

General Interest

Bicycle Maintenance

Join us and learn basic maintenance and safety. In addition to proper helmet fit, you will learn how to inflate your tires, change a flat tire, adjust your brakes and keep your bike clean and lubed.

For ages 14 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Tu	7:00-9:00pm	Feb 23	Casanova Oak Knoll	E. Chavez	\$20	\$26	14085-1
Tu	7:00-9:00pm	May 25	Casanova Oak Knoll	E. Chavez	\$20	\$26	14085-2

Children's Creative Learning Center Preschool at Monterey Presidio

Accredited through the National Association for the Education of Young Children, the Children's Creative Learning Center Preschool at Monterey Presidio provides full day care, including snacks and lunch. The Center provides care and educational services for children age six weeks through five years and is open Monday through Friday 7:00am to 6:00pm. Open and accepting enrollments for both military and civilian families. City of Monterey Employees qualify for a 10% discount. 1608 Pvt. Bolio Road, Presidio of Monterey, 647-1880.

Computer Instruction

Individual training is available in Word, Excel, PowerPoint, Internet, E-mail set-up, file management and digital photos. Please call 646-3878 for an appointment.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	9:00am-4:30pm	Continuous	Senior Center	B. Ludgate	None

Dog Obedience (Age 20 Weeks & Up)

Bring your dog and family to learn some new tricks using positive motivation training. You will learn all the basic obedience commands as well as useful everyday skills such as waiting at doors, polite greetings and even tricks to entertain friends. **Participants under age sixteen (16) must be accompanied by an adult. Proof of vaccination required. Week One is lecture only - no dogs.**

For all ages.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
W	7:15-8:15pm	Jan 6-Feb 17	Casanova Oak Knoll	M. McPadden	\$98	\$128	14110-1
W	7:15-8:15pm	Apr 7-May 19	Casanova Oak Knoll	M. McPadden	\$98	\$128	14110-2

Puppy Kindergarten (Age 8 to 20 Weeks)

Bring the family and learn problem solving techniques such as potty training, puppy nipping as well as basic obedience commands such as stay, down and much more. Puppies will also be able to socialize during puppy playtime. **Participants under age sixteen (16) must be accompanied by an adult. Proof of vaccination required. Week One is lecture only - no dogs.**

For all ages.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
W	6:00-7:00pm	Jan 6-Feb 17	Casanova Oak Knoll	M. McPadden	\$98	\$128	14111-1
W	6:00-7:00pm	Apr 7-May 19	Casanova Oak Knoll	M. McPadden	\$98	\$128	14111-2

Family Night

Come and enjoy the many activities provided such as billiards, ping pong, foosball and Wii video games. Join the fun at your neighborhood Community Center!

For families! (No program Jan 18, Feb 15, Mar 30 and May 31)

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M	5:00-8:45pm	Continuous	Youth Center	Staff	None
Tu	5:00-8:45pm	Continuous	Casanova Oak Knoll	Staff	None
W	5:00-8:45pm	Continuous	Hilltop Park	Staff	None

The Fresh Start Program

Start the new year by giving your body a "spring cleaning!" We will discuss how you can use food to rejuvenate your body in 7 days! Everybody will receive a program to start enjoying better health right away!

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Tu	7:00-8:15pm	Jan 26	Casanova Oak Knoll	G. Gensel, D.C., C.N.C.	\$15	\$20	14050-1

How To Make Your Favorite Recipes Healthier

You will learn how to take a recipe and convert it into a healthier but still tasty recipe. Come learn how small changes in your cooking habits can make huge changes in your health.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Tu	7:00-8:15pm	Apr 27	Casanova Oak Knoll	G. Gensel, D.C., C.N.C.	\$15	\$20	11046-1

Public Access Computers

Your nearby Community Center has personal use computers with Internet access available to the public. There is no fee. Sign-in each time you use the computer.

DAY	TIME	SESSIONS	LOCATION	FEE
M-Th	1:00-3:00pm	Continuous	Hilltop Park	None
F	9:00am-1:00pm	Continuous	Hilltop Park	None
M-F	10:00am-1:00pm	Continuous	Youth Center	None
M-Th	1:00-8:45pm	Continuous	Casanova Oak Knoll	None
F	1:00-4:45pm	Continuous	Casanova Oak Knoll	None

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 as well as to meet new people, make a difference in your community and even learn a new skill. 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 is provided to volunteer gardeners who are interested in helping with the maintenance and beautification of various parks and gardens. No special skill is needed except a capacity for enjoying the outdoors. Tools and materials will be provided. Please call the Parks Division at 646-3860 for location information. You may also 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. You may also contact Community Resources Coordinator Tish Sammon at 646-3719.

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. 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, which requires instructor permission.

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	Jan 6-Jan 27	\$32	\$42	16035-1
W	10:50-11:30am	Feb 3-Feb 24	\$32	\$42	16035-2
W	10:50-11:30am	Mar 3-Mar 24	\$32	\$42	16035-3
W	10:50-11:30am	Apr 7-Apr 28	\$32	\$42	16035-4
W	10:50-11:30am	May 5-May 26	\$32	\$42	16035-5

For ages 2-3 years.

DAY	TIME	SESSIONS	MCR FEE	OCR FEE	ACTIVITY#
W	10:00-10:45am	Jan 6-Jan 27	\$32	\$42	16036-1
W	10:00-10:45am	Feb 3-Feb 24	\$32	\$42	16036-2
W	10:00-10:45am	Mar 3-Mar 24	\$32	\$42	16036-3
W	10:00-10:45am	Apr 7-Apr 28	\$32	\$42	16036-4
W	10:00-10:45am	May 5-May 26	\$32	\$42	16036-5