

BABYSITTER'S TRAINING

Babysitting is no easy task. It requires knowledge, patience, and an understanding of the responsibilities that come with caring for children. To give teens and preteens a jump start on becoming confident caregivers, we offer a one-day training developed by the American Red Cross. The course is fun and fast paced with hands-on activities, exciting video, role playing, and lively discussions. You'll learn to be the best babysitter on the block.

WHO: Youth, 11 – 15 yrs.

ACTIVITY#/SECTION#	DAYS	DATES
6O4682 Section #1	Tues.	4/10
6O8682 Section #1	Tues.	8/7
6O1682 Section #1	Thurs.	1/3

TIME: 8:30 a.m. – 3:30 p.m.

WHERE: Alf Sorensen Community Center

COST: \$102 / \$85 Resident Discount

DISCOVERY KIDS PUTERBUGS

Each class features your child as the main character of an exciting learning adventure, guided by a trained and certified Local Provider. Small class sizes and low 5:1 student/teacher ratio guarantees individual attention. After solving a different mission in class every week, participants receive FREE exclusive access to the online class to reinforce skills and extend the experience at home! A first-of-its-kind program, **Discovery Kids Puterbugs** is the only interactive class experience available that teaches your child, in a fun and age-appropriate way, the full scope of technology skills in today's digital world. In a safe environment that promotes a healthy foundation and proper tech etiquette, the program helps your child master skills that range from basic file navigation, Internet, and keyboarding skills to an understanding of the latest technology, such as mobile apps and cloud computing!

WHO: Youth, 3 – 7 yrs.

WHEN: Mondays

ACTIVITY#/SECTION#	TIME	DAYS	DATES
6O4O69 Section #1	12:30 p.m.	Mon.	4/2 – 4/23
6O4O69 Section #2	1:30 p.m.	Mon.	4/2 – 4/23
6O5O69 Section #2	12:30 p.m.	Mon.	4/30 – 5/21
6O5O69 Section #1	1:30 p.m.	Mon.	4/30 – 5/21
6O6O69 Section #1	12:30 p.m.	Mon.	6/4 – 6/25
6O6O69 Section #2	1:30 p.m.	Mon.	6/4 – 6/25
6O7O69 Section #2	12:30 p.m.	Mon.	7/9 – 7/30
6O7O69 Section #1	1:30 p.m.	Mon.	7/9 – 7/30
6O8O69 Section #1	12:30 p.m.	Mon.	8/6 – 8/27
6O8O69 Section #2	1:30 p.m.	Mon.	8/6 – 8/27
6O9O69 Section #2	12:30 p.m.	Mon.	9/10 – 10/1
6O9O69 Section #1	1:30 p.m.	Mon.	9/10 – 10/1

WHERE: Alf Sorensen Community Center

COST: \$48 / \$40 Resident Discount per month

DOG OBEDIENCE

Curb your dog's bad habits and establish good conduct during this six-week class. Learn how to teach your pet to sit, stand, stay, heel and master other commands. Professional dog trainer, Guy Yeaman, has trained 30,000 dogs during his career and has plenty of knowledge to share.



WHO: All dogs, 4 months & older

WHEN: Mondays (class will meet on holidays unless otherwise noted)

ACTIVITY#/SECTION#	DATES
7O3O61 Section #1	3/12 – 4/30
7O5O61 Section #1	5/7 – 6/11
7O6O61 Section #1	6/18 – 7/23
7O7O61 Section #1	7/30 – 9/3
7O9O61 Section #1	9/24 – 10/29

TIME: 7:00 p.m. – 8:00 p.m.

WHERE: Recreation Gym

COST: \$98 / \$82 Resident Discount

NOTE: Current shot records (Rabies, Parvo, Distemper), training collar and fabric or leather leash required. No class March 26 and April 2.

KIDBRIGHT FUN.N.FITNESS ADVENTURE

Kidbright's goal is to raise each child's level of confidence, coordination, creativity and classroom readiness through music, story time, obstacle course, games, cheer and stamp. For more information, call 353-2385.

WHO: Youth, 2 1/2 – 5 yrs.

WHEN: Mondays

ACTIVITY#/SECTION#	DATES
6O6O64 Section #1	6/4 – 6/25
6O7O64 Section #1	7/9 – 7/30
6O8O64 Section #1	8/6 – 8/27

TIME: 10:30 a.m. – 11:15 a.m.

WHERE: Alf Sorensen Community Center

COST: \$43 / \$36 Resident Discount

KIDBRIGHT PERFORMANCE TROUPE CHEER, DANCE, TUMBLE, PERFORM

This non-competitive troupe performs at local community and charity events. We focus on fun, teamwork and learning skills to incorporate into our action packed routines.

WHO: Youth, 6 – 12 yrs.
WHEN: Wednesdays

ACTIVITY#/SECTION#	DATES
604066 Section #1	4/4 - 4/25
605066 Section #1	5/2 - 5/30
606066 Section #1	6/6 - 6/27
607066 Section #1	7/11 - 8/1
608066 Section #1	8/8 - 8/29
609066 Section #1	9/5 - 9/26
610066 Section #1	10/3 - 10/24

TIME: 5:00 p.m – 7:00 p.m
WHERE: Larry D. Johnson Community Center
COST: \$66 / \$55 Resident Discount
NOTE: Additional cost for uniform.

KIDS EMPOWERING KIDS

Children need skills, resources, strategies and protective factors so they may live according to the values set by school and community. A child may have good character but still not understand how to deal with strong feelings, or how to conduct themselves appropriately with peers or people in authority. Kids Empowering Kids using the Camp Make Believe Curriculum is a Social and Emotional Learning Program that goes beyond character education, offering an innovative and entertaining approach that equips children with tools and strategies that will last them a lifetime. When children participate in Kids Empowering Kids 8 Step Program they learn skills and strategies that enable them to:

- Initiate and Maintain Healthy Peer Connections
- Identify and express Feelings appropriately
- Understand and Respect Boundaries (self and others)
- Understand and Express Empathy
- Manage Moods appropriately
- Recognize and stop Manipulation; (bullying, negative peer pressure)
- Self-Regulation of thoughts, feelings and behavior
- Restore Motivation; bounce back with resilience

WHO: Youth, 1st – 4th grade
WHEN: Tuesdays

ACTIVITY#/SECTION#	DATES
605093 Section #1	5/8 - 5/29
606093 Section #1	6/5 - 6/26
607093 Section #1	7/10 - 7/31
608093 Section #1	8/7 - 8/28
609093 Section #1	9/4 - 9/25
610093 Section #1	10/2 - 10/23

TIME: 6:00 p.m. – 7:30 p.m.
WHERE: Alf Sorensen Community Center
COST: \$120 / \$100 Resident Discount

LEARN TO SAIL AT SPARKS MARINA

Sierra Nevada Community Sailing (SNCS) offers sailing instruction with US Sailing certified instructors for junior, adult, and adaptive members of the community. Visit www.nvsailing.org for more information on any of the listed programs.



KIDS SUMMER SAILING DAY CAMPS

Kids love to sail – and what safer and better place to learn than at the Sparks Marina Park? SNCS offers lessons for beginners and intermediates. The beginner’s camp follows the US Sailing “Start Sailing Right” program. Each session consists of two-week camps. Course fees cover course materials, 35 hours of structured group sailing & water safety instruction, both on and off of the water, use of sailboats and safety gear. Students should be comfortable in the water and a swim test will be given. Kids learn in the Pico sailboats and may qualify to sail a Catalina 14.2, Laser, or the Open Bic sailboat. Scholarship assistance is available for qualified families.

WHO: Youth, 10 – 17 yrs.
WHEN: Two week sessions, Monday – Friday
Beginners: Beginning June 11, June 25, July 9, July 23 and August 6
Intermediates: Beginning June 25, July 9, July 23 and August 6
TIME: 1:00 p.m. – 4:30 p.m.
WHERE: Sparks Marina Park
COST: \$280 per camp



NEW! **ADULT SAILING**

Come learn to sail with SNCS this summer for a great time. The Sparks Marina Park is a terrific venue for you to learn or improve your sailing and water safety skills. The Adult class follows the U.S. Sailing "Start Sailing Right" program for beginners and includes use of sailboats, safety gear and course materials. Students must be prepared to study Nevada boating regulations and pass a written and swim test. Each class begins with a class discussion on sailing theory and then proceeds to sailing practice in the SNCS sailboats.

WHO: Adults, 18 yrs. & Older
WHEN: Tuesdays and Thursdays
 Beginning June 12 and July 17
TIME: 5:30 p.m. - 8:30 p.m.
WHERE: Sparks Marina Park
COST: \$280 per session, plus \$50 membership

NEW! **ADAPTIVE SAILING LEISURE & LEARNING**

Adaptive sailing lessons for those with disabilities are available through SNCS on a limited basis in specialized access dinghies. A hoist is available for anyone needing mechanical assistance with transfers. Visit www.nvsailing.org for more information, pricing, or to contact the instructor to discuss your options and goals.

NEW! **PRIVATE SAILING LESSONS**

Everything you need to learn to sail! SNCS will provide the boat, the instructor, all the necessary gear, instructional materials and the fun. SNCS can even teach you aboard your own boat, so long as it meets our safety and operability requirements. In private settings, most students can complete the U.S. Sailing "Start Sailing Right" program in 8 to 15 hours of on-the-water fun.

WHO: Everyone, 8 yrs. & Older
WHEN: Lessons as scheduled
WHERE: Sparks Marina Park
COST: \$50 per hour for up to two students

NEW! **VOICE COACHES - Get Paid to Talk**

From audio books and animation to documentaries, video games, and commercials, learn about the growing field of voice overs! Insight will be shared on what the pros look for and where to find work in your area. Students will record a short professional script under the direction of the instructor. This class is a lot of fun, realistic, and a great first step for anyone interested in the voice over field.

WHO: Adults, 18 yrs. & Older
WHEN: Monday

ACTIVITY#/SECTION#	DATES
704095 Section #1	4/30

TIME: 5:30 p.m. - 8:00 p.m.
WHERE: Alf Sorensen Community Center
COST: \$30 / \$25 Resident Discount

YOGA BASICS BY YOGA LOKA

An introductory course taught in six week sessions, introducing the principles, philosophy, movements, breathing and relaxation techniques of yoga. Designed specifically for the new student. The instructor will share a love for creative movement and empower students to live more balanced, healthful, and joy-filled lives.

WHO: Adults, 18 yrs. & Older
WHEN: Tuesdays

ACTIVITY#/SECTION#	DATES
704038 Section #1	4/3 - 5/8
705038 Section #1	5/15 - 6/19
706038 Section #1	6/26 - 7/31
708038 Section #1	8/7 - 9/11
709038 Section #1	9/18 - 10/23

TIME: 5:30 p.m. - 6:45 p.m.
WHERE: Larry D. Johnson Community Center
COST: \$97 / \$81 Resident Discount
NOTE: Yoga mat, block and strap required.

NEW! **A PEACE OF YOGA**

Mind / Body / Breath Awareness for Teens

Unite mind, body and breath in a safe, secure and fun place. Breathe nature's radiance into your body by focusing on a series of flowing yoga poses to enhance strength and flexibility, balance, and relaxation. Learn self-reflection and interact with your peers in a supportive environment to nourish your confidence, body appreciation and awareness. Wear comfortable or stretchy clothing (no jeans). Benefits - Teens report that by practicing yoga, they exude strength, confidence, dynamism and inner calm, are more disciplined, think rationally, develop patience and smile more.

WHO: Youth, 13 - 18 yrs.
WHEN: Tuesdays

ACTIVITY#/SECTION#	DATES
604900 Section #1	4/3 - 4/24
605900 Section #1	5/1 - 5/22
606900 Section #1	5/29 - 6/19
607900 Section #1	6/26 - 7/17
608900 Section #1	7/24 - 8/14
609900 Section #1	8/21 - 9/11
610900 Section #1	9/18 - 10/9

TIME: 4:00 p.m. - 5:15 p.m.
WHERE: Larry D. Johnson Community Center
COST: \$48 / \$40 Resident Discount



YOGA FLOW BY YOGA LOKA

Appropriate for all levels, this class includes a flowing sequence of postures along with detailed instruction. It will challenge you to observe how your internal self (mind, heart, and spirit) informs your external (physical) self during your yoga practice. Through a combination of pranayama (breathe work), meditation, and asana (physical postures), this class invites you to connect with the inherent wisdom present within your own body, learning to gently guide yourself to your most expansive yoga experience.

WHO: Adults, 18 yrs. & Older
WHEN: Thursdays

ACTIVITY#/SECTION#	DATES
704045 Section #1	4/5 - 5/10
705045 Section #1	5/17 - 6/21
706045 Section #1	6/28 - 8/2
708045 Section #1	8/9 - 9/13
709045 Section #1	9/20 - 10/25

TIME: 5:30 p.m. - 6:45 p.m.
WHERE: Larry D. Johnson Community Center
COST: \$97 / \$81 Resident Discount
NOTE: Yoga mat, block and strap required.

THE MOMTOGRAPHY WORKSHOP: HOW TO TAKE AMAZING PHOTOS OF YOUR KIDS WITH YOUR DSLR CAMERA

This course will cover the basics of using a DSLR (Digital Single Lens Reflex) camera. Some of the topics covered will be Shooting on Manual, Nailing Focus, Catching Priceless Moments. Weekly projects and Live Shooting exercise included during the final class. The course is designed for Mothers (and Fathers) who own a Digital SLR camera but have not really learned how to use it, or who want to become more proficient in using their camera. Course materials and lunch included in fees.

WHO: Adults, 18 yrs. & Older
WHEN: Saturday

ACTIVITY#/SECTION#	DATE
701500 Section #1	TBA

TIME: 9:00 a.m. - 3:00 p.m.
WHERE: JLM Creative Photography Studio,
 120 Thoma Street Suite 1, Reno
COST: \$114 / \$95 Resident Discount

YOUTH MARTIAL ARTS

Learn the proper form and conditioning of Goju-Shorie, an Okinawan close combat self defense martial art that combines different martial arts techniques. In this class you will find a balance between high energy and control to help make the journey a fun learning experience. Instructor Martin Amba is a three time national karate sparring champion and is currently ranked number one in his division in the National Blackbelt League National and World Rankings.

WHO: Youth, 8 - 13 yrs.
WHEN: Mondays and Wednesdays

ACTIVITY#/SECTION#	DATES
604026 Section #1 or #2	4/2 - 4/30
605026 Section #1 or #2	5/2 - 5/30
606026 Section #1 or #2	6/4 - 6/27
607026 Section #1 or #2	7/2 - 7/30
608026 Section #1 or #2	8/1 - 8/29
609026 Section #1 or #2	9/5 - 9/26
610026 Section #1 or #2	10/1 - 10/31

TIME: 5:30 p.m. - 6:15 p.m.
WHERE: Sparks Senior Center, 97 Richards Way
COST: \$72 / \$60 Resident Discount (Section #1)
 \$60 / \$50 Resident Family Discount (Section #2)
 Discount for two or more family members available
NOTE: No class May 28, July 4 and September 3

ADULT MARTIAL ARTS

Learn the proper form and conditioning of Goju-Shorie, an Okinawan close combat self defense martial art that combines different martial arts techniques. In this class you will find a balance between high energy and control to help make the journey a fun learning experience. Instructor Martin Amba is a three time national karate sparring champion and is currently ranked number one in his division in the National Blackbelt League National and World Rankings.

WHO: Everyone, 14 yrs. & Older
WHEN: Mondays and Wednesdays

ACTIVITY#/SECTION#	DATES
704026 Section #1 or #2	4/2 - 4/30
705026 Section #1 or #2	5/2 - 5/30
706026 Section #1 or #2	6/4 - 6/27
707026 Section #1 or #2	7/2 - 7/30
708026 Section #1 or #2	8/1 - 8/29
709026 Section #1 or #2	9/5 - 9/26
710026 Section #1 or #2	10/1 - 10/31

TIME: 6:15 p.m. - 7:00 p.m.
WHERE: Sparks Senior Center, 97 Richards Way
COST: \$72 / \$60 Resident Discount (Section #1)
 \$60 / \$50 Resident Family Discount (Section #2)
 Discount for two or more family members available
NOTE: No class May 28, July 4 and September 3