

## Photography

The Recreation Department is proud to have Brent Paull as our photography instructor. Brent has over 26 years of experience and his work has been published over 1000 times. Brent has conducted classes in Lemoore for 6 years and we are very excited that he is continuing his classes in 2016.



Please visit his website: [www.amwestphoto.com](http://www.amwestphoto.com)

Cost	\$35 per person, per session
Day/Time	Mondays, 6:00 – 8:00 PM
Location	Veterans Memorial Building
Registration deadline	Friday before each class
<b>Date</b>	<b>Class</b>
Feb. 8	Digital Photography 101 (beginner)
April 11	Digital Photography 201 (intermediate)
May 9	Nature, Wildlife Photography Skills
June 13	Digital Photography 101
July 11	Sell Your Digital Images
Aug. 8	Learn Photo Elements 12
Oct. 17	Take Great Holiday and Family Photos

## Dog Obedience

by Critter Sitter Training Academy

The Recreation Department is proud to partner with Critter Sitters Training Academy to offer your dog obedience training. Dogs learn sit, down, stay, come, leave it and how to behave on and off the leash. Please bring your dog on a leash and some treats.

Age	Dogs must have first set of shots	
Cost	\$80 per session 7 week sessions	
Mondays	6:00-7:00 PM	4/15
Session 1	January 19	
Session 2	March 23	
Session 3	June 1	
Session 4	August 3	
Session 5	October 5	
Location	Civic Auditorium	

## First Aid/CPR

Learn how to save someone in an emergency and add a valuable skill to your resume. Upon successful completion, participants will receive American Red Cross certifications in First Aid and CPR for adults, children, and infants. Course also includes Automated External Defibrillator certification.



Age	15 years – Adult	
Cost	\$80 (materials included)	
Session I	May 14 Register by May 6	
Session II	Dec. 9 Register by Dec. 2	
Day	Time	Min/Max
Saturday	9:00 – 3:00 PM	6/20



## Community Gardens

Need a space to garden? We have one! Rent a plot at the Community Garden, located at the Recreation Center. 4x8 ft. plots are available for \$32 per year, or go big with a 4x16 ft. plot for only \$50 per year. Forty plots are available, each with access to water at our locked facility.

Age	Adults
Cost	\$32 (4x8 ft.) / \$50 (4x16 ft.)
Location	Lemoore Recreation Center

## Guitar Lessons

Learn to play guitar with Charlie Ennes who attended Master Classes at Commune di Firenze in Florence, Italy. A Fun environment that anyone can enjoy!



### Intro to Guitar

Age	Adults (18+)	
Cost	\$100 per person, per 8 week session	
Session 1	Jan. 21 – Mar. 17 (No class Feb. 25)	
Session 2	July 7 – Aug. 25	
Location	Lemoore Rec Center Conference Room	
Day	Time	Min/Max
Thursdays	7:00 – 8:00 PM	5/10

### Intermediate Guitar

Age	Adults (18+)	
Cost	\$80 per person, per 6 week session	
Session 1	Apr. 7 – May 12	
Session 2	May 19 – Jun. 23	
Session 3	Sept. 1 – Oct. 6	
Session 4	Oct. 13 – Nov. 17	
Location	Lemoore Rec Center Conference Room	
Day	Time	Min/Max
Thursdays	7:00 – 8:00 PM	5/10

## Ballroom Dancing

Lemoore Recreation is proud to announce that Mario Moreno, renowned certified Ballroom Dance Instructor, will be offering a Ballroom Dance Class beginning February 19th. Classes will be held at the Lemoore Recreation Center Dance Room on Thursdays at 7:30 PM through March 26th. Cost is \$40 per person.

Age	Adults (18+)
Cost	\$40 per person
Location	Lemoore Recreation Center Dance Room
Day/Time	Thursdays at 7:30–8:30 PM



## Introduction to Latin Social Dance – Salsa

Learn beginning level salsa. This class focuses on foot patterns and timing. Essential skills regarding the male's lead will be taught as well. Salsa's basic steps are really fun and easy to learn and our patient and enthusiastic instructor will guide you through those most important first steps.

Age	Adults (18+)
Cost	\$40 per person, per session \$70 per couple, per session
Dates	Tuesdays
Times	7:15-8:15 PM
Session #1	Mar. 8 – Apr. 12
Session #2	Aug. 2–Sept. 6
Session #3	Sept. 8 – Oct. 13
Location	Lemoore Recreation Center Dance Room

## Ping Pong Tournament

The Lemoore Recreation Center will be hosting our second annual Ping Pong Tournament. First and second place will receive a prize. Playing Ping Pong offers the body and mind many benefits, so come down and join us for the fun.

Age:	14+, Adults and Seniors welcome.
Cost:	\$10 per person
When:	Saturday, April 16 Saturday, August 20
Time:	11:00 AM
Reg. Deadline:	Friday: April 8, 2016 Friday: August 12, 2016
Location:	Lemoore Recreation Center
Min/Max:	4/32



## Third Annual Lemoore Recreation Chess Tournament



Come join us as we host our third annual Chess tournament. Come test out your brain power against your fellow Lemoore area chess players. First and second place will receive a prize.

Cost:	\$10 per person
When:	Saturday, February 6
Time:	11:00 AM
Location:	Veterans Memorial Building

### Beginning Sewing – Learn to Sew:

Learn the basic operations of your sewing machine. Learn about the different machine parts and how to perform simple maintenance. Learn about the different fabrics, threads, sewing notions and basic stitching.

Age:	Adults (18+)
Cost:	\$75 monthly
Dates:	Tuesdays (January - December)
Times:	10 AM–1 PM or 4–7 PM
Reg. Deadline:	Monthly Basis
Location:	Civic Auditorium – Conference Room
Min/Max:	2/6

### Intermediate Sewing:

Learn to read and follow a store bought pattern. Learn to make a pair of comfy lounge/PJ pants. How to take proper body measurements and make minor patterns adjustments for a better fit. Learn to install elastic and hem pants.

Age:	Adults (18+)
Cost:	\$75 monthly
Dates:	Thursdays (February - December)
Times:	10 AM–1 PM or 4–7 PM
Reg. Deadline:	Monthly Basis
Location:	Civic Auditorium – Conference Room
Min/Max:	2/6

## Archery

Learn the sport of archery from certified archery instructor, Stan Barry. One hour Safety Course includes range safety, basic bow set-up, equipment safety checks and proper equipment use from basic form to completion field archery.

Safety Course	
Age:	Adults (18+)
Dates:	Wednesdays
Time:	5:30–6:30 PM
Cost:	\$25 (includes bow rental)
*Optional – Five 1 hour lessons - \$120 (includes bow rental)	
Open Shooting Hours (must have completed the safety course)	
Dates:	Mondays
Time:	5:30–6:30 PM
Cost:	Lane Fee: \$5.00 per person
	Bow Rental: \$5.00

## Karate

Family karate open to all ages! The family can learn the basic fundamentals in defensive techniques, sparring and participate in tournaments (local or world). The type of karate learned is Koafuja-do. It is a mix of martial arts from traditional forms of Japan, Korea, and China with more than 40 in existence. The instructor Manuel Velarde is black belt, 1-dan with 13 years of experience instructing.

Age	Adults (18+)
Cost	\$50 per individual per month Family Plan Discounts on multiple siblings (NOTE: Uniform and test not included)
Dates	Tuesday & Friday (Jan.–Dec.)
Times	5 – 6:30 PM
Reg. Deadline	Monthly basis
Location	Various Locations (LRC or Civic Auditorium)
Min/Max:	4 / 30

## Meditation Class

This class will begin with an introduction and orientation of what mindfulness meditation. During the mindfulness class I will discuss some of the basics of the practices and then I will lead the class through a 30 to 40 minute meditation session. The class will be in the sitting position using techniques to help develop concentration this will help the mind from wandering after a few minutes of concentration. The class will then begin with mindfulness parts of the meditation, relaxing meditation, concentrating meditation and mindfulness meditation. Its technique is loving kindness.

Age	Adults (18+)
Cost:	\$20 per month Month by month
Date:	Wednesday, all year
Time:	6:30-7:30 PM
Location:	Lemoore Rec Center Conference Room
Min/Max:	4/10



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## CrossFit

CrossFit Lemoore is for ALL ages, sizes, and abilities. Whether you are an elite athlete or someone who hasn't worked out in years, CrossFit is for you. We are a community of people who support and encourage each other to lead a healthy and fit lifestyle. Check out our website for more information [www.crossfitlemoore.com](http://www.crossfitlemoore.com) and to sign up for a free class.

CrossFit is defined as that which optimizes fitness (constantly varied functional movements performed at relatively high intensity). CrossFit is also the community that spontaneously arises when people do these workouts together. In fact, the communal aspect of CrossFit is a key component to why it's so effective.

Age:	Adults (18+)
Cost	Unlimited classes \$125/month 3 days a week \$100/month *Discounts available for: military/teachers/ students/police/fire/couples
Location	Lemoore Recreation Center
Day	Time
Mon-Fri	4:30 AM, 5:00 AM, 6:00 AM, 9:00 AM, 4:00 PM, 5:00 PM, 6:00 PM
Sat.	10:00 AM

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## Open Walking Hours

Enjoy your afternoon walk in the controlled climate of our indoor walking track this season. Stay warm and dry in the LRC while you meet new people and work toward your fitness goals. Five laps is equal to one mile.

Monday-Friday	7 AM – 8:30 PM
Location	Lemoore Rec Center



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## Zumba Fitness

It's not a dance class, it's a party! No one is judging you by your dance abilities. Just have fun and feel the music.

It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobics workout while at the same time targeting your legs, abs, gluteus and arms.

Based on the principle that workouts should be "FUN AND EASY". Zumba is not only great for the body it is also great for the mind. It is a "feel happy workout!"

Age	Adults (18+)
Cost	\$30 per month
Dates	Jan.–Dec. (No classes July)
Location	Lemoore Recreation Center
Day/Time	Mon./Wed./Fri., 8:15–9:15 AM



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## Jazzercise

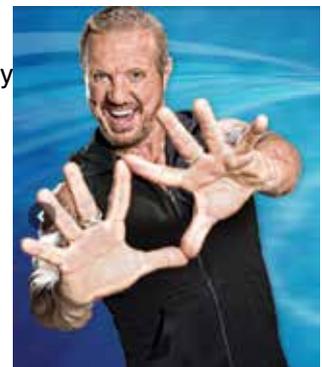
Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes—Dance Mixx, Interval, Fusion, Core, Strike, and Strength—will leave you breathless, tones and coming back for more. Start working it... with Jazzercise

Age	Adults (18+)
Cost	\$50 per individual per month (\$25 July, 2 weeks only) \$10 daily walk-in fee
Dates	Monday–Friday (Jan.–Dec.)
Times	9:30–10:30 AM
Reg. Deadline	Beginning of the month
Location	Lemoore Recreation Center Dance Room



## DDP Yoga

DDP YOGA is NOT traditional yoga! It was founded by pro-wrestler Diamond Dallas Page, and is used by both professional athletes and regular people around the world. No matter what your age, gender or fitness goals are, DDP YOGA will make you unstoppable!



Cost:	\$45 per month
Location:	Lemoore Recreation Center
Days:	Tuesday & Thursday 7–8 PM



## Mens Softball

Adult Softball is Back! Sign up your team by each season's deadline to ensure a spot on the diamond.

Games will be played at the newly remodeled Kings Lions Complex, formerly known as 19th Ave Park.

Age	Adults (18+)	
Cost	\$375 per team \$50 late registration fee	
Games	8 game season with playoffs	
Spring Season	March 4–May 6 (No games 3/25) Reg. Deadline: Feb. 12	
Summer Season	June 3–July 29 (No games on week of July 4th) Reg. Deadline: May 20	
Fall Season	Sept. 9–Nov. 4 Reg. Deadline: Aug. 19	
Location	Kings Lions Complex	
Day	Time	Min/Max
Fridays	TBD	4-16 teams

## Open Play Basketball

Bring your friends and play pick up basketball games inside the Lemoore Recreation Center. Please bring your own basketball.

Cost	\$1 per night	
Location	LRC	
Day	Time	Min/Max
Mon/Wed/Fri	5:30–8:30 PM	6/100

## Co-Ed Softball

Adult Softball is Back! Sign up your team by each season's deadline to ensure a spot on the diamond. Games will be played at the newly remodeled Kings Lions Complex, formerly known as 19th Ave Park.

Age	Adults (18+)	
Cost	\$375 per team \$50 late registration fee	
Games	10 game season	
Spring Season	March 1 – May 3 (no games 3/22 or 3/24) Reg. Deadline: Feb. 12	
Summer Season	May 31 – July 26 (no games on week of July 4th) Reg. Deadline: May 20	
Fall Season	Sept 6 – Nov 1 Reg. Deadline: Aug 19	
Day	Time	Min/Max
Tues.–Thu.	TBD	4-16 teams



## Co-Ed Volleyball

Ready, Set, Spike! Parks and Recreation's popular couch potato volleyball league returns in 2016! Space is limited – Sign up before the registration date to save your place on the court!

Age	Adults (18+)	
Cost	\$220 before Jan. 8 \$50 late registration fee	
Reg. Deadline	Jan. 8	
Date(s)	Jan 19 – Feb. 23	
Games	6 game season	
Location	Liberty Middle School	
Day	Time	Min/Max
Tuesday	6–8 PM	4-8 teams

## Co-Ed Basketball

Lace 'em up and get ready to hoop it up in Parks & Recreation's annual couch potato basketball league. Participants compete in a six game season with games on Mondays. Register by Feb. 5, 2016 to guarantee your team a place on the court.



Age	Adults (18+)	
Cost	\$250 per team Registration Deadline: Feb. 5 \$50 late registration fee	
Dates	March 1–Apr. 5	
Games	6 game season	
Location	Lemoore Recreation Center	
Day	Time	Min/Max
Tuesday	TBD	4-12 teams

## Lemoore Boxing Club

USA Boxing Association certified boxing coach Jason Glaspie explores the sweet science of boxing with youth and adults of all skill levels and experience. Whether it's students training for fitness or fighters training for USA Boxing Association competitions, Lemoore Boxing Club will help you develop the self-esteem and self-discipline it takes to be a champion.

Age	Adults (18+)	
Cost	\$35 per month, 3 months for \$90	
Dates	Jan. – Dec.	
Location	LRC	
Day	Time	Min/Max
Wed.–Fri.	7:30 PM	4/50



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## Co-ed Kickball Tournament

Come join the City of Lemoore for the inaugural Kickball Tournament. The tournament will consist of 11 vs. 11 teams with at least 4 women on the field at all times. The tournament will be double elimination guaranteeing each team gets at least 2 games. First and second place teams will receive a prize. All rules and tournament details will be discussed at the mangers meeting on Wednesday, March 23.

Age	Adult (18+)
Cost	\$120 per team
Date	Saturday, April 2
Time	10 AM
Reg. Deadline	Friday, March 18
Location	Kings Lions Complex
Min/Max	4 teams/10



## Indoor Soccer Open Play

Bring your friends and play pick up soccer games in the new indoor soccer field. New players rotate in every 6 minutes (except during league days).

Cost	\$3 per night	
Location	LRC	
Day	Time	Min/Max
Varies	5:30–8:30 PM	6/100



## Kickball League of Central California

Registration to open soon. Please follow and like our Facebook page - Kickball League of Central California- for the latest updates on sign up locations. Contact Johnny Ford Jr for more information - Johnnyfordjr@ gmail.com (240)601-1728

Winter Division :	Jan 13–February 24
Cost per player:	\$45 (registration cost includes jerseys, a season party and weekly discounts and freebies from our local sponsor bars)
Team Reservation	\$90 ( two paid players)
	Can sign up as individual, small groups or entire team
Team roster:	Must have 12 players minimum, with at least 4 female players
Game Location:	Vieira Field
Game times:	1st game at 6 PM (games last 50 minutes or 7 innings)

## Indoor Soccer

Men's Recreational  
Men's Competitive  
Women's  
Co-Ed leagues

- Practice game, 8 game season, plus playoffs
- Max roster of 12 players per team
- All registration is on a first come first serve basis
- No refunds will be granted to teams that cancel.
- Late registration fee of \$50
- We will only accept an even number of teams in each league.
- Managers meeting is mandatory for each team.

Age	Adult (18+)
Cost	\$450/team, \$560 with uniforms +\$50 late registration fee
Spring	Registration Deadline: January 8 Season: Jan. 25–April 24
Summer	Registration Deadline: April 22 Season: May 9– Aug. 14
Fall	Registration Deadline: August 19 Season: Sept. 6–Nov. 20



Above: Summer 2015 Co-Ed Indoor Soccer Champs  
Below: Summer 2015 Men's Indoor Soccer Champs



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