

Photography

The Recreation Department is proud to have Brent Paull as our photography instructor. Brent has over 27 years of experience and his work has been published over 1000 times. Brent has conducted classes in Lemoore for 8 years and we are very excited that he is continuing his classes in 2018.



Ages	13 to Adult
Cost	\$35 per person, per session
Day/Time	Mondays, 6 – 8 PM
Location	Veterans Memorial Building
Reg. by	Friday before each class
Date	Class
Jan 15	Bring Your New Camera and Learn Digital Photography
Feb 26	Process Your Digital Images with Adobe Elements
Apr 9	Walking Workshop Downtown
April 16	Follow-up class for Apr 9 workshop
Jun 18	Learn Family Photography
Aug 20	Workshop to photograph Agriculture
Aug 27	Follow-up class for Aug 20 workshop
Oct 22	Learn Digital Photography
Nov 26	Sell Your Photos-Learn the Business of Photography



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 12—Register by May 4	
Session II	Dec. 8—Register by Nov. 30	
Day	Time	Min/Max
Saturday	9 – 4 PM	4/20

Dog Obedience

by K-9 Confidence Training Academy

The Recreation Department is proud to partner with K-9 Confidence 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 three sets of shots	
Cost	\$80 per session 7 week sessions	
Mondays	6–7 PM	4/15
Session 1	Jan. 8–Feb. 19	
Session 2	Feb. 26–April 16	
Session 3	April 23–June 4	
Session 4	June 25–Aug. 13	
Session 5	Aug. 20–Oct. 1	
Session 6	Oct. 8–Nov. 26	
Location	Civic Auditorium	

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!



Beginning Guitar Lessons

Learn to play guitar. Discover what guitar playing is all about! If you have never played the guitar or can play a little and want to learn more, then this is the class for you! You will study proper techniques, melody, harmony and some sight-reading. Participants must bring their own guitar.

Age	Adults (13+)	
Cost	\$100 per person, per 8 week session	
Session 1	Jan. 18 – Mar. 8	
Session 2	Mar. 22 – May 17	
Session 3	June 14 – Aug. 2	
Session 4	Sept. 6 – Oct. 25	
Location	Lemoore Recreation Center	
Day	Time	Min/Max
Thursdays	7 – 8 PM	3/8

Intermediate Guitar

Expand on the skills learned in Beginning Guitar. More emphasis on reading music and on your technique.

Age	Adults (13+)	
Cost	\$80 per person, per 6 week session	
Session 1	Jan. 18 – Feb. 22	
Session 2	Jun 14 – July 19	
Session 3	Sept. 6 – Oct. 11	
Location	Lemoore Rec Center	
Day	Time	Min/Max
Tuesdays	8–9 PM	5/10



NEW! Lemoore Recreation welcomes “Dianna’s Studio of Dance”. Miss Dianna will teach lessons on Tuesday evenings in our Dance Room.

Age:	10 years to adult
Cost:	\$45 per session
Time	
Day:	Tuesdays
Location	
Session 1	Jan 30 – Feb 20
	SWING
Session 2	Mar 6 – Mar 27
	2 STEP
Session 3	Apr 10 – May 1
	SALSA
Session 4	May 15 – June 5
	LINE DANCING



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 competition field archery.



Safety Course	
Age	Adults (18+)
Cost	\$25 (includes bow rental)
Location	Lemoore Recreation Center
Instructor	Stan Barry
Dates	Wed, Sept. 26, 2017–Feb. 27, 2019
Time	7–8 PM
Open Shooting Hours (Must have completed the safety course)	
Dates	Mondays, Sept. 24, 2017–Feb. 25, 2019
Time	5:30–6:30 PM
Cost	Lane Fee \$5 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 a second degree black belt, 1-dan with 13 years of experience instructing.

Age	6 years thru Adult
Cost	\$50 per individual per month Family Plan Discounts on multiple siblings (NOTE Uniform and test not included)
Dates	Monday & Friday (January – December)
Times	5:00–6:30 PM
Reg. Deadline	Beginning of the month
Location	Lemoore Recreation Center
Min/Max	4/25



NEW—



Fun energy packed Class. Great for people who might not love traditional workouts or want to shake things up. The Music is fantastic! Get ready to rock. Great for every level, beginner to advanced.

Ages:	Adult, 17 or under with parental permission
Cost:	\$30 per month
Days:	Tues and Thurs
Location:	Lemoore Recreation Center
Dates:	Monthly, except for December



New — Gentle Flow Yoga

Yoga unites the mind, body and soul in a way that eases tension, reduces inflammation, promotes health and well being. With the use of gentle movements, modifications, and breathing techniques, we will explore the practice of yoga that anyone can follow.

Age:	18+ (great for seniors)
Date:	Monthly
Days:	Monday and Wednesday
Time:	11:00am
Cost:	\$40 per month
Location:	Recreation Center Dance Studio

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\$200/mo. for couples (unlimited)
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(3 days a week)
No other discounts apply



CLASS TIMES

Monday—Friday
4:30AM
5:00AM
6:00AM
9:00AM
4:00PM
5:00PM
6:00PM

Saturday
10:00AM

**For information contact
Ryan Rocha 559-772-5787
www.crossfitlemoore.com**



NEW—Women's Self-Defense

In today's world, you always want to make sure you are prepared! Learn the basics of self-defense so that you are prepared for any situation. Learn the most efficient and effective techniques from our black-belt level instructor.

Ages	14-Up
Location	Recreation Center PAL Room
Cost	\$40/person/per month
Instructor	Manuel Velarde
Day	Sunday
Dates	February–November
Time	3–4 PM



Zumba Fitness

It's not a dance class, it's a party! No one is judging you by your dancing 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	\$20 per month night time classes \$30 per month day time classes \$40 per month unlimited
Dates	Jan.–Dec.
Location	Lemoore Recreation Center Dance Studio
Day/Time	Morning: M/W/F 8:15–9:15 AM Evening: M/W 7 PM–8 PM
Min/Max	None



New – Traditional Morning Yoga

All levels welcome. This class will emphasize the basics of yoga. Come and learn everything from the etiquette of yoga to the postures. You will learn to feel comfortable with the unique language of yoga.

Age:	Adult
Cost:	\$30 per month
Days:	Monday and Wednesday
Time:	9:30am
Dates:	Monthly (No class in December)



New – Mom and Me Yoga

Hey moms or dads, bring your child 0 to 4 years of age and enjoy some yoga. Poses will incorporate holding your child. Great bonding experience.

Age:	Adult and their child 0 to 4 years
Cost:	\$20 per month
Day:	Friday
Time:	9:45am
Dates:	Monthly (No classes in December)



New - Stroller Striders

Full body workout for mama. Fun for baby. Bring your baby and stroller, meet some other mama's and get your body back.

Age:	Adult
Cost:	\$30 per month
Days:	Tues and Thurs
Time:	10:15am
Dates:	Monthly (No classes in December)



New – Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.



Age:	Adult
Cost:	\$30 per month
Days:	Mon and Wed
Time:	10:45am
Dates:	Monthly (no classes in December)

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



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	
Days	Time	Min/Max
Mon–Fri	5:30–8:30 PM	6/100

* Subject to change due to programming and/or rentals.





Adult Softball League, Men’s and Co-ed

(Spring, Summer, Fall)

Our softball program offers an excellent recreational opportunity for adults ages 18 years and older. Adult Softball leagues are offered in three seasons (Spring, Summer, Fall). The emphasis is placed on healthy competition in a recreational atmosphere.

Our leagues are organized, conducted, and administered by professional staff with expertise in league formation and equal competition. All this and more is done in an effort to offer the best recreational softball experience possible. All team fees must be paid in full upon registration

Who	Adult 18 and over
Days	Tuesday(COED) & Friday(Men’s)
Cost	\$375 per team
Late Reg. Fee	\$25
Game Times	6:00–10:30 PM
Location	Kings Lion Complex
Min/Max	8/20

Spring	
Reg. Deadline	Thursday, February 8
Mgr. Meeting	Tuesday, February 20
Season Starts	Week of Feb. 26
Summer	
Reg. Deadline	Thursday, May 17
Mgr. Meeting	Tuesday, May 29
Season Starts	Week of June 4
Fall	
Reg. Deadline	Thursday, August 23
Mgr. Meeting	Tuesday, September 4
Season Starts	Games begin week of Sept. 10



Free Agent Program

The City of Lemoore Parks & Recreation Department offers several team sport opportunities. On occasion there are teams that are a person or two short, or there are individuals looking for a team to play for. That's where our Free Agent Program comes in! If you are an individual looking for a team, register as a Free Agent! Just tell us which sport you prefer, what your ability level is, and we will construct a team made up of free agents. It's free to register, however, if enough free agents sign up and create a team a registration fee will be imposed for that sport.

Free Agent Tips

- The Free Agent List may be used to place you on a team that has already been formed.
- Your Free Agent contact information may be provided to teams that request addition.
- Joining the Free Agent List does not guarantee placement on a team.
- If you have any questions about the Community Services Free Agent Program or wish to be removed from the Free Agent List, please email jcuevas@lemoore.com

Adult COED Volleyball

Ready, Set, Spike! The Lemoore Parks & Recreation Department's popular couch potato volleyball league. Get a team of family, friends or co-workers and enjoy this great game together. Games are played six on six with a maximum of 12 players per team. Space is limited – Sign up before the registration date to save your place on the court!

Ages	Adult 18 years and over
Spring Season	March–June
Spring Reg. Deadline	TBD
Manager Meeting	
Spring	TBD
Game Times	6:30 PM–9:30 PM
Location	TBD
Cost	\$250 per team
Min/Max	8/16



Lemoore Boxing Club

U.S.A. Boxing Association certified boxing coach Jason Glaspie motivates and challenges youth and adults to bring out their best while learning the art of boxing. Whether it's students training for fitness or competitors training for U.S.A. Boxing competitions, Lemoore Boxing Club will help you develop the self-esteem and self-discipline it takes to be a champion.

Cost	\$35 per month, \$30 per additional child, 3 months for \$90	
Dates	Jan.–Dec.	
Location	Lemoore Recreation Center	
Min/Max	15/40	
Days	Age Group	Time
Wed–Fri.	K–8 Grade	5:30–6:30 PM
Wed–Fri.	High School–Adult	6:30–7:30 PM



2018 Lemoore Recreation Guide



New Adult 3 on 3 Basketball League (Men's & Coed)

Get back into the game with the City of Lemoore 3 on 3 basketball league. Our leagues are offered for novice to skilled players. Adult basketball leagues are offered in two seasons (Spring and Fall). Games are played on Thursday nights at the Lemoore Recreation Center. All team fees must be paid in full upon registration.

Ages	Adult 18 years and over
Cost	\$150 per team
Late Reg. Fee	\$25
Location	Lemoore Rec Center
Day of the Week	Wednesdays, 6:30–9:30 PM
Spring	
Reg. Deadline	Friday, March 15
Mgr. Meeting	Wednesday, March 21
Season	April 4 – May 23
Fall	
Reg. Deadline	Friday, August 30
Mgr. Meeting	Wednesday, September 12
Season	Sept. 19 – Nov. 7

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 Open Play

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

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

* Subject to change due to programming and/or rentals.



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Adult Indoor Soccer (Men's, COED & Women's)

Whether you're a novice player or have played soccer at a high level we have the right division for your team. Adult indoor soccer leagues are offered in three seasons (Spring, Summer, and Fall). All games are played at Lemoore Recreation indoor soccer field and are 6 on 6. All team fees must be paid in full upon registration.

Who	Adults ages 18 years and over
Divisions	Men's, Women's and COED
COED	Sunday
Women's	Tuesday
Men's	Wednesday and/or Thursday
Cost	\$450 per team (\$560 with uniforms)
Late Fee	\$25
Location	Lemoore Recreation Center
Spring	
Reg. Deadline	Thursday, January 4
Mgr. Meeting	Wednesday, January 10
Season Starts	Week of Jan. 21
Summer	
Reg. Deadline	Thursday, May 3
Mgr. Meeting	Wednesday, May 9
Season Starts	Week of May 20
Fall	
Reg. Deadline	Thursday, August 23
Mgr. Meeting	Wednesday, August 29
Season Starts	Week of September 9



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Below 2017 Men's Indoor Soccer Champions





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