

## Healthy Fun For Everyone!

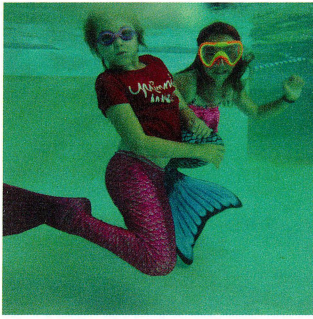
The C. V. Starr Community Center offers something for everyone. There is an 85 degree Leisure Pool with zero depth entry, Lazy River with splash features, Water Slide, 8 lane Competition Lap Pool with Diving Board, Cardio and Strength Training Machines, Free Weights, Spin Room, and 70 weekly drop in Fitness Classes. There is a meeting room perfect for Birthday Parties. Outside offers a Dog Park, Skate Park, Petanque Court and BBQ area. Swim Lessons, Art Classes, Kayak and Archery too, there truly is Healthy Fun For Everyone! Many membership options are available as well as affordable daily drop in rates.

707-964-9446

[www.mendocoastrec.org](http://www.mendocoastrec.org)

C. V. Starr Community Center

300 S. Lincoln Street Fort Bragg CA 95437



C.V. Starr Community Center

Sigrid & Harry Spath Aquatic Facility



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Passes include access to: Fitness Classes, Lap Swimming, Leisure Pool, Lazy River, Slide, Fitness Room, Locker Room and Shower Facilities.

	District Resident	Non-Resident
<b>DAILY DROP-IN FEE</b>		
Youth (5 to 17), Seniors (62+), and Disabled Adults	\$6	\$10
Adult (18 to 61)	\$8	\$12
Family (see definition below)	\$20	\$33
Each additional family member	\$5	\$8
Groups of 20 or more	\$1 off/person	\$1 off/person
<b>10-VISIT PASS</b> - Passes do not expire		
Youth (3 to 17), Seniors (62+), and Disabled Adults	\$54	same
Adult (18 to 61)	\$72	
Family	\$180	
<b>1-MONTH PASS</b> - Advance payment in full is required.		
Youth (3 to 17), Seniors (62+), and Disabled Adults	\$37	same
Adult (18 to 61)	\$62	
Couples (2 persons, same household)	\$104	
Family (see definition below)	\$131	
Each additional family member	\$15	
<b>MONTHLY RECURRING PASS</b> - Automatic ACH/Debit/Credit payment required - 6 month minimum - 30 days advance notice in writing is required to cancel.		
Youth (3 to 17), Seniors (62+), and Disabled Adults	\$32/mo	same
Adult (18 to 61)	\$52/mo	
Couples (2 persons, same household)	\$84/mo	
Family (see definition below)	\$109/mo	
Each additional family member	\$10/mo	
<b>YEAR MEMBERSHIP</b> - Payment in full is required		
Youth (3 to 17), Seniors (62+), and Disabled Adults	\$346	same
Adult (18 to 61)	\$562	
Couples (2 persons, same household)	\$907	
Family (see definition below)	\$1177	
Each additional family member	\$110	

\*Corporate memberships are offered through several local employers which gain employees 10% off of monthly recurring memberships.

\* Silver Sneakers, Prime and Renew Active are available for those people who qualify for them based on their health insurance plans

- Notes:
- \* Children 4 and under are free with paying adult.
  - \* Family = 1-2 adults & minor, dependent children residing in same household (5 person maximum, 2 adults maximum.)
  - \* All passes are Non-Transferable, Non-Refundable, and Non-Extendable.
  - \* Cancellation of ACH debit authorization requires 30 days written notice.
  - \* Monthly recurring memberships are charged on the 26th of each month and it pays for the following month. No payment date changes.

### Facility and Weight Room Hours

**Mon – Fri: 5 am – 8 pm**

**Sat: 9 am – 5 pm**

**Sun: Noon – 5 pm**

**Beach Swim** is located only in the shallowest area of the Leisure Pool (also known as the beach area). Other programs are likely to be occurring in the main section of the Leisure Pool.

**Mon - Fri: 10:45am–12:00pm**

**Mon - Thur: 4:00pm–6:30pm**

**Open Swim** is when the Leisure Pool is open to anyone for recreational or fitness swimming. The Slide and Lazy River are not available during this time.

**Mon & Wed: 4:00pm–5:30pm**

**Tues & Thurs: 4:00pm–6:30pm**

**On FBUSD Early Release days 1:15pm-3:15pm**

**Swim Slide Splash** The entire leisure pool is open; we alternate the lazy river and slide. Spray features are on continuously. Participants wishing to swim in the deep water must pass a swim test (lifejackets may be used). All children 4 years and under must be accompanied by an adult in the water or be able to pass a swim test with or without a lifejacket. You must be at least 48 inches to go down the slide.

**Sat & Sun: 1:00pm–4:00pm**

**During FBUSD School Breaks 1:00pm-4:00pm**

**Adult Swim** Adults use the leisure pool the way you like: stretching, water exercise, light swimming, or relaxation. Space available varies depending on other programs. (18+) only.

**Mon – Fri: 8:00am–9:00am**

**Daily: 12:00pm–1:00pm**

**Water Walking** is when the Lazy River is open during these times for water walking and jogging. (18+) only.

**Mon – Fri: 8:00am–9:00am**

**Daily: Noon–1:00pm**

**Lap Swim – Competition Pool** This is an opportunity for swimmers to train and exercise in the lap pool. Lanes are shared and circle swimming is required in lanes with three or more swimmers. There is not a minimum age requirement, but participants must be swimming laps. A minimum of two lanes are available for all lap swim times.

**Mon, Wed, Fri: 5:30am–6:30pm**

**Tues & Thurs: 6:00am–6:30pm**

**Sat: 9:00am–4:00pm**

**Sun: Noon–4:00pm**

On Mondays - Fridays February 10th - April 6th we will not have any lanes open to the public from 5:00pm-5:30pm in order to accommodate all of our youth swim teams practice schedules.

**Holiday Hours -  
May 25 2020**

### Included with membership or day pass

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am-6:45am Total Body Sculpt (Allison W.)	5:45am-6:45am Cardio Spin (Melissa)	5:45am-6:45am Total Body Sculpt (Melissa)	5:45am-6:45am Cardio Spin (Melissa)	5:45am-6:45am Total Body Sculpt (Melissa)	
	6:00am-7:00am Core Strength (Aimee)		6:00am-7:00am Core Strength (Aimee)		
7:30am-8:30am Deep Water Aerobics (Susan)	7:15am-8:15am Easy Yoga (Delphine)	7:30am-8:30am Deep Water Aerobics (Susan)		7:30am-8:30am Deep Water Aerobics (Cinnamin)	
7:45am-8:45am Weight Bar Workout (Aimee)	7:30am-8:30am Aqua Power (Kim)	7:45am-8:45am Weight Bar Workout (Aimee)	7:30am-8:30am Aqua Power (Kim)	7:45am-8:45am Weight Bar Workout (Aimee)	
	8:30am-9:30am Cardio Spin (Aimee)		8:30am-9:30am Cardio Spin (Aimee)		
9:00am-10:00am Zumba Fitness (Holly)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Toning (Jessica)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Fitness (Dakotah)	9:15am-10:30am Weekend Yoga (Kathy G, Sheryl K., Sally S, & Maria T.)
Water Fitness for Everyone (Richard)		Water Fitness Everyone (Susan) Core Strength (Aimee)		Water Fitness for Everyone (Cinnamin)	
10:30am-11:30am Silver Sneaker Classic (Aimee)	10:15am-11:45am Gentle Yoga (Sue)	10:15am-11:45am Gentle Yoga (Sue)	10:15am-11:45am Gentle Yoga (Sue)	10:30am-11:30am Silver Sneaker Classic (Aimee)	10:30am-11:30am Cardio Spin (Allison)
11:00am-12:00pm Deep Water Aerobics (Richard)		11:00am-12:00pm Deep Water Aerobics (Kathy)		11:00am-12pm Deep Water Aerobics (Kathy)	10:45am-11:45am Core Strength (Noel)
12:00-1:00pm Senior Yoga (Tracy/ Kainoa)	12:00-1:00pm Zumba Fitness (Noel)	12:00-1:00pm Silver Sneaker Classic (Aimee)	12:00-1:00pm Zumba Fitness (Noel)	12:00-1:00pm Senior Yoga (Aimee)	12:00pm-1:00pm Zumba Fitness (Dakotah/ Kamala)
	1:30-2:30pm Silver Sneaker Classic (Noel)		1:30-2:30pm Silver Sneaker Classic (Noel)		
1:30pm-2:30pm Low Impact Water Exercise (Richard)		Low Impact Water Exercise (Kathy)		Low Impact Water Exercise (Kathy)	
		1:30 pm-2:30pm Low Impact Dance Fitness (Noel)			
4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In & Out (Marie)		
5:30pm-6:30pm Zumba Fitness (Noel)	5:30pm-6:30pm Zumba Fitness (Kamala)	5:30pm-6:30pm Zumba Fitness (Holly)	5:30pm-6:30pm Zumba Fitness (Kamala)	5:30pm-6:30pm Zumba Fitness (Noel)	
Cardio Spin (Marie)	Cardio Spin (Marie)	Spin & Sculpt (Allison W.)	Cardio Spin (Marie)		
Aqua Zumba (Jessica)		Aqua Zumba (Jessica)			
6:45pm-7:45pm Total Toning (Noel)		6:45pm-7:45pm Total Toning (Noel)			

C.V. Starr Community Center

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## Enrichment Program & Registration Dates

We offer a variety of enrichment classes, youth sports, adult sports, specialty fitness classes such as: Swim Lessons, Archery, Kayak Adventures, Art Classes, Self Defense, Child Care Programs, Youth Basketball, Adult Basketball, Adult Softball, and other classes/programs. These types of activities are referred to as enrichment classes/programs and are not included in memberships. They require enrollment fees paid and waivers filled out in order to participate.

Enrichment guides are produced six times a year following the below session dates. Enrichment information is always available on our website <http://www.mendocoastrec.org>

To stay in the loop like us on Facebook <https://www.facebook.com/cvstarrcenter/> and <https://www.facebook.com/mendocinocoastrecreationandparkdistrict/> and follow us on Instagram [https://www.instagram.com/mcrpd\\_cvstarr/](https://www.instagram.com/mcrpd_cvstarr/)

To enroll in a class or program:

In person at the C. V. Starr Front Desk 300 S Lincoln St Fort Bragg CA or call us at the C. V. Starr Center Front Desk 707-964-9446 ext.0 or use our online registration site <https://mendocoastrec.activityreg.com/>

Session Dates 2020	Registration Opens
January 1 - February 15	December 16
February 16 - April 11	February 10
April 12 - June 6	March 30
June 7 - August 8	May 26
August 9 - October 10	July 27
October 11 - December 31	September 28

If you need to cancel you must contact us 3 days prior to the start of the class/program in order to be eligible for a refund or credit. If you wish to receive a refund check a \$10 processing fee will be deducted from the refund. There is no fee to have credit put on your account.

**There are NO refunds after the start of the session.**

If a class/program is canceled by the center you will receive a full refund in your choice of credit or refund check.

Enrichment registrations are non transferable.  
Shared registrations are not allowed.

## C. V. Starr Community Center

### Rental Opportunities

#### C. V. Starr Swim Birthday Parties

Our Multipurpose room can be set up as a Full Room Party or a Half Room Party (full wall divider) Birthday Parties include the use of the room for 3 hours including your set up and take down time. Extra time may be purchased for set up and take down if available.

**Half Room Parties** cover swim admission for up to 15 people and have a room capacity max of 25. The fee is \$125. Extra swimmers over the 15 allotment are \$5 each.

**Full Room Parties** cover swim admission for up to 30 people and have a room capacity max of 50. The fee is \$225. Extra swimmers over the 30 allotment are \$5 each.

\* Ask us about Zumba and Archery Birthday Parties

#### Other Rentals

##### Multi-Purpose Room Rental

One Day = 8 hrs.

**Half multi-purpose room** – up to 25 people: (Room 1 or 2) \$35/hr / \$160/day

**Full multi-purpose room** – up to 50 people: (Rooms 1 and 2) \$60/hr / \$250/day

**Aerobics Studio** \$70/hr

##### Pool & Water Park Rental

All rentals of aquatic facilities are subject to availability.

**All Aquatic Facilities:** \$490/hour

**Leisure/Activity Pool (no features):** \$130/hour

**Water Slide & Lazy River:** \$200/hour

**Competition Pool:** \$130/hour

**Lane Rental** (for non local swim teams): \$16/hour per lane

Payment is due at the time of booking. Facility rentals should be booked as many days in advance as possible and are subject to availability. Refunds will not be given unless the party or rental is cancelled at least 7 days in advance of the rental. If you wish to have a refund a \$10 processing fee will be deducted from the refund. There is no fee to have credit put on your account.

Insurance is required on all Pool and Water Park Rentals



Facility Information Guide  
**Winter/Spring  
2020**



# Rec. Activities 2020

Session 2: February 16-April 11, 2020

Registration Opens: February 10<sup>th</sup>

## Easter Egg Splash

Saturday, April 11 Ages: 1-12

Right after the Lions Club Easter egg hunt at the Redwood School field.

Regular drop-in rates or Free for members

## Gymnastics

Mon., Tues., Wed., and Fri.

February 24-April 3

### Adult Drop-In Volleyball

Wed.: 7:00-9:00pm \$5/Day

### Skate Night

Fridays: 6:30-9:30pm \$5/Day

## Red Cross Lifeguard Class

Pre-Swim Test: Apr. 3 at 5:30-6:30pm

Class: Apr 5-10 at 9:00am-6:00pm

Ages 15+  \$185

## Try Archery

Saturdays: Mar. 7, 14, 28 and April 4 \$25/Day

Ages 6-9: 9:30-10:30am Ages 10 and Up: 10:30-11:30am

## Friday Kayak Series in Leisure Pool

Fridays: Mar. 13 & Apr. 10 At 5:00-6:00pm \$10/Day

## SPRING WREATH

Saturday, March 21

AT 9:30-11:00AM \$12

## Kids Night Out

Feb. 28, Mar. 13, 27 & Apr. 10

At 5:15-8:15pm \$14/Day

## Group Swim Lessons \$30/Session

### Morning Lessons Tues/Thurs

Feb. 25-Mar. 12 and Mar. 17-Apr. 2

### Evening Lessons Tues/Thurs

Feb. 25-Mar.12 and Mar. 17-Apr. 2

### Saturday Lessons

Feb. 29-Apr. 4

## JFK February Break

February 18-21

at 7:45am-5:15pm

Ages K-5<sup>th</sup> Grade \$35/Day

## JFK Spring Break

April 6-10 • 7:45am-5:15pm

Ages K-5<sup>th</sup> Grade • \$35/Day

## Beginner's Archery

Sundays: Mar. 1-29 \$50/Person

Ages 8-15: 2:30-3:30pm

Ages 16 and Up: 3:30-4:30pm

## Mixed Self Defense

Sundays: Feb. 23-Mar. 8 and Mar. 15-29

At 3:00-4:30pm \$38/Session

## ASD Swim Lessons \$30

Fridays, Feb. 28-Apr. 3

Ages 3-5: 4:00-4:30pm

Ages 6 and Up: 4:30-5:00pm

## Private Lessons

Swim lessons/Gymnastics/Self Defense

30 Minute Lesson: \$25/Person

\$15/person for Semi-Private

Kayak Practice in Lap Pool: Sun.: Mar. 1, 15, 29 & Apr. 12...10:15-11:45am...\$15/Day

## Beaded Bracelets

Thursday, Feb. 20 \$15/Person

## Hoopstars!

Saturdays: Mar 14-28

& Apr 4

Ages: K-2<sup>nd</sup> Grade

## Red Cross Adult and Pediatric

 CPR/AED/First Aid 

Mondays: Mar. 2 & 23

Ages 16 and Up \$75/Day

## Mermaid and Sharks

Fri: Mar. 6 & Apr 3 5:15-7:15pm...\$15/Day

All classes require pre-registration, sign up at the front desk or get more info:

www.mendocoastrec.org • 300 S. Lincoln St. Fort Bragg, CA • (707)964-9446



# Rec. Actividades 2020

Sesión 2: Febrero 16-Abril 11, 2020

Registros Abren: 10 de Febrero 2020

## Chapoteo de Huevo de Pascua

Sábado, 11 de Abril Edades: 1-12

Justo después de la Caza de Huevos de Pascua de los

Leones en el campo de la escuela Redwood.

Precio regular o gratis para miembros



## Gimnasias

Lunes, Martes, Miércoles, Viernes

24 de Febrero - 5 de Abril

### Volibol para Adultos

Miércoles a las 7:00-9:00pm \$5/Día

### Noche de Patinaje

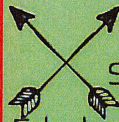
Viernes a las 6:30-9:30pm \$5/Día

## Entrenamiento de Salvavidas de la Cruz Roja

Prueba de Pre-Natación: Abr. 3 a las 5:30-6:30pm

Clase: Abr. 5-10 a las 9:00am-6:00pm

Edades 15+ \$185



## Prueba Arquería

Sábados: 7, 14, 28 de Marzo y 4 de Abril \$25/Día

Edades 6-9: 9:30-10:30am Edades 10 y Arriba: 10:30-11:30am



## Noche de Niños

Febrero 28, Marzo 13, 27 & Abril 10

A las 5:15-8:15pm \$14/Día

## JFK Vacaciones de Primavera

Abril 6-10 • 7:45am-5:15pm

Edades K-5º Grado • \$35/Día

## Mezcla de Defensa Personal

Domingos: 23 de Feb-8 de Mar y 15-29 de Mar

A las 3:00-4:30pm \$38/Sesión

Practica de Kayak en la Piscina de Entrenamiento: Mar. 1, 15, 29 & Abril 12 \$15/Día

## Pulseras de Cuentas

Jueves, 20 de Feb. \$15

## Sirenas y Tiburones

Mar. 6 y Abr. 3 5:15-7:15pm \$15/Día



## ASD Clases de Natación \$30

Viernes, Feb. 28-Abril 3

Edades 3-5: 4:00-4:30pm

Edades 6+: 4:30-5:00pm

## Hoopstars!

Sábados: Mar 14 -28 &

Abr 4

Edades: K-2º Grado



## CORONA DE PRIMAVERA

Sábado, 21 de Marzo

A LAS 9:30-11:00AM \$12

### JFK Vacaciones de Febrero

Febrero 18-21

a las 7:45am-5:15pm

Edades K-5º Grado \$35/Día

### Arquería para Principiantes

Domingos: 1-29 de Marzo

Edades 8-15: 2:30-3:30pm

Edades 16+: 3:30-4:30pm

### Clase Privadas

Natación/Gimnasias/Defensa Personal

30 Minutos de Clase: \$25/Persona

\$15/persona para semiprivadas



## Primeros Auxilios/CPR/AED/ para Adultos y Pediátricos de la Cruz Roja

Domingos: Mar. 2 y Mar. 23

Edades 16+ \$75/Día

Todas las clases requieren pre-registraciones, escríbanse en la recepción o para mas información:

www.mendocostrec.org • 300 S. Lincoln St. Fort Bragg, CA • (707)964-9446

## Notes and News:

Recreation opportunities through the Mendocino Coast Recreation and Park District and the C. V. Starr Community Center for February 16 – April 11, 2020

### **REGISTRATION FOR ALL PROGRAMS WILL OPEN** **Monday, February 10, 2020**

Classes have minimums and maximums. If the minimum is not met the class will not run.

Class registrations are taken on a first come first serve basis.

Payment in full is required at the time of registration. Waivers and other applicable forms are required before the first day of attendance.

Refunds: Written requests to receive a refund will be accepted up to three business days prior to the first day of a program. Refund requests made after this time are unable to be processed. Refund checks are subject to a \$10.00 transaction fee. Refund in the form of credit will not be subject to a fee.

Scholarships: scholarships are available through the Friends Of MCRPD they require an application and will not be granted on the spot. Applications are available at the C. V. Starr Community Center front desk and <https://www.friendsofmcrpd.com/>

The C. V. Starr Center was awarded the Jane Anderson Developmental Disability Grant to award scholarships for Archery, Kayak, and Swim classes. If you are interested in this grant contact the front desk.

For more information visit the C. V. Starr Community Center at 300 S Lincoln St in Fort Bragg CA 95437 Call us at 707-964-9446 or visit our website [www.mendocoastrec.org](http://www.mendocoastrec.org)

## Special Events:

### **C.V. Starr Community Center Easter Egg Splash**

Saturday, April 11, 2020 Right after the Lions Easter Egg Hunt which takes place at the Redwood School Field. Fee: Regular C.V. Starr Drop in Fees/Free for members.

Bring your suit and towel for a day full of water fun! We will start with an Easter Egg Hunt for children ages 1-12 in our Leisure Pool and Lap Pool. We will end with a Rubber Duck Race in the Lazy River. There are lots of prizes for the whole family! Feel free to enjoy the rest of the day here at the C.V. Starr Center enjoying our pools and splash features. Remember to bring a water proof container to put your eggs in. **(C. V. Starr)**

### **Kids Night Out**

Parents take the night off & enjoy staying at home or going out on a date. Everyone can swim, if they are willing to wear a lifejacket or pass the swim test without a lifejacket. **Snack Provided (C. V. Starr)**

**Age:** 3-12 (Potty Trained) **Cost:** \$14/day

**Dates:** Fridays Feb 28, Mar 13, 27 Apr 10

**5:15-8:15pm**

**Instructor:** C.V. Starr Staff

### **Mermaid and Sharks**

Come learn how to flip your fins and show that Mermaids and Sharks do get along. Youth must be comfortable swimming and putting their face in the water. **Snack, Tails and Fins Provided (C. V. Starr)**

**Age:** 5-9 **Cost:** \$15/day

**Dates:** Fridays Mar 6 & Apr 3 **5:15-7:15pm**

**Instructor:** C.V. Starr Staff

### **Knot and Beaded Bracelets**

You'll learn how to knot and bead a bracelet. We will have a variety of stings to suite your ability and glass beads for your creativity. **(C. V. Starr)**

**Age:** 6-10 9:00-10:30am

**Age:** 11 and up 11:00am-12:30pm

**Date:** Thur Feb 20 **Cost:** \$15

**Instructor:** C.V. Starr Staff

### **Spring Wreath**

Spruce up a wall with a Spring Wreath. We'll use cardboard, glue gun felt and twigs. **(C. V. Starr)**

**Age:** 7 and up **Cost:** \$12

**Date:** Sat March 21 **Time:** 9:30-11:00

**Instructor:** C.V. Starr Staff

### **Archery (Weather Permitting)**

#### **Beginner's Archery**

Ready, Aim, Fire! Learn to focus and hit your goal with archery! Practice basic archery safety and skills with our trained staff and find your new hobby! All materials are provided at no additional charge. If you would like to use your own bow, you must provide your own arrows. All skill levels welcome. Pre-Register quickly! Space is limited. **(C. V. Starr)**

**Age 8-15:** 2:30-3:30

**Age 16+:** 3:30-4:30

**Date:** Sundays March 1-29 **Cost:** \$50/session

**Instructor:** John and Caleb

#### **Try Archery**

This is an innovative education program focused on introducing beginners of all ages and abilities to the lifelong sport of Target Archery. Not sure if this is the sport for you? Come try our one-day class. All materials are provided at no additional charge. If you would like to use your own bow, you must provide your own arrows. All skill levels welcome. Pre-Register quickly! Space is limited. **(C. V. Starr)**

**Age:** 6-9 9:30-10:30am

**Age:** 10 and up 10:30-11:30am

**Dates:** Saturdays March 7,14,28 & April 4

**Cost:** \$25/day **Instructor:** Kim and Caleb

#### **Friday Kayak Series in Leisure Pool: Basic Skills**

Come try your skill of kayaking in our 85 degree pool. You can try entering, exiting, paddling and tipping your kayak over. Single kayak only **(C. V. Starr)**

**Age:** Open **Cost:** \$10/day 5:00-6:00pm

**Dates:** March 13 & April 10

**Instructor:** C.V. Starr Staff

### **Kayak Practice In Comp Pool**

During this time the Lap Pool will be available to you to bring your own kayak in to practice your rolling skills. This time is not instructor led. **(C. V. Starr)**

**Age:** Open **Staff:** CV Starr Lifeguards

**Date:** Sun March 1, 15, 29 and April 12

**Time:** 10:15-11:45am

**Cost:** \$15/day

Do you want to Kayak one of our local rivers? Call Kim at 964-9446 ext 109. We require a minimum of 4 people.

### **ASD Swim Lessons**

We've set aside pool time to offer Autistic Spectrum Disorder Swim Lessons. Each participant will need an assistant in the pool with them. For those wishing to use scholarship money, please see the CV Starr Front desk staff. **(C. V. Starr)**

**Instructor:** CV Starr Staff

**Date:** Fridays Feb 28-Apr 3

**Ages 3-5:** 4:00-4:30pm

**Ages 6+:** 4:30-5:00pm

**Cost:** \$30

### **Group Swim Lessons**

Classes are offered for all ages and ability levels. Beginning levels focus on water adjustment and introduce basic swimming and water safety skills. More advanced levels concentrate on stroke development, stroke refinement and additional water safety skills.

### **Group Swimming Lesson Levels**

**Adult and Me Aquatics:** Developed for children 6 months to 3 years, Adult and Me Aquatics helps young children get ready to swim by emphasizing fun in the water. Adult and Me Aquatics participate in several guided practice sessions that help children learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

**Preschool Aquatics (Levels 1, 2, and 3):** Children ages 3 to 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun



environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

**Level 1** helps children become comfortable in the water and basic water safety.

**Level 2** builds on Level 1 and introduces fundamental skills, such as kicking.

**Level 3** focuses on coordinating arm and leg movements and improving skills learned in Levels 1 and 2.

**Learn to Swim (Levels 1, 2, 3, and 4):** Our four-level Learn-to-Swim program is unlike anything offered by other learn to swim programs. The program is designed for children over 6 years all the way up to adults, and students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of our Swim Lessons class includes training in basic water safety and helping others in an emergency, in addition to stroke development.

**Level 1:** Introduction to Water Skills

**Level 2:** Fundamental Aquatic Skills

**Level 3:** Stroke Development

**Level 4:** Stroke Improvement

#### **Morning Lessons (C. V. Starr)**

**Tue & Thur Date:** Feb 25 – Mar 12 ; Mar 17 – Apr 2

**Cost:** \$30/session

**9:00-9:30am** Preschool 1-3

**9:35-10:05am** Adult & Me

#### **Evening Lessons (C. V. Starr)**

**Tue & Thur Date:** Feb 25 – Mar 12 ; Mar 17 – Apr 2

**Cost:** \$30/session

**4:00-4:30pm** Level 1 & 2

**4:35-5:05pm** Preschool 1-3

**5:10-5:40pm** Level 1 & 2

**5:45-6:15pm** Level 3 & 4

#### **Saturday Lessons (C. V. Starr)**

**Date:** Feb 29 – Apr 4

**Cost:** \$30 per session

**10:15-10:45am** Level 1 & 2

**10:50-11:20am** Preschool 1-3

**11:25-11:55am** Adult & Me

**12:00-12:30pm** Level 3 & 4

#### **Private Lessons**

Private Lessons are one-on-one or small group classes for anyone! The lessons are conducted according to the goals and current abilities of the student. Take a swim, gymnastic, personal training or mixed martial art lesson. **(C. V. Starr and Local Motion Studio)**

\$25 per person 30 minute lesson

Semi-Private \$15 per person up to 4 people (30min)

Semi-Private \$25 per person up to 4 people (60min)

Personal training \$40 is only offered in 60 minute sessions

#### **Red Cross Lifeguard/Shallow Water/Water Park Blended Learning Class First Aid, CPR for the Pro/AED and Title 22 (C. V. Starr)**

Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. Prerequisite: Swim 300 yards continuously; tread water for 2 minutes using legs only and timed swim test. You must register 3 days before the class starts. **(C. V. Starr)**

**Age:** 15 and up **Instructor:** CV Starr Staff

**Date:** Pre Swim Test Fri Apr 3 5:30-6:30

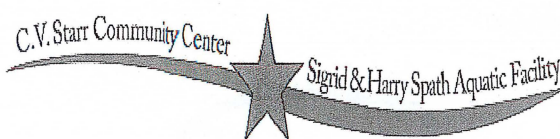
**Class:** Apr 5 - 10 9:00am-6:00pm **Cost:** \$185

#### **Red Cross Adult and Pediatric First Aid/CPR/AED (C. V. Starr)**

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adult, children and infants. The online portion features simulation learning-an interactive experience where participants respond to real-world emergencies in a virtual setting. The online portion must be completed prior to attending the classroom session. **(C. V. Starr)**

**Age:** 16+ **Instructor:** John **Cost:** \$75/day

**Dates:** Mondays March 2, 23 5:15-8:00pm



**Skate Night**

Bring the whole family, and your skates or use some of ours! Great music, friends, fun line dances and games! **(213 E Laurel St)**

**Age:** all **Cost:** \$5/day

**Date:** Feb 28 – Apr 10 Fri 6:30-9:00pm

**No Skate Night March 20**

**Instructor:** MCRPD Staff

**“Just for Kids” February Break**

Enjoy one day or all five days. Your child will enjoy science, art & crafts, cooking, trips and more.

**Snacks Provided (Dana Gray School Rm 77)**

**Age:** K-5<sup>th</sup> Grade **Cost:** \$35/day

**Feb 18-21 Tues-Fri 7:45-5:15pm**

**Instructor:** MCRPD Staff

**“Just for Kids” Spring Day Camp**

Enjoy one day or all five days. Your child will enjoy science, art & crafts, cooking, trips and more.

**Snacks Provided (Dana Gray School Rm 77)**

**Age:** K-5<sup>th</sup> Grade **Cost:** \$35/day

**April 6 – 10 Mon-Fri 7:45am-5:15pm**

**Instructor:** MCRPD Staff

**Mixed Self Defense Class**

Learn the fundamental techniques for basic self-defense. Get in shape while learning how to defend yourself. **(Local Motion Studio)**

**Age:** 8 & Up **Cost:** \$38/session

**Feb 23 - Mar 8; Mar 15 - 29; Sun 3:00-4:30pm**

**Instructor:** Keono

**Hoopstars! Fort Bragg**

This is a great way to get introduced to the sport of Basketball. **(FBHS Gym)**

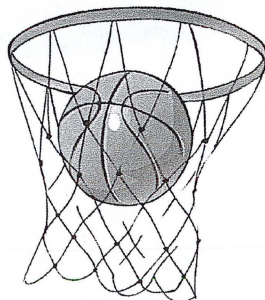
**Dates:** Saturdays March 14, 21, 28, Apr 4

**Kinder 9-10 AM**

**1<sup>st</sup> Grade- 10-11 AM**

**2<sup>nd</sup> Grade- 11-12 AM**

**Cost:** \$30



**Adult Drop In Volleyball**

Volleyball with Connie Mitchell. Participants under the age of 18 must have an adult sign them in.

**(213 E Laurel St.)**

Ongoing Drop in Wed 7:00-9:00pm

**Cost:** \$5/day

**Gymnastics**

Basics on the floor, balance beam & vault, with exposure to trapeze and silks!

**(Local Motion Studio)**

**Age:** 5 & Up unless otherwise noted

\*Instructor Approval Required

**Feb 24 – Apr 3 , Instructor: Kassie Hayes**

**Beginning Gymnastics**

Mon 2:45-3:45pm \$69

Tue 2:45-3:45pm \$69

Wed 2:30-3:30pm \$69

Wed 4:30-5:30pm \$69

**Beginning Gymnastics Ages 8 & Up**

Mon 3:45-4:45pm \$69

**\*Intermediate Gymnastics**

Mon 4:45-5:45pm \$69

Tue 3:45-4:45pm \$69

Fri 3:30-4:30 pm \$69

**\*Advanced Gymnastics**

Tue 4:45-5:45pm \$69

Wed 3:30-4:30pm \$69

Fri 4:30-5:30 pm \$69

**Tiny Tot Tumbling Ages 2- 4\* (Parents must participate with child) \*Child must be 2 years old or turning 2 years old during the session**

Mon 10:00-11:00am \$69

Tue 10:00-11:00am \$69

Fri 9:30-10:30am \$69

**Beginning Gymnastics and Circus Skills for Adults 16 & Up**

Fri 1:00-2:30pm \$74



## Notas y Noticias:

Oportunidades de Recreación a través del Distrito de Recreación y Parques de la Costa de Mendocino y el Centro Comunitario CV Starr de 16 de Febrero al 11 de Abril de 2020.

### **REGISTRACION PARA TODO LOS PROGRAMAS EMPRIEZAN EL LUNES 10 DE FEBERO DEL 2020.**

Las clases tienen mínimo y máximo. Si no se alcanza el mínimo, la clase no se ejecutará.

Los registros de clase se toman por orden de llegada.

Se requiere el pago completo al momento de la inscripción. También se requieren formularios aplicables antes del primer día de asistencia.

**Reembolsos:** Las solicitudes por escrito para recibir un reembolso se aceptarán hasta tres días hábiles antes del primer día de un programa. Las solicitudes de reembolso realizadas después de este tiempo no se pueden procesar. Los cheques de reembolso están sujetos a una tarifa por transacción de \$ 10.00. El reembolso en forma de crédito no estará sujeto a una tarifa.

**Becas:** Las becas están disponibles a través de Friends Of MCRPD, requieren una solicitud y no se otorgarán en el acto. Las solicitudes están disponibles en la recepción del CV Starr Community Center y <https://www.friendsofmcrpd.com/>

El Centro C. V. Starr fue galardonado con la Beca de Discapacidad para el Desarrollo de Jane Anderson para otorgar becas para las clases de tiro con arco, kayak y natación. Si está interesado en esta subvención, póngase en contacto con la recepción.

Para obtener más información, visite el CV Starr Community Center en 300 S Lincoln St en Fort Bragg CA 95437. Llámenos al 707-964-9446 o visite nuestro sitio web [www.mendococastrec.org](http://www.mendococastrec.org)

## Eventos Especiales:

### **C.V. Starr Community Center Chapoteo de Huevo de Pascua**

Sábado, 11 de abril de 2020 justo después de la Caza de Huevos de Pascua de los Leones en el Campo de la Escuela Redwood. Costo: Precio regular de CV Starr Center o gratis para miembros.

¡Trae tú traje y toalla para un día lleno de diversión acuática! Comenzaremos con una caza de huevos de Pascua para niños de 1 a 12 años en nuestra piscina de ocio y piscina de entrenamiento. Terminaremos con una carrera de patos de goma en el río perezoso. ¡Hay muchos premios para toda la familia! Siéntase libre de disfrutar el resto del día aquí en el C.V. Starr Center disfrutando de nuestras piscinas y características de salpicaduras. Recuerde traer un recipiente a prueba de agua para poner sus huevos.

### **Kids Night Out**

Los padres se toman la noche libre y disfrutan de quedarse en casa o salir en una cita. Todo el mundo puede nadar, si están dispuestos a usar un chaleco salvavidas o pasar la prueba de natación sin un chaleco salvavidas. Merienda (C. V. Starr)

**Edad:** 3-12 (Entrenados para el baño)

**Costo:** \$14/día

**Fechas:** Viernes 28 de Feb., 13 y 27 de Marzo,  
10 de Abril **5:15-8:15pm**

**Instructor:** C.V. Starr Staff

### **Sirena y Tiburones**

Ven a aprender a voltear tus aletas y demuestra que las sirenas y los tiburones se llevan bien. Los jóvenes deben estar cómodos nadando y poniendo la cara en el agua. Merienda, colas y aletas proporcionadas

**Edad:** 5-9 **Costo:** \$ 15 / día (CV Starr)

**Fechas:** Viernes 6 de Marzo y 3 de Abril

**5:15-7:15pm**

**Instructor:** C.V. Starr Staff

### **Pulseras de Nudos y Cuentas**

Aprenderás a anudar y atar un brazalete. Tendremos una variedad de cuerdas para adecuar su capacidad y cuentas de vidrio para su creatividad. (C. V. Starr)

**Edad:** 6-10 9:00-10:30am

**Edad:** 11 y Arriba 11:00am-12:30pm

**Fecha:** Jueves 20 de Febrero **Costo:** \$15

**Instructor:** C.V. Starr

### **Corona de primavera**

Decorar una pared con una corona de primavera. Usaremos cartón, pistola de pegamento, fieltro y ramitas. (C. V. Starr)

**Edad:** 7 años y más **Costo:** \$12  
**Fecha:** Sáb 21 de Marzo **Hora:** 9:30-11:00am  
**Instructor:** C.V. Starr

**Arquería (si el tiempo lo permite)**

**Tiro con Arco para Principiantes**

¡Listo, Apunta, Disparar! ¡Aprende a concentrarte y alcanzar tu objetivo con tiro con arco! ¡Practica la seguridad y las habilidades básicas del tiro con arco con nuestro personal capacitado y encuentra tu nuevo hobby! Todos los materiales se proporcionan sin cargo adicional. Si desea utilizar su propio arco, debe proporcionar sus propias flechas. Todos los niveles de habilidad son bienvenidos. ¡Regístrese rápidamente! El espacio es limitado. (C. V. Starr)

**Edad:** 8-15: 2:30-3:30

**Edad:** 16+: 3:30-4:30

**Fecha:** Domingos 1-29 de Marzo

**Costo:** \$50/sesión

**Instructor:** John y Caleb

**Prueba Arquería**

Este es un programa educativo innovador centrado en introducir principiantes de todas las edades y habilidades en el deporte de por vida de Arquería de tiro con arco objetivo. ¿No estás seguro de si este es el deporte para ti? Ven a probar nuestra clase de un día. Todos los materiales se proporcionan sin cargo adicional. Si desea utilizar su propio arco, debe proporcionar sus propias flechas. Todos los niveles de habilidad son bienvenidos. ¡Regístrese rápidamente! El espacio es limitado. (C. V. Starr)

**Edad:** 6-9 9:30-10:30am

**Edad:** 10 y Arriba 10:30-11:30am

**Fechas:** Sábados Marzo 7,14,28 & Abril 4

**Costo:** \$25/día

**Instructor:** Kim y Caleb

**Serie de kayaks de Viernes en la Piscina de Familia:**

**Habilidades Básicas**

Venga a probar su habilidad de kayak en nuestra piscina de 85 grados. Puedes intentar entrar, salir, remar y inclinar tu kayak. Solo kayak individual (C. V. Starr)

**Edad:** Todos **Costo:** \$10/Día 5:00-6:00pm

**Fechas:** March 13 & April 10

**Instructor:** C.V. Starr Staff

**Práctica de Kayak en la Piscina de Entrenamiento**

Durante este tiempo, la piscina de entrenamiento estará disponible para traer su propio kayak para practicar sus habilidades de rodadura. Esta vez no está dirigido por un instructor. (C. V. Starr)

**Edad:** Todos **Staff:** CV Starr Lifeguards

**Fechas:** Domingo 1, 15, 29 de Marzo y 12 de Abril

**Hora:** 10:15-11:45am

**Costo:** \$15/día

¿Quieres kayak uno de nuestros ríos locales? Llama a Kim al 964-9446 ext 109. Necesitamos un mínimo de 4 personas.

**ASD Clases de Natación**

Hemos reservado tiempo en la piscina para ofrecer lecciones de natación para el trastorno del espectro autista. Cada participante necesitará un asistente en la piscina con ellos. Para aquellos que deseen utilizar el dinero de la beca, consulte al personal de recepción de CV Starr. (CV Starr)

**Instructor:** CV Starr Staff

**Fechas:** Viernes Febrero 28-Abril 3

**Edades:** 3-5: 4:00-4:30pm

**Edades:** 6+: 4:30-5:00pm

**Costo:** \$30

**Clases de Natación en Grupos**

Se ofrecen clases para todas las edades y niveles de habilidad. Los niveles iniciales se centran en el ajuste del agua e introducen habilidades básicas de natación y seguridad en el agua. Los niveles más avanzados se concentran en el desarrollo del derrame cerebral, el refinamiento del derrame cerebral y las habilidades adicionales de seguridad en el agua.

**Niveles grupales de lecciones de natación**

**Adult and Me Aquatics:** Desarrollado para niños de 6 meses a 3 años, Adult and Me Aquatics ayuda a los niños pequeños a prepararse para nadar enfatizando la diversión en el agua. Adult and Me Aquatics participa en varias sesiones de práctica guiada que ayudan a los niños a aprender habilidades básicas de natación, que incluyen la entrada de agua, el soplado de burbujas, las patadas frontales, la flotación hacia atrás, la exploración submarina y más.

**Acuáticos Preescolares (niveles 1, 2 y 3):** los niños de 3 a 5 años aprenden seguridad acuática, habilidades de supervivencia y conceptos básicos de natación en un ambiente seguro y divertido. Las habilidades son apropiadas para la edad, lo que permite a los estudiantes lograr el éxito de manera regular.

**El nivel 1** ayuda a los niños a sentirse cómodos en el agua y a la seguridad básica del agua.

**El nivel 2** se basa en el nivel 1 e introduce habilidades fundamentales, como patear.

**El nivel 3** se centra en coordinar los movimientos de brazos y piernas y mejorar las habilidades aprendidas en los niveles 1 y 2.

**Aprender a nadar (niveles 1, 2, 3 y 4):** nuestro programa de cuatro niveles aprender a nadar es diferente a todo lo que ofrecen otros aprende a nadar programas. El programa está diseñado para niños mayores de 6 años hasta adultos, y los estudiantes progresan a través de los niveles a su propio ritmo, dominando las habilidades en un nivel antes de avanzar al siguiente. Cada nivel de nuestra clase de Lecciones de natación incluye capacitación en seguridad básica del agua y ayuda a otros en una emergencia, además del desarrollo de un derrame cerebral.

**Nivel 1:** Introducción a las habilidades acuáticas

**Nivel 2:** Habilidades acuáticas fundamentales

**Nivel 3:** Desarrollo de derrames cerebrales

**Nivel 4:** Mejoras de derrames cerebrales

#### **Clases de la Mañana (C. V. Starr)**

**Martes y Jueves**

**Fechas:** Febrero 25 – Marzo 12; Marzo 17 – Abril 2

**Costo:** \$30/Sesión

**9:00-9:30am** Preschool 1-3

**9:35-10:05am** Adult & Me

#### **Clases de la Tarde (C. V. Starr)**

**Martes y Jueves**

**Fechas:** Febrero 25 – Marzo 12; Marzo 17 – Abril 2

**Costo:** \$30/sesión

**4:00-4:30pm** Nivel 1 & 2

**4:35-5:05pm** Preschool 1-3

**5:10-5:40pm** Nivel 1 & 2

**5:45-6:15pm** Nivel 3 & 4

#### **Clases del Sábado (C. V. Starr)**

**Fechas:** Febrero 29 – Abril 4

**Costo:** \$30/sesión

**10:15-10:45am** Nivel 1 & 2

**10:50-11:20am** Preschool 1-3

**11:25-11:55am** Adult & Me

**12:00-12:30pm** Nivel 3 & 4

#### **Clases Privadas**

Las privadas son clases individuales o en grupos pequeños para cualquier persona. Las lecciones se llevan a cabo de acuerdo con los objetivos y las habilidades actuales del estudiante. Tome una clase de natación, gimnasia, entrenamiento personal o artes marciales mixtas. **(CV Starr y Local Motion)**

\$25 por persona lección de 30 minutos

Semiprivado \$15 por persona hasta 4 personas (30min)

Semiprivado \$25 por persona hasta 4 personas (60min)

El entrenamiento personal \$40 solo se ofrece en sesiones de 60 minutos

#### **Clases de salud y seguridad:**

**Cruz Roja Salvavidas / Aguas poco profundas / Parque acuático Clase de aprendizaje combinado Primeros auxilios, RCP para Pro / AED y Título 22**

Salvavidas coloca en una posición emocionante, trabajando como parte de un equipo para ayudar a las personas a disfrutar el agua de manera segura.

**Requisito previo: nadar 300 yardas continuamente;**

**pise el agua durante 2 minutos usando solo las piernas y la prueba de natación cronometrada.**

**Debes registrarte 3 días antes de que comience la clase. (CV Starr)**

**Edades:** 15 y Arriba

**Instructor:** CV Starr Staff

**Fechas:** Prueba de pre-natación Viernes 3 de Abril a las 5:30-6:30

**Clase:** 5 - 10 de Abril 9:00am-6:00pm **Costo:** \$185

#### **Primeros auxilios / CPR / AED para adultos y pediátricos de la Cruz Roja**

Este curso lo preparará para reconocer y atender una variedad de primeros auxilios, respiración y emergencias cardíacas que involucran adultos, niños y bebés. La parte en línea presenta aprendizaje de

simulación, una experiencia interactiva donde los participantes responden a emergencias del mundo real en un entorno virtual. La parte en línea debe completarse antes de asistir a la sesión de clase.

**(CV Starr)**

**Edades:** 16+ **Instructor:** John **Costo:** \$75/día  
**Fechas:** 2 y 23 de Marzo **Hora:** 5:15-8:00pm

### Noche de patinaje

¡Traiga a toda la familia y sus patines o use algunos de los nuestros! Buena música, amigos, divertidos bailes de línea y juegos. **(213 E Laurel St)**

**Edad:** Todos **Costo:** \$ 5 / día

**16 de Febrero - 11 de Abril**

**Viernes 6: 30-9:00pm**

**Instructor:** MCRPD Staff

### "Solo para niños" Vacaciones de Febrero

Disfrute de un día o todos cuatro días. Su hijo disfrutará de la ciencia, el arte y la artesanía, la cocina, los viajes y más. Bocadillos proporcionados (Dana Gray School Rm 77)

**Edad:** K-5º **Grado Costo:** \$35/día

**18-21 de Febrero de Martes a Viernes 7: 45-5: 15pm**

**Instructor:** Personal de MCRPD

### "Solo para niños" Vacaciones de Primavera

Disfrute de un día o todos seis días. Su hijo disfrutará de la ciencia, el arte y la artesanía, la cocina, los viajes y más. Bocadillos proporcionados (Dana Gray School Rm 77)

**Edad:** K-5º **Grado Costo:** \$35/día

**6-10 de Abril de lunes a Viernes 7:45-5:15pm**

**Instructor:** Personal de MCRPD

### Clase Mixta de Autodefensa

Aprenda las técnicas fundamentales para el autocontrol básico de defensa. Póngase en forma mientras aprende a defenderse. **(Local Motion Studio)**

**Edad:** 8 y más **Costo:** \$38/sesión

**23 de Febrero-8 de Marzo; 15-29 de Marzo**

**Los Domingos a las 3:00-4:30pm**

**Instructor:** Keono

### Hoopstars! Fort Bragg

Esta es una gran manera de introducirse en el deporte del baloncesto. **(Ubicación)**

**Fechas:** Sábados 14, 21, 28 de Marzo y el 4 de Abril

**Kinder 9-10 AM**

**1º Grado- 10-11 AM**

**2º Grado- 11-12 AM Costo:** \$30

### Volibol para Adultos

Volibol con Connie Mitchell. Los participantes menores de 18 años deben tener un adulto que los registre. **(213 E Laurel St.)**

**Entrada continua en Miércoles 7:00-9:00pm**

**Costo:** \$5/Día

### Gimnasticas

Conceptos básicos sobre el piso, viga de equilibrio y bóveda, con exposición al trapecio y sedas!

**(Local Motion Studio)**

**Edad:** 5 y Arriba a menos que se indique lo contrario

\*Se requiere aprobación del instructor

**24 de Febrero- 3 de Abril Instructor:** Kassie Hayes

### Gimnasia Principiante

Lun	2:45-3:45pm	\$69
Mar	2:45-3:45pm	\$69
Mie	1:30-2:30pm	\$69
Mie	2:30-3:30pm	\$69
Mie	4:30-5:30pm	\$69

### Gimnasia Principiante para 8 y Más

Lun	3:45-4:45pm	\$69
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### \*Gimnasia Intermedia

Lun	4:45-5:45pm	\$69
Mar	3:45-4:45pm	\$69
Vie	3:30-4:30 pm	\$69

### \*Gimnasia Avanzada

Mar	4:45-5:45pm	\$69
Mie	3:30-4:30pm	\$69
Vie	4:30-5:30 pm	\$69

**Tiny Tot Tumbling Edades 2- 4\*** (Los padres deben participar con el niño) \*El niño debe tener 2 años de edad o cumplir 2 años durante la sesión

Lun	10:00-11:00am	\$69
Mar	10:00-11:00am	\$69
Vie	9:30-10:30am	\$69

**Principio de gimnasia y habilidades de circo para adultos 16 y más**

Vie	1:00-2:30pm	\$74
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