

YOUTH & TEEN PROGRAMS

SOCCER 2

Kidz will have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting. Class status updates are available through the free Kidz Love Soccer app on iPhone and Android. KLS class status hotline: (888) 372-5803.

7-10 years, Hanna Ranch Baseball Field

25321-A	6/8-7/6	Mon	4:45-5:30pm	\$95/\$114NR
25321-B	7/27-8/24	Mon	4:45-5:30pm	\$95/\$114NR

STARLINGS AFTERSCHOOL VOLLEYBALL

Come learn and play volleyball with us after school every other Tuesday! Open to boys and girls ages 10 and up who want to learn a new sport or build on their current level of volleyball skill with Coach Dave.

11-17 years, Community Center

25840-A	5/4-6/1	Mon	4:00-5:30pm	\$99/\$119NR
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STARLINGS VOLLEYBALL

This volleyball camp is designed to teach and strengthen your child's mastery of the fundamentals of the sport (passing, serving, approach, etc). As the group improves together, more game-like scenarios will be introduced. Perfect for middle school and high school players still getting started in volleyball.

5-6 grade, Community Center

25850-A	6/13-6/15	Sat-Mon	3-5pm	\$75/\$90NR
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STARLINGS VOLLEYBALL

Experienced volleyball players ages 14 and up welcome to come learn advanced training techniques with Coach Dave to help your child prepare for their high school volleyball season. Coach Dave has taught this sport for over 15 years and can help you reach your full potential.

9-11 grade, Community Center

25871-A	7/12-8/2	Sun	1:30-3:30pm	\$110/\$132NR
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STARLINGS VOLLEYBALL

This volleyball camp is designed to teach and strengthen your child's mastery of the fundamentals of the sport (passing, serving, approach, etc). As the group improves together, more game-like scenarios will be introduced. Perfect for middle school and high school players still getting started in volleyball.

7-8 grade, Community Center

25851-A	8/9-8/23	Sun	1:30-3:30pm	\$75/\$90NR
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YOUTH OIL PAINTING

Have fun while learning to paint, mix, and combine colors, shadows and composition perspective. Supplies required are listed online at www.herculesrec.com. No class 5/19, 7/28 & 9/1.

6-17 Years, Community Center - Dynamite Room

23110-A	4/28-5/26	Tue	3:30-5pm	\$25/\$30NR
23110-B	6/2-6/23	Tue	3:30-5pm	\$25/\$30NR
23110-C	7/7-8/4	Tue	3:30-5pm	\$25/\$30NR
23110-D	8/18-9/15	Tue	3:30-5pm	\$25/\$30NR

KARATE DOJO

Students will learn the basic fighting skills of Karate, self-discipline, self-esteem and confidence in protecting themselves. We teach each student to know the danger of people and to protect themselves if he or she is in a threatening situation. Karate will help you develop physical strength, coordination, and mental focus. Over time your body and mind will become stronger. Karate is an activity that is fun and for the whole family! We offer the first month free and family discounts, visit www.herculeskaratedojo.com for more information. Sign up today!

7+ years, Ohlone & Senior Center

23550-A	5/5-5/28	\$80/\$85NR
23550-B	6/2-6/30	\$80/\$85NR
23550-C	7/1-7/30	\$80/\$85NR
23550-D	8/4-8/27	\$80/\$85NR

Practice Times:

Tuesdays (Van Domselaar Room)

White Belts- 6:00-6:45pm
Yellow/Orange Belts- 6:45-7:45pm

Wednesday (Senior Center)

White Belts- 6:00-6:45pm
Green/Purple/Brown Belts- 6:45-7:45pm

Thursday (Senior Center)

Yellow/Orange Belts- 6:00-7:00pm
Green/Purple/Brown Belts- 7:00-8:00pm



KARATE DOJO FREE TRIAL

This class is dedicated to teach Karate basics, give you knowledge about our school, and establish a foundation for your martial arts. Participants can come to class in comfortable workout attire.

23540-A	5/5-5/26	Tue	6-6:45pm	FREE
23540-B	6/2-6/23	Tue	6-6:45pm	FREE
23540-C	7/7-7/28	Tue	6-6:45pm	FREE
23540-D	8/4-8/25	Tue	6-6:45pm	FREE

YOUTH & TEEN PROGRAMS

HOOPS NEVER STOPS ACADEMY STUDY HALL PROGRAM



Study Hall is foundational training for parents and players to learn how to practice and improve on their own by using the H.N.S.A. (4) pillars of practice as a map for them to follow the process.

The first week, players will receive an H.N.S.A. Study Hall binder. The binder is a one-time materials fee of \$29.99 paid to Coach Marcus at the time of the first class. Every week they will get a sheet outlining the pillars and the workout that they will conduct during each Study Hall session so they can repeat and continue the workouts during the week on their own or with mom or dad to insure they get the results they are looking for.

All participants must bring their own ball to practice.

9-14 years: Basics 1, Community Center

25410-A	5/14-5/28	Thur	5-6pm	\$75/\$90NR*
25410-B	6/4-6/25	Thur	5-6pm	\$100/\$120NR
25410-C	7/9-7/30	Thur	5-6pm	\$100/\$120NR
25410-D	8/6-8/27	Thur	5-6pm	\$100/\$120NR

6-8 years: Basics 2, Community Center

25411-A	5/14-5/28	Thur	6-7pm	\$75/\$90NR*
25411-B	6/4-6/25	Thur	6-7pm	\$100/\$120NR
25411-C	7/9-7/30	Thur	6-7pm	\$100/\$120NR
25411-D	8/6-8/27	Thur	6-7pm	\$100/\$120NR

10-17 years: Advanced, Community Center

25412-A	5/14-5/28	Thur	7-8pm	\$75/\$90NR*
25412-B	6/4-6/25	Thur	7-8pm	\$100/\$120NR
25412-C	7/9-7/30	Thur	7-8pm	\$100/\$120NR
25412-D	8/6-8/27	Thur	7-8pm	\$100/\$120NR

*(Prorated 3 classes - \$75 residents/\$90 Non-Residents)



BABYSITTER'S TRAINING

Learn how to set-up your babysitting jobs like a real business! Practice baby care with life-like newborn dolls as you learn to feed, diaper and dress infants. Be prepared for any emergency, as you learn infant and child CPR and safety. Upon successful completion: receive a CPR card and Babysitter's Certificate through the American Red Cross that you can show potential employers.

12-17 years, Resource Room

21520-A	5/30	Sat	9-6pm	\$85/\$102NR
21520-B	6/27	Sat	9-6pm	\$85/\$102NR

ONLINE DRIVER'S EDUCATION

This online Driver's Education course is provided by Bay Area Driving School. DMV allows teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Sign up any time. Registration is ongoing.

26790-A	May	Ongoing	\$22/\$27NR
26790-B	June	Ongoing	\$22/\$27NR
26790-C	July	Ongoing	\$22/\$27NR
26790-D	August	Ongoing	\$22/\$27NR

MIGHTY MITES BASKETBALL LEAGUE

All Out Basketball Academy is the most exciting youth basketball league in Northern California! We offer year round youth basketball leagues in Hercules, Clayton and Antioch. Over 2000 kids are participating annually in our programs. Our Academy is committed to providing quality teaching, training and playing experiences. Our goal is to develop future generations of basketball players who represent the game, themselves and the community with the highest level of character. Teams use NBA team names, players keep their uniforms after the season and most games are streamed live over the internet. This league will offer (1) practice and (1) game a week. Mighty Mites Player Evaluation is **Monday, June 1, 2020** from 6:00pm-7:00pm at the Hercules Community Center. Please arrive 10 minutes early to check-in.



Ages: 7-9

Practices: Monday, Tuesday or Wednesday

Games: Saturdays 8:30am, 9:30am or 10:30am

Dates: 6/8-8/8

Location: Community Center

Fees: \$205 Residents / \$246 Non-Residents

Activity Code: 25510-A