ Workshop

Instructor: Jesse Corpus

Self Defense is a discipline that is intended for everyday people who want to learn how to stay aware of their surroundings and focus on their safety. You can improve your balance, coordination, stamina, strength and flexibility. The exercise you get through self-defense training can have a positive impact on your overall health.

 This is a drop-in class.

 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
55201.610	50+	T	9/17	10:30-11:30 AM	AAC
55201.701	50+	T	10/15	10:30-11:30 AM	AAC
55201.702	50+	T	11/19	10:30-11:30 AM	AAC
55201.703	50+	T	12/17	10:30-11:30 AM	AAC

### Video Fitness Series

Instructors: Parks & Rec Staff

Come and join in on a video fitness series class! This class is a mix of full body workouts for everyone. No matter your skill level, come on down and learn how to break a sweat!

 This is a drop-in class.

 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57701.702	50+	W	8/6-12/18	9:15-10:15 AM	AAC

### Bingo

Instructors: Parks & Rec Staff

Come on by and join for a game of Bingo! Try your luck and have a little fun. All levels are welcome.

**This class is only offered the 2nd Friday of each month.**

 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
55501.701	50+	F	8/2-12/13	12-1 PM	AAC



## Fit & Fun

Instructor: Janet Duhe

Jump start your day with Fit & Fun! Strengthen and tone your body and improve your overall health and fitness level. Class will focus on flexibility, toning and balance along with reducing stress through meditation and laugh yoga. Class will consist of seated and standing exercises. All fitness levels welcome.

🕒 No class on 11/28, 11/29

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57401.701	50+	Th	8/1-12/19	10:15-11:05 AM	AAC

## Hula Fit

Instructor: Mary Medina

Come and join us for a hula-based exercise class. Use of Hula dance movements: arms, legs and hips, as gentle exercise to a variety of Hawaiian music to help improve overall health. All fitness levels are welcome.

🕒 No class on 11/28, 11/29

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
55409.701	50+	Th	8/1-12/19	9:15-10:05 AM	AAC

## Gentle Stretching

Instructor: Mary Medina

Simple and effective stretching exercises to improve flexibility, decrease stiffness and relieve back pain regardless of balance and mobility level.

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57209.701	50+	T	8/6-12/17	9:15-10:15 AM	AAC

## Low Impact Cardio

Instructor: Cynthia Cannon

This class features basic stretches, exercises, low-impact workouts, meditation, laugh yoga and dancing. It is a great way to exercise your body and mind.

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57701.701	50+	W	8/7-12/18	10:15-11:05 AM	AAC



## Did You Know?

There is an official newsletter for active adults in American Canyon! Our monthly newsletter "Forever Active" has a weekly schedule, upcoming events, resources and more. To receive this newsletter via email please call us at (707) 648-7275 or request in person at any of our locations.

## Adult Activity Monthly Unlimited Pass

Become a member to our AAC! Monthly passes are available for our members who like to participate in our Active Adult (50+) activities. Beat the line and sign up for our monthly pass and visit as many times as you want. Unused passes are not transferable or returnable. All active adult (50+) activities also offer drop-in rates.

🕒 No class on 10/14, 11/11

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
55910.605	50+	M-F	9/3-9/30	9 AM-2 PM	AAC	\$15	\$18
55910.706	50+	M-F	10/1-10/31	9 AM-2 PM	AAC	\$15	\$18
55910.707	50+	M-F	11/1-11/27	9 AM-2 PM	AAC	\$15	\$18
55910.708	50+	M-F	12/2-12/20	9 AM-2 PM	AAC	\$15	\$18





## Open Art Studio

Instructors: Parks & Rec Staff

Indulge your creative side with this group of artists. We encourage you to paint, draw or stitch on multiple types of media. Bring your current project and supplies to our open studio. No formal instruction is provided, but fellow students might be able to assist with projects.

⚠ No class on 11/28, 11/29

🔍 This is a drop-in class.

🔍 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
51401.702	50+	Th	8/1-12/19	10 AM-12 PM	AAC

## Cribbage

Instructors: Parks & Rec Staff

Cribbage is a card game traditionally for two players, but commonly played with three or more. This game involves playing and grouping cards in combinations that gain points.

⚠ No class on 10/14, 11/11

🔍 This is a drop-in class.

🔍 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
37101.701	50+	M	8/5-12/16	9:15 AM-12:15 PM	AAC

## Beginner Yoga

Instructor: Ken Adams

Beginner yoga is perfect for beginners! If you're looking for a yoga class to help you access a meditative state and release stress without breaking a sweat, this is the class for you!

Yoga is a restful practice that is all about slowing down and opening your body up to long meditative stretches.

⚠ No class on 11/29

🔍 This is a drop-in class.

🔍 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
52509.701	50+	F	8/2-8/23	9:15-10:15 AM	AAC

## Yoga

Instructor: Nidia Romabiles

Yoga can both improve and help maintain your overall health. Learn to control stress while increasing flexibility, strength and balance.

⚠ No class on 10/14, 11/11

🔍 This is a drop-in class.

🔍 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
52109.701	50+	M	8/5-12/16	9:15-10:05 AM	AAC



## Forever Young

Instructor: Nidia Romabiles

Join us for fun and fitness. This class features basic stretches and exercises, low-impact workouts and dancing. It is a great way to exercise your body and mind. Participants are encouraged to dress comfortably.

🕒 No class on 10/14, 11/11

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57101.701	50+	M	8/5-12/16	10:15-11:05 AM	AAC

## Living With Cancer

Instructor: Marion Sullivan

An informal networking forum for sharing information, resources and experiences for those of us on the cancer journey. Help sifting through information and avoiding misinformation. There will be NO medical advice given. Attendees will help drive the topics.

**This class is only offered the 3rd Friday of each month.**

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
56501.601	50+	F	9/20	10:30 AM-12 PM	AAC
56501.701	50+	F	10/18	10:30 AM-12 PM	AAC
56501.702	50+	F	11/15	10:30 AM-12 PM	AAC
56501.703	50+	F	12/20	10:30 AM-12 PM	AAC

## Memory Tune Up

Instructor: Pouran Shir

Fill your toolbox with a variety of mentally stimulating activities designed specifically for those wanting to 'boost their brains.' Brain-boosting tips will be given in each class along with current research. Come have fun and learn how you can be good to your brain!

**This class is only offered the 2nd and 4th Wednesday.**

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
57301.701	50+	W	8/14-12/11	11:15 AM-12:45 PM	AAC

## Pinochle

Instructors: Parks & Rec Staff

Join us every Tuesday and Friday for an enjoyable card game of Pinochle. This activity is a great way to meet new people and have fun. All skill levels are welcome!

🕒 This is a drop-in class.

🕒 Drop-in Fee: Residents \$1 / Nonresidents \$2

Code	Age	Day	Dates	Time	Place
37771.702	50+	T, F	8/6-12/20	10 AM-1:45 PM	AAC



# OPEN SPACE

## Programs

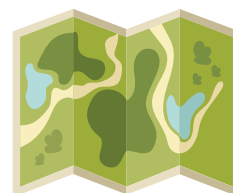


### ACT (American Canyon Trails) Community Program

Instructors: Parks & Rec Staff

Bring your family out to the Wetlands for some nature crafts, interpretative talks and explore the trails with your family. Each Saturday will focus on a different theme, and this event occurs on the second Saturday of each month!

Theme	Code	Age	Day	Dates	Time	Place	Fee
September Event: Pollinators	98609.701	Any	Sa	9/14	9 AM-12 PM	WEP	Free
October Event: Birds	98609.702	Any	Sa	10/12	9 AM-12 PM	WEP	Free
November Event: Amphibians	98609.703	Any	Sa	11/9	9 AM-12 PM	WEP	Free
December Event: Fungi	98609.704	Any	Sa	12/14	9 AM-12 PM	WEP	Free



### CA Biodiversity Day Hike

Instructors: Parks & Rec Staff

Come on a guided hike at Newell Open Space for CA Biodiversity Day, as we see all the unique trees, plants, birds and insects that call Newell Open Space home.

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
65604.702	All Ages	Sa	9/7	9 AM-12 PM	NOS	Free	Free

### Hike with Cows

Instructors: Parks & Rec Staff

Ever wanted to hike at Newell but were unsure about the cows? Come on a guided hike and learn the best practices for hiking with the cows at Newell Open Space!

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
65604.703	All Ages	Sa	10/5	9 AM-12 PM	NOS	Free	Free

### Winter Solstice Sunset Hike

Instructors: Parks & Rec Staff

Join us in celebrating the shortest day of the year! Take a guided hike out at the wetlands and watch the sunset at Glass Beach. Sunset is at 4:53 pm!

Code	Age	Day	Dates	Time	Place	Fee	NR Fee
65604.701	All Ages	Sa	12/21	4-6 PM	WEP	Free	Free

### Intro to Backpacking

Instructors: Parks & Rec Staff

Ever wanted to learn how to backpack, but don't know where to start? Join our class to all about gear and planning, and then take a short practice hike to learn what to do out on the trail. This activity is taught by an experienced backpacking guide.

- 📍 Wednesdays: 6-8 PM, at NJCC, on 10/16 and 11/6
- 📍 Saturday: 9AM-12 PM, at NOS, on 11/16

Code	Age	Day	Fee	NR Fee
37808.701	14+	W, Sa	\$20	\$23



# VOLUNTEER OPPORTUNITIES

## Volunteer Events

Instructors: Parks & Rec Staff

### Wetlands Cleanup and Planting

Instructors: Parks & Rec Staff

Volunteer to help cleanup and add plants to Wetlands Edge Park.

Code	Age	Day	Date	Time	Place
37601.701	14+	Sa	10/19	9 AM-12 PM	WEP

### Coastal Clean-up Day

Instructors: Parks & Rec Staff

International Coastal-Clean Up Day is the largest Clean-up day on the planet! Join the City of American Canyon in our effort to achieve trash-free seas.

Activity	Code	Age	Day	Date	Time	Place
Wetlands Edge	39601.601	14+	S	9/21	8:30 AM-12 PM	WEP
Shenandoah Park	39601.602	14+	S	9/21	8:30 AM-12 PM	SP
Silver Oak Park	39601.602	14+	S	9/21	8:30 AM-12 PM	SP
Community Park 1&2	39601.603	14+	S	9/21	8:30 AM-12 PM	CP12
Veterans Park	39601.604	14+	S	9/21	8:30 AM-12 PM	VMP
Par Course	39601.605	14+	S	9/21	8:30 AM-12 PM	AAC

### Ridge Trail Day

Instructors: Parks & Rec Staff

Join us on Ridge Trail Day to help make trail improvements at Newell Open Space.

Code	Age	Day	Dates	Time	Place
37601.702	14+	Sa	11/2	9 AM-2 PM	NOS

### Newell Clean-up/Trail Work

Instructors: Parks & Rec Staff

Volunteer to help clean-up and/or improve Newell Open Space.

Code	Age	Day	Date	Time	Place
37601.603	14+	S	8/24	9 AM-2 PM	NOS



## Become a Volunteer!

Join the City of American Canyon in volunteering this Fall! Sign up and volunteer your time. The Parks and Recreation Department offers one volunteer opportunity each month. For more information visit [AmericanCanyon.gov](http://AmericanCanyon.gov).



# Park Picnic RENTALS



Park Picnic Rentals

## Parks

See chart for unique features.

Full Day – Flat rate reservations (Park hours are sunrise to sunset)

Deposit	\$200 (Refundable)	
Resident Flat-rate (Full Day)	\$150	
Resident Non-Profit Flat-rate (Full Day)	\$113	
Resident Insurance (rates subject to change)	\$118	\$184 w/Alcohol

## Sport Fields

Baseball/Softball Fields/Soccer Fields

2-hour Minimum

Deposit	\$200 (Refundable)	
Resident Hourly	\$15	
Resident Non-Profit	\$12	
Nonresident Hourly	\$18	
Resident Insurance (rates subject to change)	\$118	\$184 w/Alcohol

## PARK AND AMENITY MATRIX

Park	Location	Baseball Field	Basketball Court	BBQ Grill	Benches	Bocce Ball Court
Bedford & Kensington Cul De Sac	323 Bedford Ln.					
Community Park I	1400 Rio Grande Dr.	•		•	•	
Community Park II	20 Benton Way				•	
Danrose Basketball Court	785 Danrose Dr.		•		•	
Elliott Park	2234 Elliott Dr.		•		•	
Gadwall Park	161 Gadwall St.		•	•	•	
Kimberly Park	600 Kimberly Dr.				•	
Linwood Park	285 Linwood Dr.			•	•	
Main Street Park	5050 Main St.			•	•	
Melvin Park	19 Melvin Rd.				•	
Montecarlo Park	54 Montecarlo Way				•	
Northampton Park	242 Northampton Park	•	•		•	
Nottingham & Bentley Cul De Sac	270 Nottingham Ln.				•	
Pelleria Park	54 Pelleria Dr.		•		•	
Shenandoah Park	100 Sonoma Creek Way	•	•	•	•	
Silver Oak Park	485 Silver Oak Park	•		•	•	
Skate Park	2801 Broadway St.			•	•	•
Veteran's Park	2801 Broadway St.			•	•	•
Via Bellagio Park	100 Via Bellagio			•	•	



# Courts & Fields RENTALS



*Sports Field Rentals*

## Sport Courts

Basketball/Tennis/Pickleball

2-hour Minimum

Deposit	\$200 (Refundable)	
Resident Hourly	\$12	
Resident Non-Profit	\$9	
Nonresident Hourly	\$14	
Resident Insurance (rates subject to change)	\$118	\$184 w/Alcohol

## Turf Fields

Grass Turf Fields

2-hour Minimum

Deposit	\$200 (Refundable)		
Resident Hourly	\$16		
Resident Non-Profit	\$12		
Nonresident Hourly	\$19		
Resident Insurance (rates subject to change)	\$118	\$184 w/Alcohol	
Tournament - Field Rental Hourly	Res-\$23	NR-\$27	Res NP-\$18

Gazebo	Pickleball Courts	Open Lawn Space	Picnic Tables	Play Structures	Restrooms	Grass Turf Field	Swings	Tennis Courts	Picnic Rental
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# Facility RENTALS

## Recreation Center

(Max Capacity: 67) 2193 Elliott Dr.

3-Hour Minimum

Deposit	\$200 (Refundable)	
Resident Hourly	\$50	
Resident Non-Profit	\$38	
Nonresident Hourly	\$58	
Insurance (rates subject to change)	\$118	\$184 w/Alcohol
Cleaning Fee (Flat-rate)	35 ppl or less (\$100)	36ppl+ (\$200)

## Napa Junction Community Center

(Max Capacity: 312) 300 Napa Junction Rd.

3-Hour Minimum

Deposit	\$400 (Refundable)	
Resident Hourly	\$90	
Resident Non-Profit	\$68	
Nonresident Hourly	\$104	
Insurance (rates subject to change)	\$118	\$184 w/Alcohol
Cleaning Fee (Flat-rate)	35 ppl or less (\$100)	36 ppl+ (\$200)

## Napa Junction - Classroom

(Max Capacity: 40) 300 Napa Junction Rd.

2-Hour Minimum

Deposit	\$100 (Refundable)	
Resident Hourly	\$40	
Resident Non-Profit	\$30	
Nonresident Hourly	\$46	
Insurance (rates subject to change)	\$118	\$184 w/Alcohol
Cleaning Fee (Flat-rate)	35 ppl or less (\$100)	36 ppl+ (\$200)

## RENTALS

Explore a diverse selection of parks and facilities available for rent in the City of American Canyon for your upcoming celebration or special event. Each venue boasts its own distinctive design and offers unique features. Secure your booking today at [AmericanCanyon.gov/CivicRec](https://www.americancanyon.gov/CivicRec).



*Facility Rentals*

## Adult Activity Center

(Max Capacity: 100) 2185 Elliott Dr.

3-Hour Minimum

Deposit	\$300 (Refundable)	
Resident Hourly	\$69	
Resident Non-Profit	\$52	
Nonresident Hourly	\$80	
Insurance (rates subject to change)	\$118	\$184 w/Alcohol
Cleaning Fee (Flat-rate)	35 ppl or less (\$100)	36 ppl+ (\$200)

For all other rental inquiries please contact our staff at (707) 648-7275 or [parksinfo@cityofamericancanyon.org](mailto:parksinfo@cityofamericancanyon.org)

## BECOME AN INDEPENDENT CONTRACTED INSTRUCTOR

Are you a strong communicator with a talent or skill to share? The City of American Canyon Parks and Recreation Department wants to hear from you! We're looking for instructors with ideas for classes and activities to help grow our program offerings for all levels and ages. Share your knowledge and skills and become an instructor today! For more information or to submit a program proposal, please contact our Parks and Recreation Department at (707) 648-7275 or email us at [parksinfo@cityofamericancanyon.org](mailto:parksinfo@cityofamericancanyon.org).

## SCHOLARSHIP INFORMATION

In partnership with American Canyon Community Parks Foundation, the City of American Canyon offers Recreation Scholarships to residents of American Canyon. These scholarships provide financial assistance to eligible individuals, enabling them to engage in our recreational programs and services. To learn about eligibility criteria and application procedures, please visit our website:

[AmericanCanyon.gov/Recreation](https://AmericnCanyon.gov/Recreation)

Click "Programs" and then click "Scholarship Opportunities"!

## CANCELATIONS

As we embark on the fall season, please note that classes and programs offered by Parks and Recreation may be subject to cancellation due to unforeseen or inclement weather conditions. Your safety is our priority, and we strive to provide timely updated regarding any cancellations. To stay informed about program cancellations, please visit our Parks and Recreation catalog on our website and click on the cancellation tab. Additionally, you can reach out to the Parks and Recreation office during business hours at (707) 648-7275.

## STAFF DIRECTORY

### Parks & Recreation Front Office

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I hope to see you

*This Fall!*





4381 Broadway Street, Suite 106,  
American Canyon, CA 94503

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**Barktoberfest**

**DON'T MISS OUT ON THIS  
PAW-SOME EVENING!**

**Friday, October 4, 2024, 4-7 PM**

**Northampton Park, 242 Northampton Drive**

**Get ready for Barktober, where furry friends rule! Bring your pups, blanket and lawn chair for a night of tail-wagging fun. Mingle with fellow dog lovers and indulge in tasty treats from food trucks.**