

Stress Reduction

Explore methods of meditation and relaxation to reduce your stress level. The course will be an overview of techniques using sound, breathing and muscle relaxation.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Tu	6:00-7:00pm	Sep 1-Oct 6	Senior Center	Staff	\$25	\$36	24105-1

Women's Health and Hormones

Hormone replacement therapy and bio-identical hormones can have side effects such as increased Breast Cancer rates. Learn what you can do to balance your hormones and go through menopause safely and without the many symptoms most women experience.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Tu	7:00-8:30pm	Sep 29	Casanova Oak Knoll	G. Gensel, D.C., C.N.C.	\$15	\$20	24076-1



CITY VOLUNTEERS NEEDED!

The City of Monterey is seeking volunteers for a variety of assignments in nearly every City Department! Projects include both long-term or short-term assignments. As a volunteer, you have the opportunity to become a part of the City of Monterey team, meet new people, make a difference in your community and learn new skills. For more information check www.monterey.org/volunteer or call Community Resources Coordinator Tish Sammon at 646-3719.

Volunteers in Parks Volunteer Gardeners

Gardening information and instruction are provided to volunteer gardeners interested in helping with the maintenance and beautification of various parks and gardens. No special skills necessary except a capacity for enjoying the outdoors. Tools and materials will be provided. Please call the Parks Division at 646-3860 for location information, or contact Community Resources Coordinator Tish Sammon at 646-3719.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
Tu	9:00am-12:00pm	Year-round	Parks Division	None

Individual Volunteer Projects

Make your own hours. Choose your neighborhood or favorite location. Have your own project. For further information call the City of Monterey Parks Division, 646-3860, or contact Community Resources Coordinator Tish Sammon at 646-3719.

Gymnastics

Gymnastics

Gymnastics for Children: Classes are offered for walking toddlers through school-aged children, at all levels of skill. Instruction is offered on the vault, bars, balance beam, mini-trampoline and tumbling. In addition to teaching gymnastics skills and techniques, this program provides a holistic approach to learning with the focus on experiential learning, fitness, social skills and building friendships versus competition. Our vision is to create an environment devoted to self-exploration through movement. Children are nurtured to foster their self-esteem and realize a sense of pride and trust in their ability to move through their lives in a physical and adventurous way. All classes are structured to ensure a fun, creative and playful experience.

LOCATION: Monterey Youth Center

INSTRUCTOR: Reneé Shillcock

APPROPRIATE ATTIRE: Students may wear any of the following clothing: leotard, footless tights, shorts, sweats, leggings, t-shirts (tucked in), bare feet. Please tie up long hair and pull back hair that falls in the face. Avoid plastic hair bands and clips.

Please do NOT wear jewelry, jeans, dresses, baggy t-shirts, zippers, belts, buttons, etc.



All gymnastic classes are now available for online registration, with the exception of Intermediate Gymnastics for Kids, instructor permission required.



Gymnastics for Toddlers-Parent Participation

Songs, movement games and beginning gymnastics skills are offered. The building blocks of coordination, balance and kinesthetic awareness are explored as the parent engages with their child in this class.

For ages Tots walking through 3 years.

For ages Walking through 30 months.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
W	10:50-11:30am	Jun 10-Jul 1	\$32	\$42	26035-1
W	10:50-11:30am	Jul 8-Jul 29	\$32	\$42	26035-2
W	10:50-11:30am	Aug 12-Sep 2	\$32	\$42	26035-3
W	10:50-11:30am	Sep 16-Sep 30	\$24	\$32	26035-4
W	10:50-11:30am	Oct 21-Nov 18 (no class Nov 11)	\$32	\$42	26035-5
W	10:50-11:30am	Nov 25-Dec 16	\$32	\$42	26035-6

For ages 2-3 years.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
W	10:05-10:45am	Jun 10-Jul 1	\$32	\$42	26036-1
W	10:05-10:45am	Jul 8-Jul 29	\$32	\$42	26036-2
W	10:05-10:45am	Aug 12-Sep 2	\$32	\$42	26036-3
W	10:05-10:45am	Sep 16-Sep 30	\$24	\$32	26036-4
W	10:05-10:45am	Oct 21-Nov 18 (no class Nov 11)	\$32	\$42	26036-5
W	10:05-10:45am	Nov 25-Dec 16	\$32	\$42	26036-6

Beginning Gymnastics for Tots

Beginning level skills are taught, focusing on motor coordination and confidence. Gymnasts are encouraged to learn at their own pace.

For ages 3-6 years (Preschool).

For ages 3 years.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
Tu,Th	2:00-2:45pm	Jun 9-Jul 2	\$64	\$84	26000-1
Tu,Th	2:00-2:45pm	Jul 7-Jul 30	\$64	\$84	26000-2
Tu,Th	2:00-2:45pm	Aug 11-Sep 3	\$64	\$84	26000-3
Tu,Th	2:00-2:45pm	Sep 8-Oct 1	\$64	\$84	26000-4
Tu,Th	2:00-2:45pm	Oct 20-Nov 17 (no class Nov 10)	\$64	\$84	26000-5
Tu,Th	2:00-2:45pm	Nov 19-Dec 17 (no class Nov 26)	\$64	\$84	26000-6

W	9:15-10:00am	Jun 10-Jul 1	\$32	\$42	26001-1
W	9:15-10:00am	Jul 8-Jul 29	\$32	\$42	26001-2
W	9:15-10:00am	Aug 12-Sep 2	\$32	\$42	26001-3
W	9:15-10:00am	Sep 16-Sep 30	\$24	\$32	26001-4
W	9:15-10:00am	Oct 21-Nov 18 (no class Nov 11)	\$32	\$42	26001-5
W	9:15-10:00am	Nov 25-Dec 16	\$32	\$42	26001-6

For ages 3½-5 years (Preschool).

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
W,F	1:00-1:45pm	Jun 10-Jul 3	\$64	\$84	26002-1
W,F	1:00-1:45pm	Jul 8-Jul 31 (no class Jul 24, make-up Jul 20)	\$64	\$84	26002-2
W,F	1:00-1:45pm	Aug 12-Sep 4	\$64	\$84	26002-3
W,F	1:00-1:45pm	Sep 11-Oct 2	\$56	\$74	26002-4
W,F	1:00-1:45pm	Oct 21-Nov 18 (no class Oct 23 and Nov 11, make-up Nov 2)	\$64	\$84	26002-5
W,F	1:00-1:45pm	Nov 20-Dec 18 (no class Nov 27)	\$64	\$84	26002-6

W,F	2:30-3:15pm	Jun 10-Jul 3	\$64	\$84	26004-1
W,F	2:30-3:15pm	Jul 8-Jul 31 (no class Jul 24, make-up Jul 20)	\$64	\$84	26004-2
W,F	2:30-3:15pm	Aug 12-Sep 4	\$64	\$84	26004-3
W,F	2:30-3:15pm	Sep 11-Oct 2	\$56	\$74	26004-4
W,F	2:30-3:15pm	Oct 21-Nov 18 (no class Oct 23 and Nov 11, make-up Nov 2)	\$64	\$84	26004-5
W,F	2:30-3:15pm	Nov 20-Dec 18 (no class Nov 27)	\$64	\$84	26004-6

For ages 4-6 years (Preschool & Kindergarten).

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
Tu,Th	2:45-3:30pm	Jun 9-Jul 2	\$64	\$84	26007-1
Tu,Th	2:45-3:30pm	Jul 7-Jul 30	\$64	\$84	26007-2
Tu,Th	2:45-3:30pm	Aug 11-Sep 3	\$64	\$84	26007-3
Tu,Th	2:45-3:30pm	Sep 8-Oct 1	\$64	\$84	26007-4
Tu,Th	2:45-3:30pm	Oct 20-Nov 17 (no class Nov 10)	\$64	\$84	26007-5
Tu,Th	2:45-3:30pm	Nov 19-Dec 17 (no class Nov 26)	\$64	\$84	26007-6

Beginning Gymnastics for Kids

Beginning and intermediate level skills are taught, focusing on technique, form, and developing a sense of personal achievement.
For ages Kindergarten through 5th grade.

For ages Kindergarten-1st Grade.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
W,F	3:15-4:00pm	Jun 10-Jul 3	\$64	\$84	26005-1
W,F	3:15-4:00pm	Jul 8-Jul 31 (no class Jul 24, make-up Jul 20)	\$64	\$84	26005-2
W,F	3:15-4:00pm	Aug 12-Sep 4	\$64	\$84	26005-3
W,F	3:15-4:00pm	Sep 11-Oct 2	\$56	\$74	26005-4
W,F	3:15-4:00pm	Oct 21-Nov 18 (no class Oct 23 and Nov 11, make-up Nov 2)	\$64	\$84	26005-5
W,F	3:15-4:00pm	Nov 20-Dec 18 (no class Nov 27)	\$64	\$84	26005-6

For ages 1st-5th Grade.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
Tu,Th	3:35-4:30pm	Jun 9-Jul 2	\$64	\$84	26014-1
Tu,Th	3:35-4:30pm	Jul 7-Jul 30	\$64	\$84	26014-2
Tu,Th	3:35-4:30pm	Aug 11-Sep 3	\$64	\$84	26014-3
Tu,Th	3:35-4:30pm	Sep 8-Oct 1	\$64	\$84	26014-4
Tu,Th	3:35-4:30pm	Oct 20-Nov 17 (no class Nov 10)	\$64	\$84	26014-5
Tu,Th	3:35-4:30pm	Nov 19-Dec 17 (no class Nov 26)	\$64	\$84	26014-6
W,F	4:05-5:00pm	Jun 10-Jul 3	\$64	\$84	26003-1
W,F	4:05-5:00pm	Jul 8-Jul 31 (no class Jul 24, make-up Jul 20)	\$64	\$84	26003-2
W,F	4:05-5:00pm	Aug 12-Sep 4	\$64	\$84	26003-3
W,F	4:05-5:00pm	Sep 11-Oct 2	\$56	\$74	26003-4
W,F	4:05-5:00pm	Oct 21-Nov 18 (no class Oct 23 and Nov 11, make-up Nov 2)	\$64	\$84	26003-5
W,F	4:05-5:00pm	Nov 20-Dec 18 (no class Nov 27)	\$64	\$84	26003-6

Intermediate Gymnastics for Kids

Intermediate and advanced skills are taught, focusing on technique, form, and developing a sense of personal achievement. There is a greater focus on strength, flexibility, and self-motivation in the intermediate level.

For ages 1st through 9th grade (Instructor permission required).

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
Tu,Th	4:35-6:00pm	Jun 9-Jul 2	\$96	\$125	26006-1
Tu,Th	4:35-6:00pm	Jul 7-Jul 30	\$96	\$125	26006-2
Tu,Th	4:35-6:00pm	Aug 11-Sep 3	\$96	\$125	26006-3
Tu,Th	4:35-6:00pm	Sep 8-Oct 1	\$96	\$125	26006-4
Tu,Th	4:35-6:00pm	Oct 20-Nov 17 (no class Nov 10)	\$96	\$125	26006-5
Tu,Th	4:35-6:00pm	Nov 19-Dec 17 (no class Nov 26)	\$96	\$125	26006-6

