

CITY OF SAN LUIS OBISPO

PARKS AND RECREATION DEPARTMENT

WINTER/SPRING ACTIVITY GUIDE

DECEMBER 2014 – MAY 2015

REGISTRATION STARTS DECEMBER 1ST

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CITY OF SAN LUIS OBISPO
**PARKS AND
RECREATION
DEPARTMENT**

1341 Nipomo Street
San Luis Obispo, CA 93401

(805) 781-7300
Fax (805) 781-7292

Office Hours:
Monday–Thursday 9am–5:30pm
Friday 9am–5pm
closed from 1–2 p.m. daily



www.slocity.org/parksandrecreation
www.facebook.com/sloparksandrec
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ADMINISTRATIVE STAFF DIRECTORY

Administrative Offices	(805) 781-7300
City Facilities Reservations	781-7222
Contract Classes	781-7069
Laguna Lake Golf Course	781-7309
SLO Swim Center	781-7284
Rain-Out Hotline	781-7301
Shelly Stanwyck Director	781-7300
Melissa Mudgett Recreation & Public Art Manager	781-7296
Lindsey Stephenson Administrative Analyst	781-7070
Marti Reynolds Supervising Administrative Assistant	781-7298
Devin Hyfield Aquatics/Facilities and Special Event Permits Supervisor	781-7295
Shawn Tucker Aquatics Coordinator	781-7291
Todd Bunte Golf Course Supervisor	781-7228
Doug Carscaden Ranger Service Supervisor	781-7302
Meghan Burger Youth Services Supervisor	781-7289
Alexandra Abarca Youth Services Coordinator	781-7447
Rich Ogden Recreational Sports Supervisor	781-7305
David Setterlund Community Services Supervisor	781-7067

VOLUNTEERS OF THE YEAR

The Parks and Recreation Department relies on the time, skills, commitment and compassion of the hundreds of individuals who volunteer each year to assist with programs and services offered to the community. The following individuals received awards for their outstanding service to the community this year.



**Executive Senior Center Board;
Martha Swartz Award**



**Hurley Family; Family/Youth
Award**

Rick May; Wes Connor Award
Not pictured as he is on a
volunteering expedition in Nigeria

CITY OF SAN LUIS OBISPO PARKS AND RECREATION

NEW MISSION STATEMENT

Inspiring happiness by creating community through people, parks, programs and open space.

PROGRAM SITE AND FACILITY LOCATIONS

Atascadero Blades Skate School

6420 El Camino Real *(in Atascadero)*

Central Coast Polo Club

2320 Clark Valley Road *(in Los Osos)*

City/County Library

995 Palm Street

Damon-Garcia Sports Complex

680 Industrial Way

El Chorro Regional Park

2990 Dairy Creek Road

Emerson Park/Bocce Ball Courts

1316 Beach Street

French Park

1040 Fuller Road

Grand Central Music & Conservatory

3220 Broad Street

Historic Jack House & Gardens

536 Marsh Street

Islay Hill Park

1151 Tank Farm Road

Laguna Lake Municipal Golf Course

11175 Los Osos Valley Road

Laguna Lake Park

504 Madonna Road

Ludwick Community Center

864 Santa Rosa Street

Meadow Park Neighborhood Center

2333 Meadow Street

Mission Plaza

989 Chorro

Mitchell Park

1400 Osos Street

Performance Athletics Gymnastics

4484 Broad Street

San Luis Obispo High School

1499 San Luis Drive

Sandbar Surf Company

791 Price Street *(in Pismo Beach)*

Santa Margarita Lake

4695 Santa Margarita Lake Road *(in Santa Margarita)*

Santa Rosa Park/SLO Skate Park

Santa Rosa & Oak Streets

Senior Center

1445 Santa Rosa Street

Sinsheimer Park

900 Southwood Drive

SLO Swim Center

902 Southwood Drive

Taylor Gym

1499 San Luis Drive

YOUTH SERVICES LOCATIONS

Bishop's Peak Elementary

451 Jaycee Drive

805-540-8509

C.L. Smith Elementary

1375 Balboa Street

805-540-8510

Hawthorne Elementary

2125 Story Street

805-540-8511

Pacheco Elementary

261 Cuesta Drive

805-540-8512

Sinsheimer Elementary

2755 Augusta Street

805-540-8513

Laguna Middle School

11050 Los Osos Valley Road

805-540-8530

Charles E. Teach Elementary

145 Grand Avenue

805-540-4219

REGISTRATION & PERMITS

(805) 781-7291

Register Online*

Registration is available at www.slocity.org/parksandrecreation for most classes and some special events.

**Not available for all programs*

Online Registration Processing Fees

<i>Program Cost</i>	<i>Processing Fees</i>
\$0–\$150	\$1.00 + 6.5%
\$150–\$500	\$5.50 + 3.5%
\$500	\$10.50 + 2.5%

Register In Person

The Parks and Recreation Administrative Offices are located at 1341 Nipomo Street, at the corner of Pacific and Nipomo Streets in San Luis Obispo. Regular business hours are Monday through Thursday, 9 a.m. to 5:30 p.m. and Fridays, 9 a.m. to 5 p.m.; closed 1–2 p.m. daily.

Waivers

Waivers/registration forms are to be signed by all participants/guardians of classes and programs offered through the Parks and Recreation Department.

Fee Reduction Program

Fee reductions are no longer available for the 2014–15 school year. Applications for the 2015–16 school year will be accepted starting May 2015.

Refunds and Credits

Refunds or credits are given to cancellations received three business days prior to the first activity, unless otherwise noted in the program information. Failure to attend an activity, or “no shows,” are not granted a refund or credit. If a participant is dissatisfied with any activity, please contact the program supervisor.

Refunds for Aquatics

Refunds are NOT available for Aquatics classes/camps and all Swim Lessons, however, credits may be provided. Refunds are only given if a session does not meet class size requirements and must be canceled.

Street Banner Permits

Street Banners are provided at two convenient City locations: Higuera/Chorro Streets intersection and Marsh/Carmel Streets intersection. Banners are hung for one-week intervals and may only announce events that take place on public property within the City limits and are open to the public. Banners shall be installed and removed by City staff on Mondays. If Monday is a holiday, the banner will be installed or removed the next working day. Reserve banner spots at www.slocity.org/parksandrecreation.

Special Event Permits

Groups interested in sponsoring an event in a City park, Mission Plaza or on a City street must submit a Special Event Permit Application for review. Applications are reviewed and approved with cooperation from the City Parks & Recreation, Public Works, Police, Fire and Risk Management Departments. Event applications must be submitted at least 90 days in advance and may be obtained at www.slocity.org/parksandrecreation. For questions or inquiries about the permitting process, contact Devin Hyfield, Recreation Supervisor at (805) 781-7295 or dhyfield@slocity.org.

YOUTH SERVICES (805) 781-7289

The Youth Services Division believes that each child is unique and special. Every child is celebrated and provided tools for success in a safe and supportive environment. Trained staff guide children in developing assets, tools and skills for succeeding in any situation.

School-Age Programs

SUN 'N FUN

AT LOCAL ELEMENTARY SCHOOL SITES

Licensed by the State of California

Sun 'N Fun offers children a safe place to play, while providing opportunities for children to learn new skills and foster relationships with caring adults. Professional and highly trained staff members provide engaging curriculum, quality care and an active daily schedule. Licensed to care for children in TK–6th grade; afterschool Sun 'N Fun typically serves K-3rd grade. Each program time must meet minimum enrollment or program will be canceled.

CLUB STAR (STUDENTS TAKING ACTIVE RESPONSIBILITY)

AT LOCAL ELEMENTARY SCHOOL SITES

Positive, engaging youth development is at the core of Club STAR. Four principles guide Club STAR: Support, Taking responsibility, Academics and Recreation. Club STAR provides care for children in grades 4th–6th.

Both Sun 'N Fun and Club STAR programs accommodate children at the following local elementary school locations: Bishop’s Peak, C.L. Smith, Hawthorne, Pacheco, Sinsheimer and Teach Elementary Schools and are closed on all legal and school holidays. Open registration began on August 4 and is on-going through June 11.

PROGRAM	GRADES	REGISTRATION	DAYS	DATES	TIMES
Morning	K–6th	Ongoing	M-F	Aug 25–June 11	7–8:30am**
TK	TK	Ongoing	M-F	Aug 25–June 11	TK Release–2:30pm
Kinder	K	Ongoing	M-F	Aug 25–June 11	Kinder Release–2:30pm
After-School	K–6	Ongoing	M-F	Aug 25–June 11	2:30–6pm**

***Teach Program Site hours: Afternoon 2:30-5:30pm ONLY. Morning care not provided.*

COST

\$60/one-time, per child registration fee

Drop-In: \$4/hour

A minimum of 20 hours deposit required for each program. Child may not have more than 100 hours on account at any time.

Monthly: \$105/month – Morning

\$240/month – After-School

\$varied – Kinder (Fees vary by month and school site)

\$varied – TK

Program fees include care during minimum days/conference week. Teacher Work Days and Spring Break Camp must be registered and paid for separately.

ALL STAR FUN ZONE

AT THE LUDWICK COMMUNITY CENTER

Come out for a night of dance, music, friends, food and fun! All 4th-6th graders are invited to come dance to a live DJ, play video games in the game room, enjoy sports and activities, socialize with friends and eat snacks—all while hanging out in a safe, staff supervised environment. All children must be signed in and out by an adult **(PHOTO ID REQUIRED FOR PICK UP)**. Register at the door or online. Registration paperwork **MUST** be completed by parent/guardian.

PROGRAM	GRADES	DAYS	DATES	TIMES	COST
Fun Zone	4-6	F	Jan 30	6:30-8pm	\$5/per child
Fun Zone	4-6	F	May 15	6:30-8pm	\$5/per child



KIDS' NIGHT OUT

AT THE LUDWICK COMMUNITY CENTER



Knights and Princesses and Dragons, oh my! Staff provide children, in grades K-6th, with a medieval themed night of fun, including: music, crafts, games, pizza dinner, and a showing of the movie, "How to Train Your Dragon 2." Dinner served at 6:30 p.m.; movie (optional viewing) starts at 7:15 p.m. All children must be signed in and out by an adult **(PHOTO ID REQUIRED FOR PICK UP)**. Register at the door or online. Registration paperwork **MUST** be completed by parent/guardian.

PROGRAM	GRADES	DAYS	DATES	TIMES	COST
Kids' Night Out	K-6th	F	Mar 20	6-9pm	\$15/per child

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FAMILY FUN CARNIVAL

AT SANTA ROSA PARK

In honor of “Month of the Child,” Youth Services invites all families registered for Sun ‘N Fun, Club STAR and SLO Teens to a night of old-fashioned carnival games—with some twists on old favorites, and bounce-house fun. Carnival treats provided; food available for purchase. Registration not necessary; event open to all families of children enrolled in Youth Services programs.

PROGRAM	GRADES	DAYS	DATES	TIMES	COST
Family Carnival	TK–6th	F	Apr 24	6–7:30pm	FREE for enrolled families

TEACHER WORK DAY CAMP “MASTER CHEF”

AT HAWTHORNE ELEMENTARY SCHOOL

Let’s get cooking! Campers are invited to join Youth Services for a day of healthy and tasty fun! School-age children (grades TK–6th) will learn about the food plate through hands-on discovery: lessons on how to make healthy snacks including apple sauce, a “cook-off” challenge, guest chefs, art and craft projects, outdoor games and activities, an educational cooking movie, and more. Package day price includes all activities, two snacks and an on-site special activity. Pre-registration required; limited space available.

PROGRAM	GRADES	DAYS	DATES	TIMES
Teacher Work Day	TK–6th	F	Jan 16	7am–6pm

COST

\$40 until Jan 9, \$50/Jan 10–13

SPRING BREAK CAMP (LEGENDS FROM THE OUTBACK)

AT SINSHEIMER ELEMENTARY SCHOOL

G'day Mate! Come on over for a day of Australian fun. Campers will take a trip across the continent, traversing the Outback, diving the Great Barrier Reef, and exploring all the areas in between. Campers will learn about the animals, culture and all the wonders of Australia. Spring Break Camp offers Campers ages 6–12 (5 years old if enrolled in Kindergarten), a day camp experience with activities including art exploration, indoor and outdoor discovery, cooking, science experiments, group games and much more. The week package price includes one week of care, two trips to the SLO Swim Center (rain will cancel), one hike around the Sinsheimer Park area, one on-site special event (a day of ropes course and other adventures), two daily snacks and engaging activities. Day price includes all on-site activities, two daily snacks and any planned swim trips/on-site special events.

PROGRAM	GRADES	DAYS	DATES	TIMES
Spring Break Camp	TK–6th	M–F	Apr 6–Apr 10	7am–6pm

COST

(REGISTER BEFORE MAR 22): \$175/week, \$41/day

(REGISTER MAR 23–MAR 27): \$185/week, \$43/day

Teen Programs

SLO TEENS

AT LAGUNA MIDDLE SCHOOL (ROOM G-5)

The SLO Teens After-School Program provides supervised activities for middle school students in a safe, fun and positive environment, where focus on healthy habits are emphasized through engaging activities and positive peer and staff interactions. SLO Teens includes homework assistance, diverse activities and service learning opportunities. Teens participate in a monthly “Brag-It Party” to celebrate achievement of personal goals. SLO Teens is closed on all legal and school holidays.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
SLO Teens	7th–8th	OPEN	M–F	Aug 23–June 11	3–5:30pm	\$10/school year



QUEST (SPRING BREAK CAMP FOR TEENS)

AT MEADOW PARK BUILDING

Teens will take a week-long spring-time exploration into leadership through outdoor adventures, trips, challenges and guest presentations in and around San Luis Obispo. This exciting five-day journey embraces leadership, teamwork and fun!

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
QUEST	13–16	Dec 4–Mar 27	M–F	Apr 6–10	10am–3pm	Free

TEEN EVENTS

AT LAGUNA MIDDLE SCHOOL

Teen events, open to all 7th–8th graders, are offered during the school year. Please check the website www.slocity.org/parksandrecreation or call 781-7441 for up-to-date information.

RECREATIONAL SPORTS

(805) 781-7305 OR (805) 781-7445

Parks and Recreation sports programs provide fundamental athletic instruction in a non-competitive environment that focuses on participation. **Volunteer Coaches Needed:** Volunteer Coaches are essential to providing Youth and Teen Sports programs to the community. For more information about volunteering, call 781-7305 or email rogden@slocity.org.

Youth Recreational Sports

JUNIOR HIGH RECREATIONAL BASKETBALL

AT LAGUNA MIDDLE SCHOOL

Boys and girls at Laguna Middle School are invited to play in these basketball leagues that focus on skill development and peer relations. Practices are held on weekday afternoons. Games are on Saturdays. The league is designed for students not playing on the school team.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
Boys Rec Basketball	7th–8th	Dec 1–Dec 26	TBD	Jan 10–Mar 14	TBD	\$57
Girls Rec Basketball	7th–8th	Dec 1–Dec 26	TBD	Jan 10–Mar 14	TBD	\$57

BOYS VOLLEYBALL LEAGUE

AT LAGUNA MIDDLE SCHOOL

All boys at Laguna Middle School have the opportunity to develop volleyball skills in a supportive environment, while enjoying the fastest growing youth sport. All players are selected for either the school or recreational teams.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
Boys Volleyball	7th–8th	Dec 1–Jan 30	M–F	Feb 9–Apr 3	3:15–5pm	\$32

FUTSAL

AT TAYLOR GYM & LOCAL ELEMENTARY SCHOOL GYMNASIUMS

Futsal is a version of indoor soccer. The Parks and Recreation Department, in collaboration with the SLO County YMCA, offer this unique indoor soccer program. Practices and games are held in the afternoon and early evening. Practice times and locations are determined by coaches. Registration must be completed through the SLO County YMCA website at www.sloymca.com.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
Futsal	K–12th	Jan 1–Feb 27	TBD	April 3–May 29	TBD	\$55

CLICK TO REGISTER ONLINE:

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HIGH SCHOOL RECREATIONAL BASKETBALL

AT LAGUNA MIDDLE SCHOOL & TAYLOR GYM

All high school students are invited to play in this active recreational league. Teens may register as teams with a minimum of five players and a maximum of ten players, or as individuals. Each team must have an adult mentor (age 18+) who is not playing in the league to act as Team Manager and must be present at all practices and games.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
HS Basketball	9th–12th	Dec 1–Jan 2	Sat	Jan 10–Mar 14	TBD	\$305/team

TEEN TRACK AND FIELD

AT LAGUNA MIDDLE SCHOOL

Laguna Middle School students, 7th–8th graders, are invited to participate in the Teen Track and Field program for all levels of experience. The team travels to various meets throughout the season and competes against local junior high and middle schools.

PROGRAM	GRADES	REG	DAYS	DATES	TIMES	COST
Teen Track	7th–8th	Dec 1– Mar 20	M, W, F	Mar 16–May 9	3:15–5pm	\$23

Adult Recreational Sports

PICKLEBALL

AT THE LUDWICK COMMUNITY CENTER

The new sport with a funny name! Pickle Ball is America’s Fastest Growing Sport. It is similar to tennis, but played on a smaller court, low impact, with slightly different rackets and balls. Come learn how to play this fun, easy and exciting game of Pickleball today!

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Pickle Ball	All	None	Wed	Jan	12–2pm	FREE

36TH ANNUAL SAN LUIS OBISPO TRIATHLON

AT SINSHEIMER PARK

Come be a part of a SLO Tradition! The annual SLO Triathlon is a community favorite that draws in over 1,000 participants. This short-course event, consisting of a 0.5 mile swim, 15 mile bike and 3.1 mile run, focuses on completion rather than competition. The SLO Triathlon accommodates everyone from the novice participant to the seasoned triathlete. **Photo ID Required on Race Day.**

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
SLO Triathlon	15+	Apr 25–July 17	Sun	July 26	6am–4pm	\$75/person, \$135/team

BOOMER SOFTBALL

AT SANTA ROSA PARK

Bring a bat and glove and meet at Santa Rosa Park for a game of boomer softball designed for senior players. Players may join on a drop-in basis.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Boomer Softball	50+	Tu	Ongoing	10am-1pm	FREE

COED 18+ SOCCER

AT DAMON-GARCIA SPORTS FIELD

The Parks and Recreation Department has teamed up with Central Coast Soccer to offer a co-ed league for all levels. Players may sign-up as an individual or register as a group of three. There will be play on Jan 19 and Feb 16. For more information and to register visit www.ccsoccer.com.

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Coed Soccer	18+	Oct 1–Nov 10	M	Nov 24–Jan 12	Evenings	\$53
Coed Soccer	18+	Dec 10–Jan 1	M	Jan 19–Mar 9	Evenings	\$53
Coed Soccer	18+	Feb 1–Feb 28	M	Mar 16–May 11	Evenings	\$53

MEN'S 35+ SOCCER

AT DAMON-GARCIA SPORTS FIELD

The Parks and Recreation Department is partnering with Central Coast Soccer to offer a soccer league for men ages 35+, designed to be fun for players of all levels. Players may sign-up as an individual or register as a group of five. No play on Dec 25 or Jan 1. For more information and to register visit www.ccsoccer.com.

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Men's Soccer	35+	Oct 1–Nov 10	Th	Dec 4–Jan 15	Evenings	\$88
Men's Soccer	35+	Dec 10–Jan 1	Th	Jan 22–Mar 12	Evenings	\$88
Men's Soccer	35+	Feb 1–Feb 28	Th	Mar 19–May 14	Evenings	\$88

ADULT WOMEN'S SOCCER

AT DAMON-GARCIA SPORTS FIELD

Once again, the Parks and Recreation Department has teamed up with Central Coast Soccer to offer a soccer league for adult women that's designed to be fun for players of all ability levels. Players may sign up as an individual or register as a group of five. No play on Dec 25 or Jan 1. For more information and to register visit www.ccsoccer.com.

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Adult Women's Soccer	35+	Oct 1–Nov 10	Th	Dec 4–Jan 15	Evenings	\$53
Adult Women's Soccer	35+	Dec 10–Jan 1	Th	Jan 22–Mar 12	Evenings	\$53
Adult Women's Soccer	35+	Feb 1–Feb 28	Th	Mar 19–May 7	Evenings	\$53

INDOOR VOLLEYBALL

AT THE LUDWICK COMMUNITY CENTER

Drop in and pick up a game of volleyball with other volleyball enthusiasts!

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Indoor Volleyball	All	W	Ongoing	7-9pm	FREE
Indoor Volleyball	All	Sun	Ongoing	7:30-9:30pm	FREE

RECREATIONAL SOFTBALL LEAGUE

AT EL CHORRO AND SANTA ROSA PARKS

The spring softball season includes men’s and coed leagues with lower, middle and upper divisions of play in each league. Games take place weekday nights. Adult Softball Rain-Out Hotline: 781-7301.

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Spring Softball	16+	Feb 2-Feb 20	M-F	Mar 2-May 29	Evenings	\$572/team



TABLE TENNIS

AT THE LUDWICK COMMUNITY CENTER

Table tennis is open to all ages and ability levels. Table Tennis is played on an ongoing basis, three times a week.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Table Tennis	All	Tu, Th	Ongoing	7-10pm	FREE
Table Tennis	All	Sun	Ongoing	4-7pm	FREE

ULTIMATE PICK-UP

AT DAMON GARCIA

Ultimate Pick-Up is sponsored by CC Ultimate and the Parks and Recreation Department. Ultimate Pick-Up combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. Ultimate Pick-Up is governed by Spirit of the Game™, a tradition of sportsmanship that places the responsibility for fair play on the players rather than referees. Bring a light and dark colored shirt, cleats and water each week. Must be pre-registered. Rain will cancel. **Rain-Out Hotline: 781-7301**

PROGRAM	AGES	REG	DAYS	DATES	TIMES	COST
Winter	16+	Dec 1-Mar 3	Tu	Dec 16-Mar 3	6:30-9pm	\$10/per player
Spring	16+	Feb 9-May 5	Tu	Mar 10-May 5	6:30-9pm	\$10/per player

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COMMUNITY SERVICES

(805) 781-7067 OR (805) 781-7303

The Community Services division oversees a variety of community-based opportunities for all ages including year-round community special events, enrichment classes for all ages, community gardens, volunteer services, skate park operations and senior/boomer activities. These programs are designed to promote wellness and human development.

NOTE: All contract classes require a minimum number of enrollees. Online registration processing fees are not refunded. For questions or inquiries about Community Services programs, contact Dave Setterlund, Recreation Supervisor, at (805) 781-7067 or dsetterlund@slocity.org.

Sports Classes

BEGINNING SLIDING SEAT ROWING

AT SANTA MARGARITA LAKE

Taught by San Luis Obispo Rowing Club Instructors

Sliding seat rowing lessons include both indoor rowing machines and boat experience on Santa Margarita Lake. Rowing technique, water safety, and the history of rowing in art, culture and in competitive sport are covered.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Rowing: Session 1	12+	Sat	Apr 4–May 2	9–11am	\$60
Rowing: Session 2	12+	Sat	May 23–June 13	9–11am	\$60

ICE SKATING

AT ATASCADERO BLADES SKATE SCHOOL

Taught by Atascadero Blades Skate School Staff, a USFSA Registered Skate School

Whether interested in playing hockey, participating in a figure skating competition, or simply exercising for better physical fitness, Atascadero Blades Skate School provides a goal-oriented program that encourages ice skating for all ages and levels. A half-hour group lesson and half-hour practice session occurs each week, with an additional public session for each eight-week session (Director approval required for Ice Skating Intermediate*). Registration includes skate rental and membership in the US Figure Skating Association, required for inclusion in Skate School. Classes will take place on holidays.

PROGRAM	AGES	DAYS	DATES	TIME	COST
Ice Skating: Basic 1, 2, or 3	4+	M	Jan 12–Mar 2	5–6pm	\$145
Ice Skating: Basic Adult	12+	M	Jan 12–Mar 2	5:30–6:30pm	\$145
Ice Skating: Basic Adult and Intermediate*	8+	W	Jan 14–Mar 4	5–6pm	\$145
Ice Skating: Mommy and Me, Tots	3–4	Sat	Jan 17–Mar 7	9:30–10:30am	\$145
Ice Skating: Basic 1, 2, 3, Basic	4+	Sat	Jan 17–Mar 7	10–11am	\$145
Ice Skating: Adult and Intermediate*	8+	Sat	Jan 17–Mar 7	10–11am	\$145

KIDZ LOVE SOCCER

AT FRENCH PARK

Taught by Kidz Love Soccer Coaches

Kidz Love Soccer thrives on providing tools to youth for personal growth and soccer bliss. Practices include age appropriate skill-building, games, and soccer scrimmages. All participants receive a Kidz Love Soccer jersey! In case of inclement weather, call the Kidz Love Soccer Rain-Out Hotline at 1-888-372-5803. No class Feb 16, May 23, May 25.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Parent & Me	2-3.5	Sat	Jan 24-Mar 11	9-9:30am	\$102
Parent & Me	2-3.5	M	Apr 13-Jun 15	5:45-6:15pm	\$102
Parent & Me	2-3.5	Sat	Apr 18-Jun 20	9-9:30am	\$102
Tot-Soccer/Pre-Soccer	3.5-5	M	Jan 26-Mar 23	4:45-5:15pm	\$92
Tot-Soccer	3.5-4	Sat	Jan 24-Mar 21	9:40-10:10am	\$102
Tot-Soccer	3.5-4	M	Apr 13-Jun 15	3:45-4:15pm	\$102
Tot-Soccer	3.5-4	Sat	Apr 18-Jun 20	9:40-10:10am	\$102
Pre-Soccer	4-5	Sat	Jan 24-Mar 21	10:10-10:45am	\$102
Pre-Soccer	4-5	M	Apr 13-June 15	5-5:35pm	\$102
Pre-Soccer	4-5	Sat	Apr 18-Jun 20	10:10-10:45am	\$102
Soccer-1	5-6	M	Jan 26-Mar 23	4-4:45pm	\$92
Soccer-1	5-6	Sat	Jan 24-Mar 21	10:45-11:30am	\$102
Soccer-1	5-6	M	Apr 13-Jun 15	4:15-5pm	\$102
Soccer-1	5-6	Sat	Apr 18-Jun 20	10:45-11:30am	\$102
Soccer-2: Skills & Scrimmages	7-10	Sat	Jan 24-Mar 21	11:30-12:15pm	\$102
Soccer-2: Skills & Scrimmages	7-10	Sat	Apr 18-Jun 20	11:30-12:15pm	\$102

SURFING LESSONS

AT SANDBAR SURF COMPANY, PISMO BEACH

Taught by Sandbar Surf Instructors

Spring is in the air and there is no better place to be than the beach! Sandbar Surf School's Camps are designed for both children and adults. Whether learning for the first time or experienced and looking to pick up tips from a professional, expect quality instruction, dynamic curriculum and a safety first attitude from well-versed instructors. Wetsuits and surfboards are provided to fit every profile and ability level. Start lessons any day of the week and enjoy the ride!

PROGRAM	AGES	DAYS	DATES	TIMES	COST
5 Day Camp	7+	M-Sun	Mar 15-May 31	9-11am	\$285
3 Day Camp	7+	M-Sun	Mar 15-May 31	9-11am	\$186
Weekend Surf	7+	Sat-Sun	Mar 21-May 31	9-11am	\$134
Single Day Lesson	7+	M-Sun	Mar 15-May 31	9-11am	\$67

COACH PATIENCE’S TENNIS AND FITNESS

AT FRENCH PARK TENNIS COURTS

Taught by USPTA certified professional Coach Patience

With 25 years of teaching experience, Coach Patience brings quality instruction while encouraging participants to learn and play tennis with a great attitude. Racket supplied if needed. This inclusive class also offers wheelchair/adaptive tennis lessons and Spanish is spoken by instructors. *NOTE: Upon private lesson registration Coach Patience will contact participant to schedule class days. Rain will cancel. No class Jan 19, Feb 13, 16, April 2–12 and May 25.*

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Jan 5–Jan 28	4:30–5:15pm	\$175
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Jan 5–Jan 28	5:15–6pm	\$175
Tennis Fun for Beginners (8 Lessons)	7–10	Tu, Th	Jan 6–Jan 29	3:30–4:15pm	\$200
Tennis Fun for Beginners (8 Lessons)	7–10	Tu, Th	Jan 6–Jan 29	4:15–5pm	\$200
Tennis Fun for Kinders (4 Lessons)	5–6	F	Jan 9–Jan 30	4:30–5:15pm	\$100
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Feb 2–Feb 25	4:30–5:15pm	\$175
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Feb 2–Feb 25	5:15–6pm	\$175
Tennis Fun for Beginners (8 Lessons)	7–10	Tu, Th	Feb 3–Feb 26	3:30–4:15pm	\$200
Tennis Fun for Beginners (8 Lessons)	7–10	Tu, Th	Feb 3–Feb 26	4:15–5pm	\$200
Tennis Fun for Kinders (3 Lessons)	5–6	F	Feb 6–Feb 27	4:30–5:15pm	\$75
Tennis Fun for Beginners (9 Lessons)	7–10	M, W	Mar 2–Mar 30	4:30–5:15pm	\$225
Tennis Fun for Beginners (9 Lessons)	7–10	M, W	Mar 2–Mar 30	5:15–6pm	\$225
Tennis Fun for Beginners (9 Lessons)	7–10	Tu, Th	Mar 3–Mar 31	3:30–4:15pm	\$225
Tennis Fun for Beginners (9 Lessons)	7–10	Tu, Th	Mar 3–Mar 31	4:15–5pm	\$225
Tennis Fun for Kinders (4 Lessons)	5–6	F	Mar 6–Mar 27	4:30–5:15pm	\$100
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Apr 1–Apr 29	4:30–5:15pm	\$175
Tennis Fun for Beginners (7 Lessons)	7–10	M, W	Apr 1–Apr 29	5:15–6pm	\$175
Tennis Fun for Beginners (6 Lessons)	7–10	Tu, Th	Apr 14–Apr 30	3:30–4:15pm	\$150
Tennis Fun for Beginners (6 Lessons)	7–10	Tu, Th	Apr 14–Apr 30	4:15–5pm	\$150

continued...

Tennis Fun for Kinders (2 Lessons)	5-6	F	Apr 17-Apr 24	4:30-5:15pm	\$50
Tennis Fun for Beginners (7 Lessons)	7-10	M, W	May 4-May 27	4:30-5:15pm	\$175
Tennis Fun for Beginners (7 Lessons)	7-10	M, W	May 4-May 27	5:15-6pm	\$175
Tennis Fun for Beginners (8 Lessons)	7-10	Tu, Th	May 5-May 28	3:30-4:15pm	\$200
Tennis Fun for Beginners (8 Lessons)	7-10	Tu, Th	May 5-May 28	4:15-5pm	\$200
Tennis Fun for Kinders (5 Lessons)	5-6	F	May 1-May 29	4:30-5:15pm	\$125
Private Lessons	5-10	TBD	Jan 3- May 31	5:30-6:15pm	\$45/45min



TENNIS TRAINING

AT SINSHEIMER PARK TENNIS COURTS

Classes provided by DM International Tennis Academy

Guided tennis training is provided to support any goal, age and ability level, from the development of basic skills to top competition. Consultation with instructors is available. Multilingual instruction in English, Spanish, and Italian is available. *No class Jan 26, 28 Feb 23, 25, Mar 2, 4, 9, Apr 1, 6, 8.*

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Youth Tennis Lessons and Training	6-14	M	Jan 5-May 18	3-4pm	\$17/hour
Youth Tennis Lessons and Training	6-14	W	Jan 7-May 20	3-4pm	\$17/hour
Tennis Lessons and Training	6+	M	Jan 5-May 18	2-3pm	\$17/hour
Tennis Lessons and Training	6+	W	Jan 7-May 20	2-3pm	\$17/hour
Tennis Lessons and Training	6+	M	Jan 5-May 18	4-5pm	\$17/hour
Tennis Lessons and Training	6+	W	Jan 7-May 20	4-5pm	\$17/hour
Semi-Private Lessons	6+	M, W	Jan 5-May 20	TBD	\$25/hour
Private Lessons	6+	M, W	Jan 5-May 20	TBD	\$50/hour

GYM BUGS 5-CLASS PASS

AT PERFORMANCE ATHLETICS GYMNASTICS & CHEER

Taught by Performance Athletics Instructors

The education and promotion of wellness, self-esteem and physical health is the goal at Performance Athletics. Children ages 3.5 to 12 are placed in an independent class running 55–60 minutes in length, while Parent Participation is required for children 3 years and under. The Parent Participation classes run 45 minutes in length. Sibling discounts available; inquire at the Parks and Recreation Department. *No class May 25.*

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Gym Bugs 5-Day Pass	Walking–12	M–Sat	Jan 5–May 30	Call 48 hours ahead to schedule your class	\$55



CLICK TO REGISTER ONLINE:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/SLOPARKSANDREC](https://apm.activecommunities.com/sloparksandrec)



GYMNASTICS CAMPS

AT PERFORMANCE ATHLETICS GYMNASTICS

Taught by Performance Athletics Instructors

Come join the fun! Gymnastics training for all levels. Gymnastics experience is not necessary for Performance Athletics camps. Beginners through advanced, everyone will feel welcome & learn some new skills! Participants must wear closed toe shoes with hair tied back. A leotard is recommended with no buttons, snaps, or zippers. Sunscreen, Lunch, Water, and Snacks must be brought every day to camp. Spring Break Camp is coed.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Spring Break Camp	4-14	M-F	Apr 6-Apr 10	9:30am-2:30pm	\$150

SHAOLIN KEMPO

AT THE MAIN ROOM IN THE SLO SENIOR CENTER

Taught by Gary Schmidt

The Shaolin Chaun Fa (Kempo) system is a linear, power-based and circular technique-based martial art. Beginner: white (newcomers) and yellow belts; Advanced: advanced participants have a solid foundation and are very experienced with Kempo.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Beginner	4+	Tu, Th	Jan 8-Jan 29	5:20-6pm	\$40
Beginner	4+	Tu, Th	Feb 3-Feb 26	5:20-6pm	\$40
Beginner	4+	Tu, Th	Mar 3-Mar 31	5:20-6pm	\$40
Beginner	4+	Tu, Th	Apr 2-Apr 30	5:20-6pm	\$40
Beginner	4+	Tu, Th	May 5-May 26	5:20-6pm	\$40
Advanced	12+	Tu, Th	Jan 8-Jan 29	6-7pm	\$60
Advanced	12+	Tu, Th	Feb 3-Feb 26	6-7pm	\$60
Advanced	12+	Tu, Th	Mar 3-Mar 31	6-7pm	\$60
Advanced	12+	Tu, Th	Apr 2-Apr 30	6-7pm	\$60
Advanced	12+	Tu, Th	May 5-May 26	6-7pm	\$60

ONLINE DRIVERS EDUCATION

Taught by AllGood Driving School (Online)

Drivers Education is required by the State of California in order to receive a driver's license. This class is the first step in obtaining a driver's permit. Coursework may be completed at any time of day or night. DMV-accepted certificates are issued upon successful completion of the course. Class does not include behind-the-wheel driving or training.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Online Course	14-18	Any	Jan 1-May 31	Any	\$75

SLO SKATE PARK

Construction of the New SLO Skate Park is underway and is scheduled for a grand opening in early 2015! Visit www.sloskatepark.com and www.facebook.com/sloskatepark to learn more about the park, find out about the latest construction updates, and learn about new programming opportunities at the state of the art Skate Park.



It's Happening.

BEGINNER SKATE CLASS

AT SANTA ROSA SKATE PARK

Beginning Skateboarding classes make learning how to skateboard fun and safe. Lessons focus on the development of control, balance, flexibility, and confidence. With these building blocks in place, students are prepared for a successful introduction to more advanced skateboarding skills and navigating skate park terrain with other users safely. Required: helmet, knee and elbow pads, athletic shoes, sunscreen and water.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Skate Fundamentals	8	Th	Apr 9–Apr 30	3:30–4:15pm	\$60
Skate Fundamentals	8+	Th	May 7–May 28	3:30–4:15pm	\$60

SPRING BREAK SKATE CAMP

AT SANTA ROSA SKATE PARK

Skate Camps are designed to help beginner and intermediate skaters learn new skills and utilize skate park terrain in a safe and supervised environment. Required: helmet, knee and elbow pads, athletic shoes, sunscreen and water.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
3 Day Camp	8+	W, Th, F	Apr. 8–Apr. 10	9am–12pm	\$140



HEALTH & WELLNESS CLASSES

HOOP DANCE FUN FOR ADULTS

AT SLO CITY/COUNTY LIBRARY COMMUNITY ROOM

Taught by Licensed & Certified BodyHoop® Instructor and Hoop Revolution® Hoop Mentor Briana Shean

Learn how to burn up to 100 calories every 10 minutes while having fun! Gain confidence and body awareness, increase core and overall strength; improve balance and symmetry, in this multilevel class where all skill levels are welcome. Class hoops provided and are also available for purchase.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Hoop Dance Session 1–6 classes	16+	Tu	Jan 6–Feb 10	6–7pm	\$60
Hoop Dance Session 2–6 classes	16+	Tu	Feb 24–Mar 31	6–7pm	\$60
Hoop Dance Session 3–6 classes	16+	Tu	Apr 14–May 19	6–7pm	\$60
Hoop Dance Private Lesson	16+	Tu	Jan 6–May 19	7–8pm	\$40

BELLYFIT®

AT LIBRARY AND LUDWICK COMMUNITY CENTER

Taught by Leslie Thompson

Bellyfit is a fresh combination of moves and music inspired by belly dance, African dance and Bollywood, along with a fusion of yoga, Pilates, and meditation. Please wear athletic shoes and bring a yoga mat and water. Classes will take place at the Library until February 28th when they will move to the Ludwick Community Center. No class Jan 24, Feb 14, March 14, 21, 25, April 4.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
BellyFit® 1 Day ½ Price Trial Class	16+	W	Jan 7	5:30–6:30pm	ONLY \$4
BellyFit® 5 Class Pass	16+	W	Jan 7–May 20	5:30–6:30pm	\$40
BellyFit® 10 Class Pass	16+	W	Jan 7–May 20	5:30–6:30pm	\$80
BellyFit® 1 Day ½ Price Trial Class	16+	Sat	Jan 3	8:30–9:30am	ONLY \$4
BellyFit® 5 Class Pass	16+	Sat	Jan 3–May 23	8:30–9:30am	\$40
BellyFit® 10 Class Pass	16+	Sat	Jan 3–May 23	8:30–9:30am	\$80

BELLYFIT® SAGE

AT LIBRARY AND LUDWICK COMMUNITY CENTER

Bellyfit Sage is a brand-new format designed for mature women and those who are re-entering the world of exercise. With gentle yet powerful dance moves set to world beats, participants also enjoy a stretching sequence using the support of a chair. Wear athletic shoes, and bring water and a friend. Classes will take place at the Library until February 28th when they will move to the Ludwick Community Center. No class Jan 24, Feb 14, March 14, 21, April 4.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Bellyfit Sage	50–96	W	Jan 7–May 20	4–5pm	\$8/class

KIDS YOGA SPRING BREAK CAMP

AT LAGUNA LAKE PAVILION

Taught by Heather Noyes of The Nature Yoga

Explore nature, practice yoga, and meet new friends with this fun week of kid centered adventures! This camp is designed to encourage self-confidence, kindness, focus, and creativity. Class instructor is First Aid/CPR certified, a registered yoga instructor, and a credentialed teacher. Note: all campers should wear closed toed shoes and comfortable yoga/outdoor appropriate clothing, as well as bring snacks, water, sunscreen and a hat.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Kids Yoga Spring Break Camp	5-10	M-F	Apr 6-10	9am-12pm	\$150

Prenatal and Post Pregnancy Fitness Coming Soon!

www.slocity.org/parksandrecreation

Performance Art & Enrichment Classes

BABY MUSIC TIME

AT LIBRARY COMMUNITY ROOM

Taught by Grand Central Music and Conservatory Instructors

Engage in musical play with your baby, using singing, bouncing, tapping, dancing, simple instruments, toys and colorful visuals. No class Jan 19, Feb 16.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Baby Music Time	0-12 mo	M	Jan 12-Mar 30	11:15am-11:45am	\$210/parent & child
Baby Music Time	0-12 mo	W	Jan 21-Mar 25	11:15am-11:45am	\$210/parent & child

TODDLER SING AND PLAY 1/2

AT LIBRARY COMMUNITY ROOM

Taught by Grand Central Music and Conservatory Instructors

Parents and children are lead on a musical adventure full of singing, playing instruments, creative movement, simple group dances, and storytelling. No class Jan 19, Feb 16.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Toddler Sing and Play 1	13-24 mo	M	Jan 12-Mar 30	10:30am-11am	\$210/parent & child
Toddler Sing and Play 1	13-24 mo	W	Jan 21-Mar 25	10:30am-11am	\$210/parent & child
Toddler Sing and Play 2	2-3	M	Jan 12-Mar 30	9:45am-10:15am	\$210/parent & child
Toddler Sing and Play 2	2-3	W	Jan 21-Mar 25	9:45am-10:15am	\$210/parent & child

Academic Workshops Coming Soon!

www.slocity.org/parksandrecreation

RETIREMENT PLANNING TODAY

AT SAN LUIS OBISPO HIGH SCHOOL

Taught by Shawn Alan Murphy, CFP®

Attend this course and learn how to create a plan for early retirement! This is a fun, comprehensive, and interactive overview of the traditionally dry world of retirement planning. Students will learn to integrate finance with goals and values, use tax law changes to their advantage and learn to properly allocate assets within an IRA or employer retirement plan (401k, 403b, etc.).

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Session 1	18+	Sat	Mar 14, 21	9am-12pm	\$59
Session 2	18+	Thurs	Mar 19, 26	6:30pm-9:30pm	\$59

Community Gardens

The City of San Luis Obispo has four community gardens with over 100 plots available for City residents to lease. For more information please visit: www.slocity.org/parksandrecreation or call (805) 781-7067.

Broad Street

The Broad Street Garden has 17 plots and is located on the North end of Broad Street, between Lincoln Street and the Highway 101 southbound on-ramp.

Laurel Lane

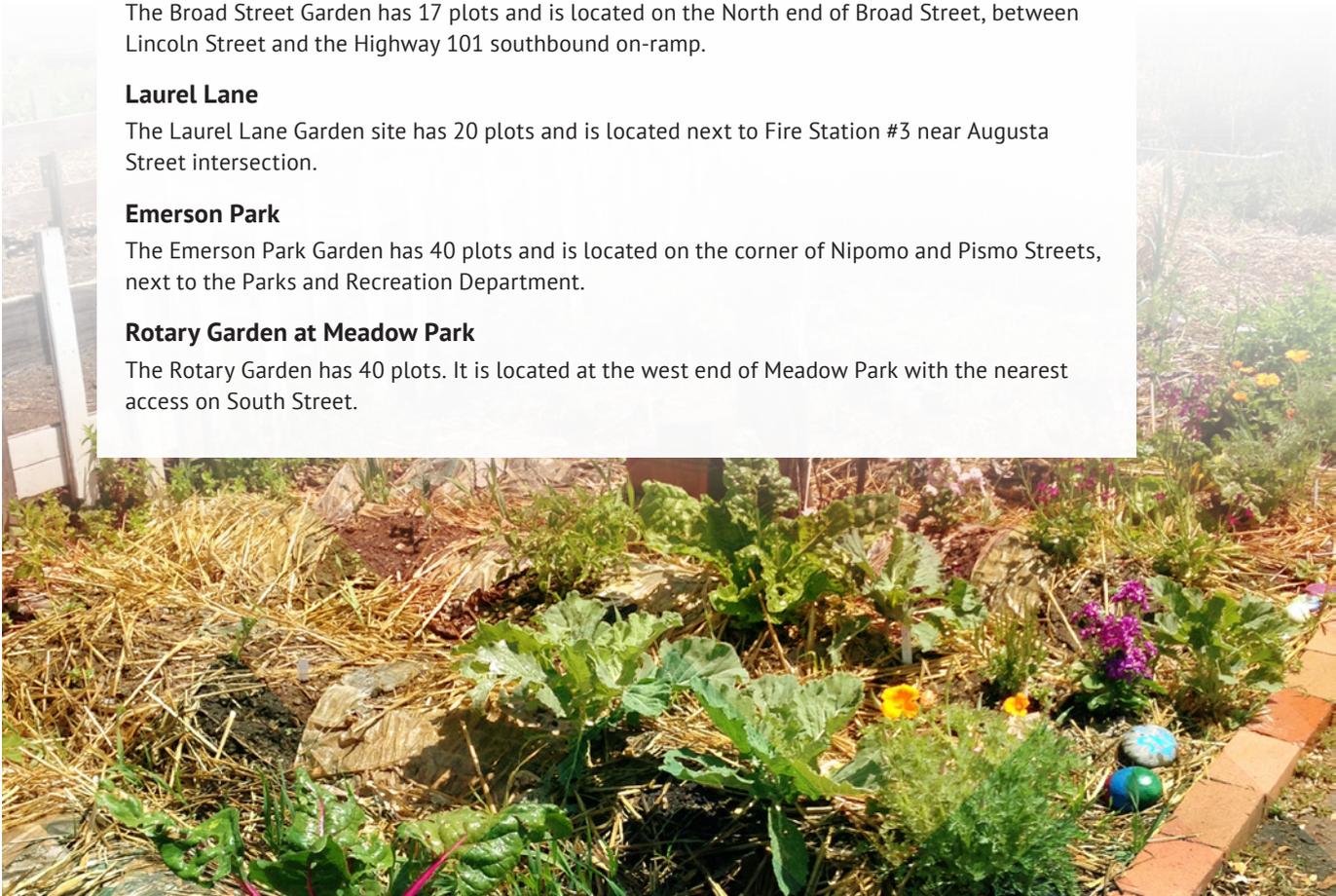
The Laurel Lane Garden site has 20 plots and is located next to Fire Station #3 near Augusta Street intersection.

Emerson Park

The Emerson Park Garden has 40 plots and is located on the corner of Nipomo and Pismo Streets, next to the Parks and Recreation Department.

Rotary Garden at Meadow Park

The Rotary Garden has 40 plots. It is located at the west end of Meadow Park with the nearest access on South Street.



SENIORS

55+ Meetings and Clubs

(805) 781-7306

For more information on the Active Adults program for Senior-Citizens and Boomers, unless otherwise noted, please call 781-7306 or visit the Senior Center at 1445 Santa Rosa Street, Monday through Friday, 9 a.m. to 4 p.m. Closed on legal holidays.

EXECUTIVE BOARD MEETINGS

AT THE SENIOR CENTER

The San Luis Obispo Senior Center Executive Board addresses the recreational needs and concerns of Senior Center members, as well as organizes events in conjunction with the Parks and Recreation Department. The Senior Center Board meetings are held monthly; representatives from user groups at the center as well as the general public are all encouraged to attend. To be placed on the agenda call the Senior Center at 781-7306 at least seven days prior to the meeting.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Board Meetings	55+	2nd M	Ongoing	9:30am	FREE

BROWN BAG PROGRAM

AT THE SENIOR CENTER

The Brown Bag program provides a monthly bag of groceries for eligible individuals. Bags are distributed at the Senior Center and are available for low income seniors in the City of San Luis Obispo. Recipients must show proof of residency.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Brown Bag	55+	3rd Tu	Ongoing	9am	FREE

GEM AND MINERAL CLUB

AT THE SENIOR CENTER

The Gem and Mineral Club is a unique find. Enjoy sharing and learning about gems and stones through group discussions and mineral exploration.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Gem and Mineral	55+	1st Tu	Ongoing	7-9:45pm	FREE



GENERAL MEMBERSHIP LUNCHEONS

AT THE SENIOR CENTER

Enjoy monthly presentations while eating a nutritious meal with friends. To make a lunch reservation, call the Senior Center at 781-7306.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Senior Luncheons	55+	3rd W	Ongoing	12-1pm	\$9 for members; \$11 non-members

PINOCHLE AND OTHER GAMES

AT THE SENIOR CENTER

Pick-up a card game and take pleasure in the company of others. Socialize and teach others favorite card games or join in on-going games.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Card Games	55+	M, W, F	Ongoing	12-4pm	FREE

ROUNDTABLE READERS

AT THE SENIOR CENTER

Explore literary adventures and tales with other insightful readers. Various authors, topics and novels are discussed each month, giving the opportunity to critique and analyze wondrous and obscure pieces of literature.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Roundtable	55+	2nd W	Ongoing	7-8:30pm	FREE

BOOK CLUB

AT THE SENIOR CENTER

The group reads books from the San Luis Obispo City/County Library “Book Club in a Box” program. Book Club members may be required to provide their own copy of the selected book.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Book Club	55+	4th M	Ongoing	1pm	FREE

SILVER STREAKS

AT THE SENIOR CENTER

Looking for a volunteer opportunity? Volunteer with Silver Streaks, a group that provides mailing services to non-profit organizations within San Luis Obispo.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Silver Streaks	55+	1st, 4th, 5th Th	Ongoing	9am	FREE

55+ Activities

(805) 781-7306

ADULT WELLNESS AND PREVENTION SCREENING

AT THE SENIOR CENTER

Take good care of yourself! Services include: monitoring of blood pressure, pulse and weight; finger prick blood test screening for anemia, blood sugar and cholesterol; nutritional and lifestyle counseling. No appointment needed; first come, first-served. Call 544-2484, ext. 1 for more information.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Health Services	55+	2nd Th	Ongoing	9:30–11:30am	FREE

BINGO

AT THE SENIOR CENTER

Join the fun! Bingo is a great way to include play in your day and get to know other members of the community. Drop-ins are always welcome.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Bingo	55+	W	Ongoing	9am	\$2.50/buy-in

BRAIN AEROBICS

AT THE SENIOR CENTER

Taught by Sonja Glassmeyer

Remember, it's only hard until it's easy. Join the group for challenging mental exercises, puzzles, facts and techniques to strengthen and challenge the functioning power of the brain in a fun way that stimulates brain development.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Brain Aerobics	55+	1st M	Ongoing	10:25am	FREE

BRIDGE: "PARTY" BRIDGE

AT THE SENIOR CENTER

Bridge is an ageless interactive game involving skill and wit. Play this classic game to keep the mind sharp and stimulated. Groups meet and play bridge on a weekly basis.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Bridge	55+	Tu	Ongoing	12:30pm	\$1

BRIDGE: DUPLICATE BRIDGE

AT THE SENIOR CENTER

This game keeps your mind young by exercising gray cells. There are several opportunities throughout the week to meet, plan a lesson and play bridge.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Duplicate Bridge	55+	M, F	Ongoing	12:30pm	\$4/game
Duplicate Bridge	55+	W	Ongoing	6:15pm	\$4/game
Duplicate Bridge	55+	2nd Sat	Ongoing	12:30pm	\$4/game
Lessons	55+	M	Ongoing	11:15am	FREE

MAHJONG

AT THE SENIOR CENTER

Cari Keane teaches how to use pongs, Kongs and chows to win the Filipino version of this classic tile game. Beginners welcome.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Mahjong	55+	Th	Ongoing	1:00–3pm	FREE

CHAIR EXERCISE CLASS

AT THE SENIOR CENTER

Take a few moments to energize the body in a safe and encouraging environment. Chair exercises and gentle stretching in this program keeps muscles active and strong.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Exercise Class	55+	Tu, Th	Ongoing	10-11am	FREE

ACTIVE EXERCISE

AT THE SENIOR CENTER

Break out of that daily routine and join the Active Exercise for seniors class to breath, stretch, and increase flexibility and strength.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Exercise Class	55+	Tu-F	Ongoing	9-9:45am	FREE

LEGAL SERVICES

AT THE SENIOR CENTER

Have a legal question and need an expert? This is your opportunity to get a professional's assistance. Call (805)781-7306 to schedule a 20 minute appointment.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Legal Services	55+	2nd F	Ongoing	9:30am, by appt	FREE

SCRAPBOOKING

AT THE SENIOR CENTER

Scrapbooking is an excellent way to document milestones, record family history and more! Learn the art of scrapbooking in this class.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Presentations	55+	3rd M	Ongoing	10:25am	FREE

WRITING CLASS

AT THE SENIOR CENTER

Taught by Gayle Cuddy

Give a gift to yourself and your family. Take this class and learn how to write your personal story. Call (805) 489-1026 to register or for more information.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Writing Class	55+	Tu	Ongoing	1pm	FREE

SLO SWIM CENTER

(805) 781-7284 (RECORDED PROGRAM INFORMATION), (805) 781-7288

All aquatic programs and classes are at the SLO Swim Center in Sinsheimer Park, 902 Southwood Drive. Registration for all aquatic activities is accepted at the SLO Swim Center or online at www.slocity.org/parksandrecreation. Closed on legal holidays.

30-DAY RATES AND SWIM SCRIPTS

30-Day Passes

Fees for Aqua Aerobics and Lap Swimming may be paid monthly

\$45 per month – Adults

\$35 per month – Youth/Seniors

Swim Script

A 10 use pass is available for Aqua Aerobics, Lap Swimming, Therapy/Tot Pool Swimming and Spring Break Recreational Swimming

\$27 per 10-pass – Adults

\$22.50 per 10-pass – Youth/Seniors



AQUA AEROBICS

The structure and routine of the shallow water Aqua Aerobics classes may be adapted to individual needs with the assistance of the instructors. The 11:40 a.m. class is conducted in the shallow end of the Main Pool (80°) and the 5:40 p.m. class is conducted in the Therapy Pool (90°).

PROGRAM	AGE	DAYS	DATE	TIME	COST
Aqua Aerobics	All	M-F	Ongoing	11:40am-12:30pm	\$3/adult, \$2.50/youth&seniors
Aqua Aerobics	All	M, W, F	Ongoing	5:40-6:30pm	\$3/adult, \$2.50/youth&seniors

LAP SWIMMING

The Lap Swim Program is time that may be utilized for several types of aquatic activities including: walking, kicking, physical therapy, aqua jogging, triathlon training or working one-on-one with children.

PROGRAM	AGE	DAYS	DATES	TIMES	COST
Lap Swimming	All	M-F	Ongoing	6-8am	\$3/adult, \$2.50/ youth&seniors
Lap Swimming	All	M-F	Ongoing	11:30am-1:30pm	\$3/adult, \$2.50/ youth&seniors
Lap Swimming	All	M-F	Ongoing	5:30-7pm	\$3/adult, \$2.50/ youth&seniors
Lap Swimming	All	Sat	Ongoing	6:30-8am	\$3/adult, \$2.50/ youth&seniors
Lap Swimming	All	Sat	Ongoing	11:30am-1:30pm	\$3/adult, \$2.50/ youth&seniors
Lap Swimming	All	Sun	Jan-June 7	11:30am-1:30pm	\$3/adult, \$2.50/ youth&seniors

THERAPY POOL/TOT POOL SWIMMING

The Therapy/Tot Pool not only offers various programs and unique opportunities, it also accommodates people of all ages. The shallow section of the pool is available for toddlers and accompanying adults, while the deeper section is available for adults and seniors to enjoy the pool for exercise and self-directed activities.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Shallow Area	Youth	M-Sun	Dec 1-June 7	11:30am-1:20pm	\$3/adult, \$2.50/youth & seniors
Deepest Area	18+	M-Sun	Dec 1-June 7	11:30am-12:30pm	\$3/adult, \$2.50/youth & seniors
Shallow Area	Youth	M-F	Dec 1-June 7	5:30-6:50pm	\$3/adult, \$2.50/youth & seniors
Deepest Area	18+	M-F	Dec 1-June 7	5:30-6:30pm	\$3/adult, \$2.50/youth & seniors

WARM WATER EXERCISE CLASS

The versatility and 90° waters of the Therapy Pool provide an enjoyable atmosphere to host the instructor-led Warm Water Exercise Class.

PROGRAM	AGE	DAYS	DATES	TIMES	COST
Warm Water Exercise	All	M, W, F	Dec 1–June 7	8–9am	\$75/20 classes
Warm Water Exercise	All	M, W, F	Dec 1–June 7	9–10am	\$75/20 classes

Registration for all winter/spring Aquatics programs begins on Monday, December 1. Register Online by visiting www.slocity.org/parksandrecreation. Refunds are not provided for lesson programs, however credits may be provided upon request.

PRIVATE LESSONS

Note: These lessons are held exclusively in the Therapy/Tot Pool; access to the Main Pool is not available.

Private swim lessons are designed to maximize the individual instruction given to a particular student with a one-to-one student/teacher ratio. Semi-private lessons are available for family members or close friends that have students of a similar ability (first student pays full private fee, second student pays at half price).

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Session 1	3+	M, W, F	Mar 2–Mar 13	4:10–4:40pm	\$65
Session 1	3+	M, W, F	Mar 2–Mar 13	4:45–5:15pm	\$65
Session 1	3+	Tu, Th	Mar 3–Mar 12	4:10–4:40pm	\$44
Session 1	3+	Tu, Th	Mar 3–Mar 12	4:45–5:15pm	\$44
Session 2	3+	M, W, F	Mar 16–Mar 27	4:10–4:40pm	\$65
Session 2	3+	M, W, F	Mar 16–Mar 27	4:45–5:15pm	\$65
Session 2	3+	Tu, Th	Mar 17–Mar 26	4:10–4:40pm	\$44
Session 2	3+	Tu, Th	Mar 17–Mar 26	4:45–5:15pm	\$44
Session 3	3+	M, W, F	Apr 13–Apr 24	4:10–4:40pm	\$65
Session 3	3+	M, W, F	Apr 13–Apr 24	4:45–5:15pm	\$65
Session 3	3+	Tu, Th	Apr 14–Apr 23	4:10–4:40pm	\$44
Session 3	3+	Tu, Th	Apr 14–Apr 23	4:45–5:15pm	\$44
Session 4	3+	M, W, F	Apr 27–May 8	4:10–4:40pm	\$65
Session 4	3+	M, W, F	Apr 27–May 8	4:45–5:15pm	\$65
Session 4	3+	Tu, Th	Apr 28–May 7	4:10–4:40pm	\$44
Session 4	3+	Tu, Th	Apr 28–May 7	4:45–5:15pm	\$44

CLICK TO REGISTER ONLINE:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/SLOPARKSANDREC](https://apm.activecommunities.com/sloparksandrec)



SPRING SWIM LESSONS (GROUP & PRIVATE)

Enjoy learning and becoming familiar with aquatics as friendly and knowledgeable staff guide the way. *Lessons will proceed as planned for May 25, 2014 Memorial Day.*

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Beginner 1	3+	M-F	May 11-May 22	4:10-4:40pm	\$53
Beginner 1	3+	M-F	May 11-May 22	4:45-5:15pm	\$53
Beginner 2	3+	M-F	May 11-May 22	4:10-4:40pm	\$53
Beginner 2	3+	M-F	May 11-May 22	4:45-5:15pm	\$53
Level 2	3-5	M-F	May 11-May 22	4:10-4:40pm	\$53
Level 2	3-5	M-F	May 11-May 22	4:45-5:15pm	\$53
Level 2	6+	M-F	May 11-May 22	4:10-4:40pm	\$53
Level 2	6+	M-F	May 11-May 22	4:45-5:15pm	\$53
Level 3	4+	M-F	May 11-May 22	4:10-4:40pm	\$53
Level 3	4+	M-F	May 11-May 22	4:45-5:15pm	\$53
Level 4	4+	M-F	May 11-May 22	4:10-4:40pm	\$53
Level 4	4+	M-F	May 11-May 22	4:45-5:15pm	\$53
Private	3+	M-F	May 11-May 22	4:10-4:40pm	\$107
Private	3+	M-F	May 11-May 22	4:45-5:15pm	\$107
Beginner 1	3+	M-F	May 25-June 5	4:10-4:40pm	\$53
Beginner 1	3+	M-F	May 25-June 5	4:45-5:15pm	\$53
Beginner 2	3+	M-F	May 25-June 5	4:10-4:40pm	\$53
Beginner 2	3+	M-F	May 25-June 5	4:45-5:15pm	\$53
Level 2	3-5	M-F	May 25-June 5	4:10-4:40pm	\$53
Level 2	3-5	M-F	May 25-June 5	4:45-5:15pm	\$53
Level 2	6+	M-F	May 25-June 5	4:10-4:40pm	\$53
Level 2	6+	M-F	May 25-June 5	4:45-5:15pm	\$53
Level 3	4+	M-F	May 25-June 5	4:10-4:40pm	\$53
Level 3	4+	M-F	May 25-June 5	4:45-5:15pm	\$53
Level 4	4+	M-F	May 25-June 5	4:10-4:40pm	\$53
Level 4	4+	M-F	May 25-June 5	4:45-5:15pm	\$53
Private	3+	M-F	May 25-June 5	4:10-4:40pm	\$107
Private	3+	M-F	May 25-June 5	4:45-5:15pm	\$107

CLICK TO REGISTER ONLINE:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/SLOPARKSANDREC](https://apm.activecommunities.com/sloparksandrec)



SPRING BREAK RECREATIONAL SWIMMING

During Spring Break, the SLO Swim Center is open at peak hours for prime enjoyment. The Main Pool and the Therapy/Tot Pool are both available for use during Recreational Swim time.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Rec Swimming	All	M-F	Apr 6-10	1:45-3:30pm	\$3/adult, \$2.50/youth & seniors

AMERICAN RED CROSS LIFEGUARD TRAINING

This course includes instruction on in-water lifeguard skills, First Aid to meet Title 22 requirements, and CPR/AED for the Professional Rescuer. Participants must be able to attend ALL class sessions. Make-up classes are not available.

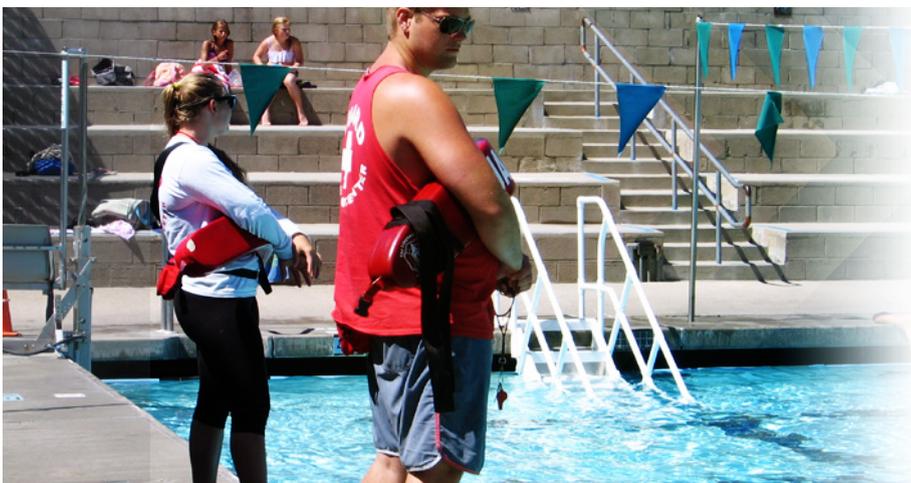
PROGRAM	AGES	DAYS	DATES	TIMES	COST
Session 1	15+	Sat, Sun	Apr 11-Apr 19	8-6pm (1hr lunch)	\$200
Session 2	15+	Sat, Sun	May 2-May 10	8-6pm (1hr lunch)	\$200

FAMILY WATER SAFETY DAY



The City of San Luis Obispo's Parks and Recreation department will be offering a Family Water Safety Day. This free event will be offered as part of the National Water Safety Month. The event is designed to build a safer community by providing resources on a variety of topics. Information booths will discuss how to be safe around an aquatic environment, the importance of personal flotation devices, how to safely reach and assist someone struggling in the water, the importance of sun safety, a mini class of our aqua aerobics program, and swim lesson level screening. The event will also include safety demonstrations by the SLO Swim Center staff. All those who attend the 1 hour program will be invited to stay at the SLO Swim Center free of charge for a 2 hour family fun swim. This program is for adults and children, so bring your suit and towel for a day of safety and fun.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Family Water Safety Day	All	Sat	May 16	3-6pm	Free (with attendance of safety demonstration)



LAGUNA LAKE MUNICIPAL GOLF COURSE

(805) 781-7309

The City of San Luis Obispo's 10-hole, executive length course offers a unique wellness and entertainment opportunity for the whole family. Views from the course include Cerro San Luis, Bishop's Peak and Irish Hills. Whether a beginner, junior or accomplished golfer, the low fees, quality maintenance and friendly staff make this 10-hole course a community gem. Open 364 days a year (closed on Christmas).

11TH HOLE GRILL

Visit the 11th Hole Grill at the Laguna Lake Golf Course for fresh, made-to-order food, soft drinks and daily specials. Breakfast is served all day long. Come by and say, "Hello" to The Achievement House crew. Open at 7:30 a.m. seven days a week.

TWILIGHT HOURS

Twilight begins at 1pm through March 8, (3pm after March 8). Come and receive up to 33% off your green fee and still have time to finish before dark.

The Laguna Lake Municipal Golf Course is located at 11175 Los Osos Valley Road. For more information on the City golf course, tee times and affiliated golf programs, call 781-7309 or go on-line www.lagunalakegolfcourse.org Tee times are accepted seven days in advance.

Reserve Tee Times Seven Days in Advance On-Line at www.lagunalakegolfcourse.com

LAGUNA LAKE GOLF COURSE FEES:

Visa/MasterCard/Amex accepted. *All fees subject to change July 1, 2015*

10-Hole Fees	Regular Golfer	Senior (55+), Youth (under 18), Student (must show I.D.)
Monday–Thursday	\$11	\$9
Friday–Sunday	\$12	\$10
Replay	\$6.75	\$6.75
New Off Peak (M–Th, 12pm–1pm)	\$10	\$9
Twilight Time (after 1pm)	\$8.25	\$8.25

10-Play Cards are Available for Purchase

Power Golf Carts: \$7 per person

Club Rentals Available

THE FIRST TEE CENTRAL COAST

The First Tee and Laguna Lake Golf Course present an extraordinary youth golf program. The program provides instruction to youth about golf, along with life-enhancing values which may be used on and off the golf course. All equipment is provided if needed. For more information call 781-7309.

LAGUNA LAKE GOLF COURSE WELCOMES TOURNAMENTS

Tournaments, 10 or 20-hole, are ideal for special occasions, such as birthday parties, fund raisers and any other social gatherings. A newly renovated, no cost barbecue facility is available. To schedule a tournament, call 781-7309.

GOLF INSTRUCTION

with PGA Professional Terri Benson

Whether a beginner, building a golf swing from scratch, or a scratch player in need of fine tuning, take control of the golf game through lessons. Developed over 20 years of private and group instruction, Terri's instruction empowers golfers with the understanding of each swing.

Private Lesson Fees	Adults	Juniors (Under 18)
Half-Hour Lesson	\$45	\$30
Half-Hour Lesson Series (3 Lessons)	\$100	\$75
9-Hole Playing Lesson (Video Analysis Included)	\$90	\$90



FACILITIES

The recreational facilities in the City of San Luis Obispo are equipped to meet the needs of community members and guests. Our facilities are ideal for assemblies, conferences, celebrations and so much more. Each unique facility offers many different amenities such as barbecues, conference rooms, ball fields, basketball courts, tennis courts and everything that you need to make your event perfect. Visit www.slocity.org/parksandrecreation to make a reservation. For further information regarding City facilities, call the Parks and Recreation Facilities Desk at 781-7222.

INDOOR FACILITIES

(C) Ludwick Community Center at 864 Santa Rosa Street

Located just off of Highway 1 in the heart of San Luis Obispo. Spaces for rent within the Ludwick Community Center include small and large conference rooms, a gymnasium with a stage, and a full-sized catering kitchen. The small assembly room can seat 40 while the assembly room can seat 100 people. The gymnasium is able to accommodate up to 220 participants.

(G) City/County Library at 995 Palm Street

Centrally located in downtown San Luis Obispo, the Library offers two rooms for use. The Library Community Room includes tables, chairs, podium, kitchenette, stage and a microphone. It is able to seat up to 120 guests. The Library Conference room offers an excellent meeting space with tables, chairs, white boards, and the ability to seat up to 30 people.

(F) Senior Citizens Center at 1445 Santa Rosa Street

This facility, located in Mitchell Park, is home to a wide range of programs and services throughout the year. The building is equipped with a complete kitchen, tables, chairs, and can seat up to 120 people. Just outside the center, users will find a BBQ and the beautiful Mitchell Park.

(16) Meadow Park Neighborhood Center at 2333 Meadow Street

This glass clad building offers guests the tranquility of Meadow Park's 14 acres, while providing all of the comforts of the indoors. Additionally there is a small playground immediately outside of the building. The Meadow Park Neighborhood Center has 10 tables and accommodates 80 people.

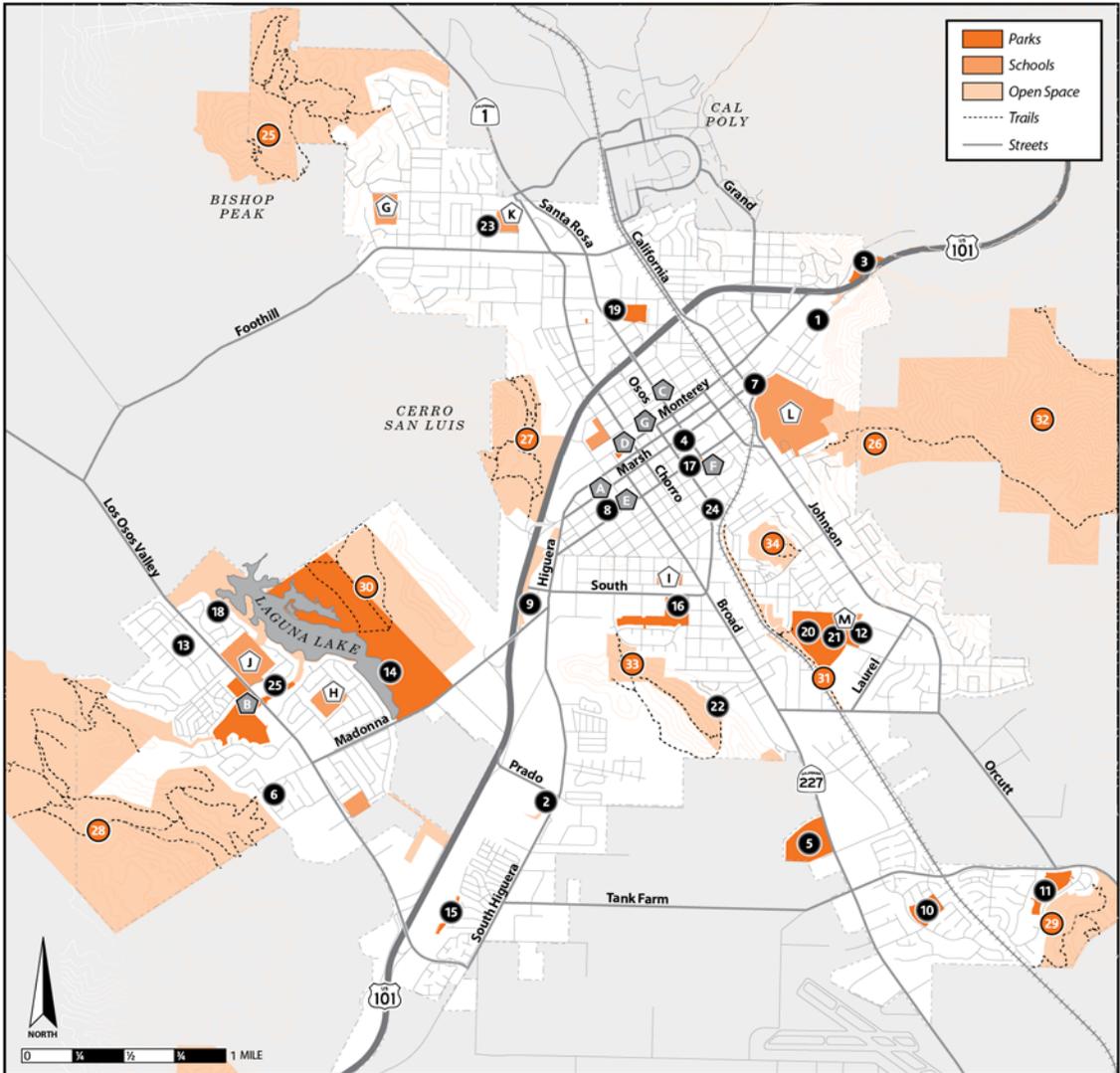
OUTDOOR FACILITIES

San Luis Obispo's community and neighborhood parks offer an incredible opportunity to enjoy the City's natural environment and recreational opportunities. The City's many outdoor facilities include amenities such as BBQ areas, ball fields, tennis courts, basketball courts, sand volleyball, horseshoe pits, and more.

Santa Rosa, Sinsheimer, French, Johnson, Laguna Lake, and Mitchell Parks have large group BBQ areas with plenty of grass for playing, relaxing and lounging. Other parks have smaller, charcoal BBQs for gatherings that are more intimate. Santa Rosa, Meadow, Sinsheimer, and Johnson Parks are "bounce house friendly" which makes these areas perfect for a child's birthday or special occasions.

(A) Historic Jack House Gardens

Nestled in the heart of downtown, at 536 Marsh Street San Luis Obispo, the Historic Jack House and Gardens offer a serene place for weddings, garden parties, fundraisers and other special events. To view amenities and reservation opportunities visit www.slocity.org/parksandrecreation. Note that no vehicles are allowed entry on to the Jack House grounds.



PARKS AND RECREATION FACILITIES IN SAN LUIS OBISPO

PARKS AND SPORTS FIELDS

- | | | |
|---|--|--|
| 1 Anholm Park
870 Mission | 10 French Park
1040 Fuller | 19 Santa Rosa Park
Softball Field, Skate Park & Multi-Use Court
Santa Rosa & Oak |
| 2 Bob Jones Bike Trail
South Higuera near Prado | 11 Islay Hill Park
1511 Tank Farm Road | 20 Sinsheimer Park
Stadium, Stockton Field, Tennis Court, Batting Cages, Disc Golf
900 Southwood |
| 3 Buena Vista Park
100 Block Buena Vista | 12 Johnson Park
1020 Southwood | 21 San Luis Obispo Swim Center
Therapy and Tot Pool
902 Southwood |
| 4 Cheng Park
Santa Rosa and Marsh | 13 Laguna Hills Park
890 Mirada | 22 Stoneridge Park
535 Bluerock |
| 5 Damon-Garcia Sports Complex
680 Industrial Way | 14 Laguna Lake Park
504 Madonna | 23 Throop Park
510 Cerro Romauldo |
| 6 De Vaul Park
1651 Spooner | 15 Las Praderas Park
Las Praderas and Mariposa | 24 Triangle Park
1701 Osos |
| 7 Ellsford Park
San Luis Drive near California | 16 Meadow Park & Meadow Park Building
2333 Meadow | 25 Vista Lago Park
1269 Vista Lago |
| 8 Emerson Park
1316 Beach | 17 Mitchell Park
1400 Chios | |
| 9 Eto Park
179 Brook | 18 Priolo-Martin Park
890 Vista Del Colados | |

NATURAL RESERVES & OPEN SPACE

- | | |
|-----------------------------------|---|
| 25 Bishop Peak Natural Reserve | 31 Railroad Recreation Trail |
| 26 Bowden Ranch Open Space | 32 Reservoir Canyon Natural Reserve |
| 27 Cerro San Luis Natural Reserve | 33 South Hills Open Space |
| 28 Irish Hills Natural Reserve | 34 Terrace Hill Open Space |
| 29 Islay Hill Open Space | 35 Stenner Springs Open Space
(North of the City, out of map bounds) |
| 30 Laguna Lake Open Space | |

VISITOR & RECREATION FACILITIES

- | | |
|--|---|
| Jack House & Gardens
536 Marsh | Mission Plaza
989 Chorro |
| Laguna Lake Mun. Golf Course
11175 Los Osos Valley Road | Park & Recreation Department
1341 Nipomo |
| Ludwick Community Center
664 Santa Rosa | Senior Citizens Center
1445 Santa Rosa |
| City/County Public Library
995 Palm | |

PUBLIC SCHOOLS

- | | |
|---|---|
| Bishop's Peak/Teach Elem. School
451 Jaycee Street | Pacheco Elementary School
165 Grand Avenue |
| C. L. Smith School
375 Balboa Street | San Luis Obispo High School
1350 California Street |
| Hawthorne Elementary
2125 Story Street | Sinsheimer Elementary School
2755 Augusta |
| Laguna Jr. High School
11050 Los Osos Valley Road | |

FOR MORE INFORMATION CALL 781-7300

The City of San Luis Obispo's municipal code prohibits alcohol in any public location unless prior permission is given and insurance provided. To obtain permission, please call the Facilities Desk at 781-7222.

RANGER SERVICE (805) 781-7302

RANGER-LED HIKES

Join a City Ranger for hikes at beautiful, local open spaces, and learn about geology, vegetation and wildlife. Please wear sturdy shoes and bring plenty of water. Hike duration varies with group. For more information or to schedule a group hike, call 781-7302.

LOCATION	AGES	DAYS	DATES	TIMES	COST
Stenner Springs @ end of Stenner Rd	All	Sun	Jan 4	1pm	FREE
Reservoir Canyon	All	Sun	Feb 8	1pm	FREE
Cerro San Luis	All	Sun	Mar 15	1pm	FREE
Froom Ranch @ Home Depot Lot	All	Sun	Apr 19	1pm	FREE
Johnson Ranch	All	Sun	May 10	1pm	FREE

TRAIL WORKDAYS

Volunteers are essential to the ongoing upkeep and maintenance of our trails. In partnership with SLO Stewards, frequent Trail Workdays are held in the City's Open Space. Tools are provided, along with water and snacks. Please wear long pants and sturdy shoes. For more information call 781-7302.

LOCATION	AGES	DAYS	DATES	TIMES	COST
Stenner Springs @ End of Stenner Rd	All	Sat	Jan 3	9am-12pm	FREE
Irish Hills @ Prefumo Cyn	All	Sat	Jan 24	9am-12pm	FREE
Bishop Peak @ Patricia TH	All	Sat	Feb 7	9am-12pm	FREE
Islay Hill @ Sweet Bay	All	Sat	Feb 21	9am-12pm	FREE
Froom Ranch @ Home Depot Lot	All	Sat	Mar 14	9am-12pm	FREE
Johnson Ranch	All	Sat	Mar 28	9am-12pm	FREE
Froom Ranch @ Home Depot Lot	All	Sat	Apr 11	9am-12pm	FREE
Bowden Ranch @ end of Lizzie St.	All	Sat	Apr 25	9am-12pm	FREE
Stenner Springs @ End of Stenner Rd	All	Sat	May 9	9am-12pm	FREE
Cerro San Luis	All	Sat	May 23	9am-12pm	FREE

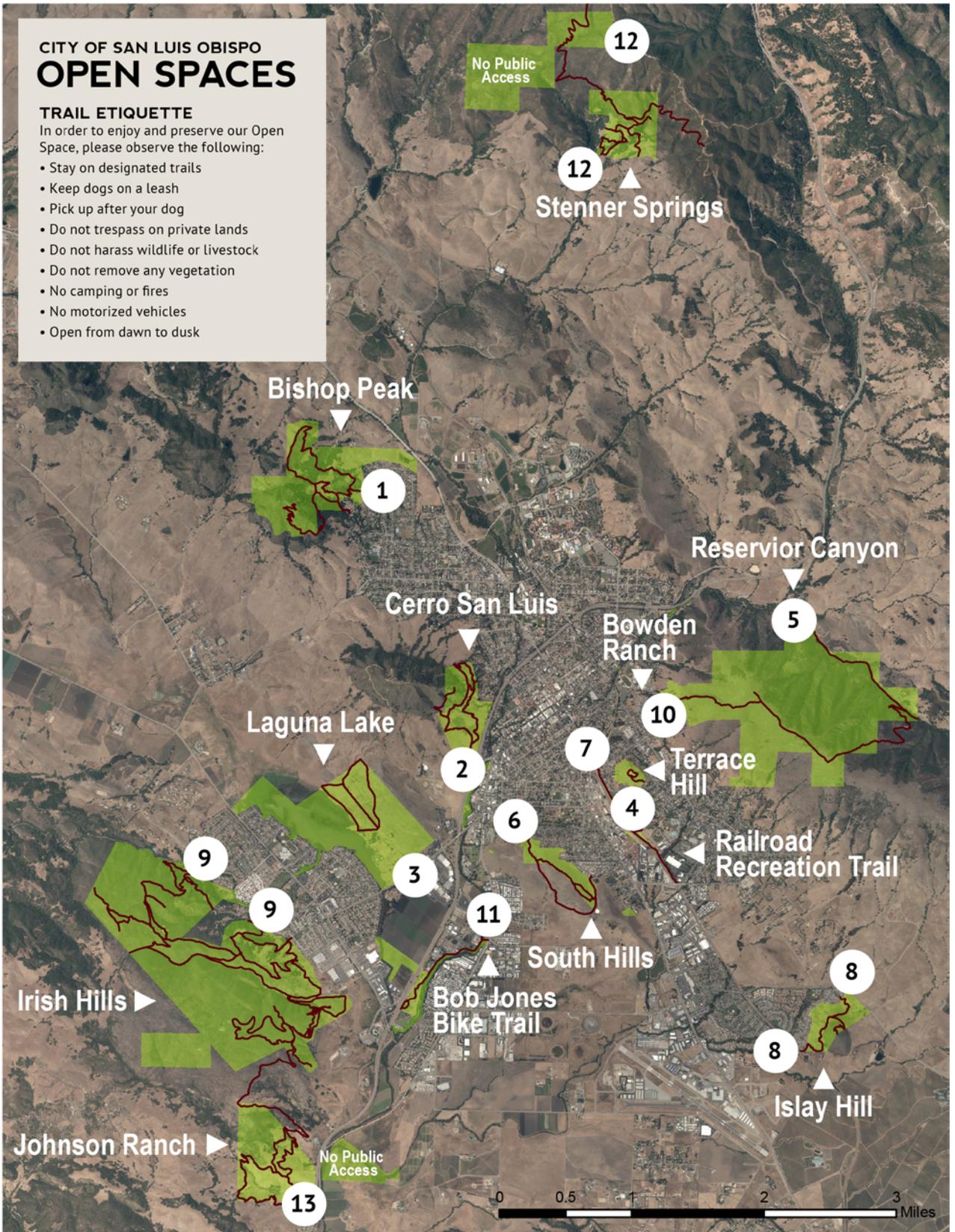


**CITY OF SAN LUIS OBISPO
OPEN SPACES**

TRAIL ETIQUETTE

In order to enjoy and preserve our Open Space, please observe the following:

- Stay on designated trails
- Keep dogs on a leash
- Pick up after your dog
- Do not trespass on private lands
- Do not harass wildlife or livestock
- Do not remove any vegetation
- No camping or fires
- No motorized vehicles
- Open from dawn to dusk



TRAILHEAD DIRECTIONS

1. Foothill to Patricia, just past Patricia Ct. on left.
2. Turn right on Fernandex Rd. before merging onto 101 South.
3. Madonna Road to Dalidio, turn into park.
4. Johnson Ave. to Bishop, trailhead on right.
5. Hwy 101 North to Reservoir Canyon Rd., turn right & follow to end.
6. Take Broad St. to Woodbridge or South St. to Exposition.
7. Access via train station on Santa Rosa St. or Orcutt Rd.
8. Tank Farm/Orcutt Rd. to Spanish Oaks, left on Sweetbay.
9. Madonna & DeVaul Ranch Rd. or Los Osos Valley Rd. to Prefumo Canyon Rd., trailhead one mile ahead on left.
10. Johnson Ave. to Lizzie St., bear left at "Y", trailhead on right side at end of cul-de-sac.
11. South Higuera to Prado Rd. at creek.
12. Hwy 101 North from SLO to the top of Cuesta Grade. Access to mtn bike trails "Morning Glory" and "Shooters".
13. Turnout located at the intersection of South Higuera St. and Ontario Rd.

COMMUNITY EVENTS

(805) 781-7067

HISTORIC JACK HOUSE & GARDENS

AT 536 MARSH STREET

Guided tours of the Jack House interior and gardens are conducted by volunteer docents specially trained in the history of the Jack family and this turn-of-the-century estate. The old-fashioned gardens, complete with a charming and newly renovated gazebo, full catering facility and stage area, may be reserved Saturdays and Sundays for weddings, concerts and other private gatherings. For more information, visit www.slocity.org/parksandrecreation or call (805) 781-7222.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Jack House Tours	All	Sun	May–Dec	1–4pm	\$5; Free/kids (under 12)

EGG HUNT

AT MITCHELL PARK

Hippity Hoppity! Join the Bunny for an exciting adventure while searching for prize filled eggs at Mitchell Park.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Egg Hunt	0–8	Sat	Apr 4	11am	FREE



MOTHER'S DAY CONCERT

AT THE HISTORIC JACK HOUSE AND GARDENS

Enjoy an afternoon of music in the serene Jack House Gardens and take a tour of the historic Victorian home. All mothers attending receive a complimentary flower. Tours are free to families with three generations present.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Concert	All	Sun	May 10	1-4pm	\$5/tour, Free/kids (under 12) & families with 3 generations

MONSTER SKATE SERIES

AT SAN LUIS OBISPO COUNTY SKATE PARKS

The 2015 Central Coast Monster Skate Park Series returns to the San Luis Obispo County for the 12th year. The Cities of Atascadero, Morro Bay, San Luis Obispo along with Templeton community Services District, the San Luis Obispo County Parks Department, One Way Board Shop and A-Town Park are co-sponsoring the 2015 Central Coast Monster Stake Park Series. Registration is 9:00-10:30 a.m. the day of each event. Contests begin at 10 a.m.

Age Divisions: 7 & under, 8-10, 11-13, 14-17 & Women (all ages)

Elite Division: 18+ and Sponsored Skaters

LOCATION	AGES	DAYS	DATES	TIMES	COST
Atascadero "A-Town" Park	All	Sat	Mar 28	10am-1pm	\$15
Templeton Skate Park	All	Sat	Apr 11	10am-1pm	\$15
Santa Maria Skate Park	All	Sat	Apr 18	10am-1pm	\$15
Morro Bay Skate Park	All	Sat	May 2	10am-1pm	\$15
Grover Beach Skate Park	All	Sat	May 9	10am-1pm	\$15
Los Osos Skate Park	All	Sat	May 16	10am-1pm	\$15
San Luis Obispo Skate Park	All	Sat	May 30	10am-1pm	\$15





CITY OF SAN LUIS OBISPO
PARKS AND RECREATION DEPARTMENT