

# 6 & Under Programming



## Earthtrek

Discover why planet Earth is a perfect place for life to flourish— not too big, not too small, not too hot, not too cold, just right for us and the millions of other living things! In our exploration of the earth we will discover the importance of weather and how it affects us. Students will test their earthquake knowledge with a shake table experiment and then erupt their very own volcanoes in class!

4-6 years, Community Center Dynamite Room  
43420-A 1/11-3/1 Wed 5:00-6:00p \$180/\$198NR

## Energy Blast

Be amazed as we fish for feathers with electrons and conduct hair raising experiments with an electrostatic generator. Discover the light properties of colors, use a prism to separate the wavelengths of light, and mix things up with a Technicolor Blender. Watch an underwater volcano demonstrate the properties of heat and bounce with Boinks while connecting with kinetic energy.

4-6 years, Community Center Dynamite Room  
43421-A 3/8-4/26 Wed 5:00-6:00p \$180/\$198NR

## Tahitian Dance

Come join this fun and exciting atmosphere for both kids and adults in learning the basics of Tahitian Dance movements while getting a cardiovascular workout at the same time!

2.5-6 years, Community Center Dynamite Room  
43300-A 1/7-1/28 Sat 10:00-10:45a \$40/\$45NR  
43300-B 2/4-2/25 Sat 10:00-10:45a \$40/\$45NR  
43300-C 3/4-3/25 Sat 10:00-10:45a \$40/\$45NR  
43300-D 4/1-4/29\* Sat 10:00-10:45a \$40/\$45NR

\*No class meeting on: 4/15

## Beginning Little Dragons

This introduction class will focus on providing exercises for the students to hone in on their own body awareness, strength building, individual and group interaction and prepare them for the next level in their Karate career.

3.5-6 years, Ohlone Community Center  
43510-A 1/9-1/30\* Mon 5:00-5:30p \$37.50/\$41.25NR  
43510-B 2/6-2/27\* Mon 5:00-5:30p \$37.50/\$41.25NR  
43510-C 3/6-3/27 Mon 5:00-5:30p \$50/\$55NR  
43510-D 4/3-4/24 Mon 5:00-5:30p \$50/\$55NR

\*No class meeting on: 1/16, 2/20

## Intermediate Little Dragons

We will build upon concepts from the beginners class through practice, play, games, and repetition. Students will be taught self defense, self preservation and basic combat skills within the Martial Arts domain. Must have instructors permission prior to enrolling.

4.5-6 years, Ohlone Community Center  
43520-A 1/9-1/30\* Mon 5:45-6:15p \$37.50/\$41.25NR  
43520-B 2/6-2/27\* Mon 5:45-6:15p \$37.50/\$41.25NR  
43520-C 3/6-3/27 Mon 5:45-6:15p \$50/\$55NR  
43520-D 4/3-4/24 Mon 5:45-6:15p \$50/\$55NR

\*No class meeting on: 1/16, 2/20

## Advanced Little Dragons

Specifically for our most advanced white with yellow stripe belts, our goal will be to focus on kata movements and refine our karate skills while best preparing each child for their transition to the next level class. Must have instructors permission prior to enrolling.

4.5-6 years, Ohlone Community Center  
43530-A 1/9-1/30\* Mon 5:45-6:30p \$41.25/\$45NR  
43530-B 2/6-2/27\* Mon 5:45-6:30p \$41.25/\$45NR  
43530-C 3/6-3/27 Mon 5:45-6:30p \$55/\$60NR  
43530-D 4/3-4/24 Mon 5:45-6:30p \$55/\$60NR

\*No class meeting on: 1/16, 2/20



# 6 & Under Programming

## Skyhawks Mommy/Daddy and Me Tot Sports

The fundamentals of soccer, baseball, basketball, and track & field are taught in a structured environment filled with lots of encouragement and a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination, and skill development at their own pace. This program includes parent participation.

2.5-3 years, Senior Center  
45230-A 1/7-3/25 Sat 10:00-10:25a \$135/\$162NR

## Skyhawks Tot Soccer

Using our progression curriculum and modified equipment, participants learn Soccer fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, ball control, balance, body movement, foot/eye coordination, self-esteem, teamwork and sportsmanship!

3-4 years, Hanna Ranch Soccer Field  
45220-A 1/12-3/30 Th 4:45-5:25p \$135/\$162NR

## Skyhawks Tot Basketball

Using our progression curriculum and modified equipment, participants learn Basketball fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, rebounding, balance, body movement, hand/eye coordination, self-esteem, teamwork and sportsmanship!

3-4 years, Senior Center  
45210-A 1/9-3/27\* Mon 4:45-5:25p \$135/\$162NR

\*No class meeting on: 1/16 & 2/20

## Skyhawks Tot Sports

This multi-sport tot program combines baseball, basketball, and soccer; allowing young athletes to discover a passion for a variety of sports in one fun-filled setting. Participants explore balance, body movement, coordination, self-esteem, teamwork, sportsmanship, and sport specific skill development through a series of fast-paced instructional circuits and games. All participants receive a Skyhawks T-Shirt and Merit Award.

3-4 years, Senior Center  
45231-A 1/7-3/25 Sat 10:30-11:10a \$135/\$162NR

## Skyhawks Mini-Hawk Sports

Using our progression curriculum and modified equipment, participants learn the fundamentals of baseball, basketball, and soccer, through a series of fast-paced games and activities. Our primary development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, balance, body movement, hand/foot-eye coordination, self-esteem, and teamwork!

5-6 years, Senior Center  
45232-A 1/7-3/25 Sat 11:15a-12:00p \$135/\$162NR

## Skyhawks Kindergarten Basketball

Participants learn the fundamentals of dribbling, passing, shooting, rebounding, and defense, in addition to the rules, strategies, and play-calls of the game. Our age-appropriate drills and games teach young athletes skill development in addition to vital life lessons including leadership, teamwork, and sportsmanship. All participants will receive a Skyhawks T-Shirt and Merit Award.

5-6 years, Senior Center  
45211-A 1/9-3/27\* Mon 5:30-6:15p \$135/\$162NR

\*No class meeting on: 1/16 & 2/20

## Skyhawks Kindergarten Soccer

Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved his or her sport skills. All participants receive a Skyhawks T-Shirt and Merit Award.

5-6 years, Senior Center  
45221-A 1/12-3/30 Th 5:30-6:15p \$135/\$162NR



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[www.ci.hercules.ca.us](http://www.ci.hercules.ca.us) or call (510)799-8291.

# 6 & Under Programming

## Kidz Love Soccer-Mom/Dad & Me Soccer

As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer Jersey.

2-3.5 years, Hanna Ranch

45331-A 2/6-3/20 Mon 5:15-5:45p \$90/\$108NR  
 45331-C 4/10-5/15 Mon 5:55-6:25p \$90/\$108NR

2-3.5 years, Woodfield Park

45331-B 2/9-3/16 Th 5:00-5:30p \$90/\$108NR  
 45331-D 4/13-5/18 Th 5:30-6:00p \$90/\$108NR



## Kidz Love Soccer-Tot/Pre-Soccer

This program teaches little tykes the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

3.5-5 years, Hanna Ranch

45330-A 2/6-3/20 Mon 3:00-3:35p \$90/\$108NR  
 45330-C 4/10-5/15 Mon 3:40-4:15p \$90/\$108NR

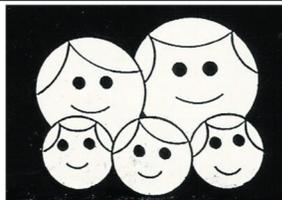
## Kidz Love Soccer-Soccer 1

Players learn dribbling, passing, receiving, shooting, & age-specific defense. Fun skill games are played and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. All participants receive a Kidz Love Soccer Jersey! Shin guards are required after the first meeting.

5-6 years, Hanna Ranch

45320-A 2/6-3/20 Mon 4:20-5:05p \$90/\$108NR  
 45320-C 4/10-5/15 Mon 5:00-5:45p \$90/\$108NR

# FAMILY DENTISTRY



**LAURO A. MORA, JR. D.D.S.**  
**ELIZABETH P. MORA, D.D.S.**  
**LAUREL MORA SANTOS, D.D.S.**  
**LAURO P. MORA III. D.D.S.**

- General & Cosmetic Dentistry
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