

CITY OF CERES

www.ci.ceres.ca.us



Winter-Spring 2016-2017

ACTIVITY GUIDE

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STAFF CONTACTS

Traci Farris, Recreation Manager	538-5682
Cara Butler, Administrative Coordinator	538-5629
Cambria Pollinger, Recreation Supervisor	538-5782
Crystel Aguilar, Recreation Coordinator	538-5648

To Reach Any Staff

by phone call (209) + phone # above
 or by e-mail use first name.last name @ci.ceres.ca.us
 (example: traci.farris@ci.ceres.ca.us)

COMMUNITY CENTER

Office Hours:

M-Th: 8:30am-7:30pm
 F- Sat: 8:30am-5:30pm
 Closed on Sundays

Computer Lab:

T-Th: 11am-7:00pm
 F: 11am-3pm
 Closed on Saturday-Mondays

Senior Lounge (Ages 55+):

M-Th: 8:30am-7:00pm
 F/Sat: 8:30am-5:00pm
 Closed on Sundays

Community Center will be closed:

December 23rd - December 26th
 January 2 - New Year's Day (observed)
 January 16 - MLK Day
 February 20th - Presidents Day
 May 29th - Memorial Day

COMMUNITY MEETINGS

City Council

When: 2nd and 4th Mon. of the month
 Time: 6pm
 Community Center - Small Assembly

Ceres Youth Commission

When: 3rd Wed. of the month
 Time: 3pm
 Community Center - Classroom

Ceres Senior Citizens

When: 2nd & 4th Wed
 Time: 8am-3pm
 American Legion Hall

Ceres Community Foundation

When: Every other month-2nd Thursday
 Time: 5:30 pm
 Community Center - Conference Rm.

Planning Commission

When: 1st and 3rd Mon. of the month
 Time: 6pm
 Community Center - Small Assembly

Ceres Rotary Club

When: Every Friday
 Time: 11:30 am
 Community Center - Meeting Room

Ceres Garden Club

When: 3rd Thur. of the month
 Time: 11 am-2 pm
 Community Center - Meeting Room

Ceres Lions Club

When: 2nd & 4th Wed.
 Time: 6:30 pm
 American Legion Hall

SCHEDULE A GROUP TOUR

The Ceres Community Center is the perfect spot for a group tour and to learn about local government. Tours are FREE and the center provides awareness, health, fitness, and ways to volunteer. To schedule a tour please call (209) 538-5782.

APPLY FOR A SCHOLARSHIP

The Recreation Scholarship Program has been established for Ceres Residents who meet income requirements wishing to participate in a City of Ceres Recreation Program. Approved applicants are eligible for a maximum award of \$50 per year, per family.

ART AT THE CENTER

The Recreation Department has made a commitment to support and encourage local artists by creating spaces within the center to display their work. We currently have a wall for youth art, amature photography and 2 dedicated mural walls. Our 2017 goal is to have space to showcase a recreation themed quilt, a mosaic garden piece for our courtyard and have some of our utility boxes painted. If you are interested in getting involved in this program, please contact Cambria Pollinger at 538-5782 or email cambria.pollinger@ci.ceres.ca.us.



Birthday Party Packages (\$210)

Ceres Community Center
2701 Fourth St. Ceres, CA
(209) 538-5628
crystal.aguilar@ci.ceres.ca.us

Packages will include set-up, clean up, 1.5 hours of planned crafts, games and activities, 1/2 hour of cake and gift time (cake not included), plates, napkins, and decorations. Maximum of 12 children. No space or time for any food items other than cake. Staff will organize and facilitate party, however the customer is ultimately responsible for the supervision and safety of the guests.

Super Hero Training - Train and build your own super hero persona. Capes, masks, and so much fun!
For kids ages 4-10

Chef Party - Choose between a pizza and bread sticks party or desserts ONLY party. For kids ages 4-10

Prehistoric Party - Friends will get to be paleontologists for the day! A t-rex will make an appearance at this birthday party! For kids ages 4-10

Glamour Party - Friends will get to enjoy pedicures, manicures, participate in their own runway show, have fun hair accessories applied in their hair and make their own lip gloss. For kids ages 4-10 or 11-13

Murder Mystery (Clue) - Friends will get to create their own character, dress-up and solve a "murder".
For kids ages 11-13.

Spy Party - Children will get to solve a mystery, create their own detective profile and do some fun forensic science. Ages 6+

Ninjago or Super Mario Brothers - For a limited time only, we will be offering a choice of either Ninjago including themed games and activities or Super Mario Brothers, for ages 4-10.

Pokemon - Friends will be doing age appropriate crafts, play pokemon themed game/s, and will have lots of fun with our Recreation Specialist. Open for any age group.

Disney Theme - Does your child love Disney? We do too! Perfect theme for any age!

Other themes available upon request!

All parties are only available on Saturdays from 3:30pm to 5:30pm

All parties must be reserved at least 1 month prior to event.



Would you like to be one of our preferred vendors? If interested please call the recreation department at (209) 538-5629 or e-mail Cara Butler at cara.butler@ci.ceres.ca.us

What does being a preferred vendor entail?

- Display your business card at our office
- Your information will be given to every customer who rents the hall
- Shout outs on our Facebook/Instagram
- Information will be shown in our Spring/Winter and Fall/Summer Brochures

Instagram Contest!

Stop by our building in the month of December and take your picture in front of our Christmas Tree decorated by Ceres Youth Commission members.

AND don't forget to tag us on Instagram [@CeresRecreation](https://www.instagram.com/CeresRecreation) for a chance to win a \$25 gift certificate for our Recreation classes.

Winner will be contacted on December 20th and must pick up their certificate at the Community Center!



Preferred Vendors

Planning an event? We all know how stressful that can be. Here is a list of vendors who can make your event a seamless process.

Bartending Service: Straight Up Mixologist

Contact: Jessika Escarcega (209) 541-8149
Follow on Instagram @straightupmixology

Flower Service: Rose Garden Florist

2100 Standiford Ave., Suite A2 in Modesto
Phone: (209) 521-2400
Website: www.ModestoRoseGarden.com

Floral and Balloon Decor: Hand Creations

Contact: Leticia Castillas (209) 531-2307
2307 Lawrence St. Ceres, CA 95307
Website: www.handcreationsflora.net

Event Decor: Divine Creations

(209) 485-8592 | (209) 648-9714
divinecreations209@gmail.com

Machine Rentals: Rent A Drink (RAD)

Smoothie | Margaritas | Cotton Candy | Nacho Machines | & More!
(209) 358-5004 | slushman@sbcglobal.net

On Site Catering: Hardy Appetitez

"Party Hardy...Leave the Grilling to Us!"
(209) 480-6287 | grillknowledge@yahoo.com
[Facebook.com/Grilling4aLiving](https://www.facebook.com/Grilling4aLiving)



OUTDOOR RENTALS

Picnic Sites: Reserve an outdoor picnic site for your event. We have 7 sites at Smyrna Park, 2 sites at Roeding Heights Park, 2 sites at Whitmore Park, and 1 covered picnic area at Ceres River Bluff Regional Park.

Baseball/Softball Complex: We have 5 fields available at George Costa Fields located on Smyrna Park. Available 9/1 - 2/28. Please check availability at the community center. Payment must be paid in full to reserve.

Soccer Complex: Ceres River Bluff Regional Park has 6 soccer full size fields available and 2 under six fields.

No Refunds on Park Rentals - No exceptions.

CERES FACILITIES

All rentals include tables and chairs.



Ceres Community Center
2701 Fourth Street

American Legion Hall
2609 Lawrence Ave.

All events must provide proof of insurance and all evening/weekend events must have security guards.

City of Ceres has the perfect space to have your Wedding Reception, Meeting, Conference, Birthday Party and MORE!

For a quote on deposit and rental fee please call the office at (209) 538-5629, visit us in person, or e-mail our Administrative Coordinator at cara.butler@ci.ceres.ca.us

Note: You must reserve in person and we cannot hold a date. No exceptions.

INDOOR RENTALS

Room	Sq. Ft.	Assembly Capacity	Dining Capacity
Small Assembly	2,728	200	150
Large Assembly	4,738	400	315
Commercial Kitchen	876	N/A	N/A
Meeting Room	726	48	40
Conference Room	433	14	14
Classroom	653	33	22
Teen Room	214	25	20
American Legion Hall	6,822	400	335

2016 Insurance Rates

Rates are subject to change each year.

	Basic Premium	With Alcohol
Attendance # 1-25	\$66.12	\$81.64
26-50	\$100.18	\$115.66
51-150	\$107.40	\$128.04
151-250	\$125.98	\$146.62
251-500	\$148.68	\$169.32

2016/2017 Security Rate

\$20.44 per hour per guard. Overtime charge on shifts more than 8 hours. The rate will increase to \$30.66 per hour.

	# of Guards
Attendance # 1-50	1
51-100	2
101-200	3
201-300	4

No alcohol permitted at events celebrating a minor (20 yrs. and others). Deposit needed to reserve a date and full payment must be paid 30 days before your event. Reservations cannot be made more than 12 months in advance. Fees are subject to change.

YOUTH FITNESS



Gym-Fit: This program is designed for boys and girls, ages 1 to 12 years old. It enhances and stimulates early childhood development, hand-eye-foot coordination, and loco motor development through experience in basic gymnastics skills including floor tumbling, beam, bars, and trampoline.

Elementary Tumbling (6-12 yrs.) Beginning and Intermediate level skills are taught, focusing on techniques and form.

Location: Fitness Room | Cost: \$45 No Class on Jan. 16th

Day	Dates	Times
M	Jan. 9-Feb. 20	3:30-4:10pm or 5:00-5:40pm
M	Feb. 27-April. 3	3:30-4:10pm or 5:00-5:40pm
M	Apr. 17-May 22	3:30-4:10pm or 5:00-5:40pm



kidtimefitnesscompany.com

Elementary Tumbling (6-12 yrs.) Beginning and Intermediate level skills are taught, focusing on techniques and form.

Location: Fitness Room | Cost: \$45

Day	Dates	Times	Cost
M	Jan. 9-Feb. 20	5:45-6:15pm	\$25
M	Feb. 27-April. 3	5:45-6:15pm	\$40
M	Apr. 17-May 22	5:45-6:15pm	\$40

Kinder: (3-5 yrs.) Preschoolers will learn at their own pace as they are introduced to a more structured class environment with circle time and obstacle courses.

Location: Fitness Room | Cost: \$40

Day	Dates	Times
M	June 6-June 27	4:15-4:55pm or 6:15-6:55pm
M	Feb. 27-April. 3	4:15-4:55pm or 6:15-6:55pm
M	Apr. 17-May 22	4:15-4:55pm or 6:15-6:55pm

CERES NON-PROFIT - Youth Sports Leagues

Ceres Youth Soccer	http://www.cysosoccer.com/
Ceres Dolphins Swim Team	(209) 581-9679
Ceres Jr. Bulldogs	(209) 918-3614
Ceres Hawks Wrestling	(209) 765-6695
Ceres Cowboys Football	(209) 271-9904
Ceres Seahawks Football	(209) 380-5141
Ceres Youth Baseball	(209) 538-0532
Ceres Pups Wrestling Club	(209) 918-5606

cereswrestling@yahoo.com

Youth Volleyball Skills Program

This 4 week volleyball program is designed for **girls 3rd -8th grades**. The program will be clinic based, focusing on drills, techniques and rules. Register by May 2nd.

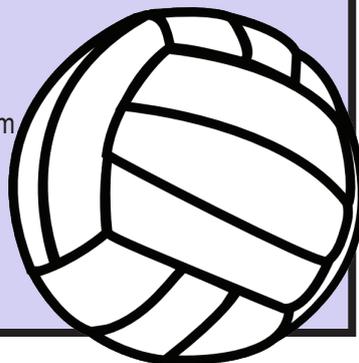
Note: Wear tennis shoes and knee pads.

Cost: \$50

Dates: Tu/Th 4/25-5/16

Location: Central Valley High Gym

Time: 6pm-7pm



Tiny Tot Baseball Camp: Ages 3-5 yrs.

Preschoolers and their adult partners will have a wonderful baseball adventure, traveling between 5 different skill stations. Each of the stations are coached by Ceres Firefighters. The stations include: catching, throwing batting, infield and outfield. The first 3 weeks of camp focus on building skills and the last day of camp the kids have a big game and receive their baseball certificate. Price includes use of all needed equipment and a shirt for the child and their adult partner.

Cost: \$50

Dates: Sat. 4/8-4/29

Deadline to register: 3/23

Location: Smyrna Park

Time: 10am-11am

Note: Please show up 10 minutes early on the first day of Camp to get your t-shirts.





Location:
Ceres River Bluff
Regional Park

Mommy or Daddy and Me (Ages 2 - 3.5)

Introduce yourself and your toddler to the “ World’s Most Popular Game”! As you and your child participate in our fun, age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week.

Cost: \$66

F, 2/10-3/31, 5:15 pm-5:45 pm
F, 4/28-6/16, 6:10 pm-6:40 pm

Tot/Pre Soccer (Ages 3.5 - 5)

Teaches 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. Shin guards are required after the first meeting.

Cost: \$66

F, 2/10-3/31, 3:10 pm-3:40 pm
F, 4/28-6/16, 5:30 pm-6:30 pm

Soccer 1 - Techniques & Teamwork (Ages 5 - 6.9)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually.

Cost: \$66

F, 2/10-3/31, 3:40 pm-4:25 pm
F, 4/28-6/16, 5:30 pm-6:30 pm

Soccer 2 - Skills & Scrimmages (Ages 7 - 10.9)

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include small-sided scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular sport! Shin guards are required.

Cost: \$66

F, 2/10-3/31, 4:25 pm-5:10 pm
F, 4/28-6/16, 4:00 pm-4:45 pm

KLS class status hotline 1 (888) 372-5803



DANCE CLASSES

Ballet: Mommy & Me (2 yrs.) Children and their parents will participate in this fun, beginning ballet class. Cost: \$65

Sat.	Feb. 18 - April 29	10am-10:30am
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Ballet (3 yrs.) Tiny, terrific, and three! Little ballerinas will twirl and plie their way through this 12 week class.

Cost: \$65

Sat.	Feb. 18 - April 29	10:30am-11am
Wed.	Feb. 22- May 3	3:15pm-3:45pm

Ballet (4 yrs.) Funny, fabulous, and four! Ballerinas-to-be will enjoy 12 weeks of dance instruction. Cost: \$65

Sat.	Feb. 18 - April 29	11am-11:45am
Wed.	Feb. 22- May 3	3:45pm-4:30pm

Ballet (5 yrs.) Fierce, feisty, and four. Ballerinas-to-be will enjoy 12 weeks of dance instruction. Cost: \$65

Sat.	Feb. 18 - April 29	11:45am-12:30pm
Wed.	Feb. 22- May 3	4:30pm-5:15pm

Ballet I (Ages: 6 to 10) This is a great class for children to meet new friends, have fun and learn the basics of ballet.

Cost: \$65

Sat.	Feb. 18 - April 29	12:30-1:30pm
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Ballet II (Ages: 6 to 10) This is an intermediate ballet; students must have had minimum of 3 sessions of Basic Ballet or upon instructor’s approval. **Cost: \$65**

Sat.	Feb. 18 - April 29	9am-10am
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Hip Hop/Jazz (Ages 6 to 7)

This is a great class for children to meet new friends and have a fun time while they learn the basics of jazz and hip hop. Recital is on the 12th class. Cost \$65

Sat.	Feb. 18 - April 29	1:30pm-2:15pm
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Hip Hop (Ages 8-10)

Children will learn the basics of hip hop. The recital will be on the 12th class. Cost \$65

Sat.	Feb. 18 - April 29	1:30pm-2:15pm
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Hip Hop (Ages 11-17)

A great class for youth 11 years and older to meet new friends, have fun and learn the basics of hip hop. Cost \$65

Sat.	Feb. 18 - April 29	1:30pm-2:15pm
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by Steps Dance Art Center
at Ceres Community Center

Karate

This class focuses on three main principles: fitness, self-defense, and self confidence. Through the sport of Taekwondo, your fitness level will greatly increase, you will develop the ability to defend yourself against a much larger opponent, and your self-confidence will experience a boost as you reach your personal goals. **Cost \$79**

Tiny Tigers (Ages 3-6)

T/Th, Nov. 1-Nov. 29; 5pm-5:30pm
T/Th, Dec. 1-Dec.29; 5pm-5:30pm
T/Th, Jan 3-Jan 31; 5pm-5:30pm
T/Th, Feb. 2-Feb 28; 5pm-5:30pm
T/Th, Mar. 2-Mar. 30; 5pm-5:30pm
T/Th, April 4-April 27; 5pm-5:30pm
T/Th, May 2-May 30; 5pm-5:30pm

Junior Ninjas (Ages 6-12)

T/Th, Nov. 1-Nov. 29; 5:40pm-6:25pm
T/Th, Dec. 1-Dec.29; 5:40pm-6:25pm
T/Th, Jan. 3-Jan. 31; 5:40pm-6:25pm
T/Th, Feb. 2-Feb 28; 5:40pm-6:25pm
T/Th, Mar. 2-Mar. 30; 5:40pm-6:25pm
T/Th, April 4-April 27; 5:40pm-6:25pm
T/Th, May 2-May 30; 5:40pm-6:25pm

LOCATION:
CERES COMMUNITY CENTER
(2701 Fourth St. Ceres, CA)

Parent & Me: Ceramics for Kids (Ages 4-10)

Two day sessions where you create beautiful clay pieces.
Wednesdays at 4:00pm-5:45pm
Fee: \$25 for 2 day sessions

Harvest Fun

Children will get to make clay pieces that celebrate the fall season.

W | Nov. 9 -Nov. 16th | Arts and Crafts Rm.

Santa Sensation

Children will get to create holiday themed clay pieces.

W | Dec. 7 -Dec. 14 | Arts and Crafts Rm.

Suzanne has be working with us for several years.
Below are some of the projects she's done with the kids/parents.



New to Ceres!
More information will be available December, 2016

Sundays, 4/30-6/25
1:30pm-4:30pm
No class on May 28th

For more information
call Traci Farris @
(209) 538-5682

build a fine

shelter building
animal identification

plant identification

NATURE SAFETY
nature based crafts

FROM THE GROUND UP

Nature based learning program for children 5 to 14 years old!

AND MORE!

YOUTH ENRICHMENT

Open Studio: Age 11 months to 4 yrs. Have a little one that needs to get their wiggles out? Looking for an interactive play time for your child? Want to have some indoor active fun and do crafts with your toddler or preschooler? Join us for "Open Studio"!

Location: Fitness Room | **Cost:** \$20/\$15*

Day	Dates	Times
F	Nov. 4-Nov. 18*	10-11:30 am
F	Dec. 2-Dec. 16*	10-11:30 am
F	Jan. 6-Jan. 27	10-11:30 am
F	Feb. 3-Feb24	10-11:30 am
F	Mar. 3 - Mar. 31	10-11:30am
F	April 7-April 28	10-11:30am
F	May 5 - May 26	10-11:30am

Open Studio - 2 day Punch Pass: Punch passes are 'virtual' and must be used during the session in which they are purchased. They do not roll over and expire at the end of each session.

Cost: \$10



Kids in the Kitchen Holiday Workshop Thanksgiving (Ages 6-14)

Children will prepare tasty holiday themed treats in this fun festive workshop.

Sat. Nov. 19, 2016 | 10:30 am -12 pm | \$14

Christmas Workshop (Ages 6 to 14)

Children will bake holiday cookies and treats in this fun Christmas themed cooking class!

Sat. Dec. 17, 2016 | 10:30 am -12 pm | \$14

Valentine's Day Workshop (Ages 6-14)

Love is in the air with this Valentine's Day themed cooking class.

Sat. Feb. 11, 2017 | 10:30 am -12 pm | \$14

Music & Me: (1-4 yrs.) Preschoolers will learn at their own pace as they are introduced to a more structured class environment with circle time and obstacle courses.

Location: Fitness Room | **Cost:** \$30/\$22.50*

Day	Dates	Times
F	Dec. 2 Dec. 16*	9am-9:40am
F	Feb. 3 - Feb. 24	9am-9:40am
F	April 7 -April 28	9am-9:40am

Tots Get Messy: (6 months-5 yrs.) Tots explore color, texture, smell and more by creating 'art' with mostly edible products. Water play, bubble games, art experiments and music make this class full of messy fun!

Location: Ceres Community Center | **Cost:** \$30

Day	Dates	Times
F	Nov. 4-Nov. 18*	9am-9:40am
F	Jan. 6-Jan. 27	9am-9:40am
F	Mar. 3 - Mar. 31	9am-9:40am
F	May 5 - May 26	9am-9:40am



Spring Fun (Ages 6-14)

Chicks, flowers, and colors so bright make this cooking workshop such a delight!

Sat. April 08, 2017 | 10:30 am -12 pm | \$14

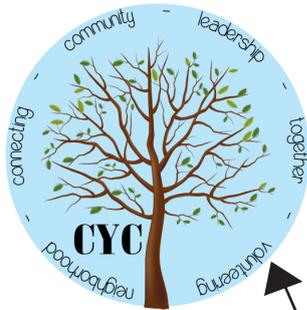
Ceres Youth Commission

Pick up an application to join CYC, a volunteer program for Ceres youth! Commissioners will be given the opportunity to assist in community events and conduct community service projects.

For ages 13-17 years



Meets on the 3rd Wednesday of every month!
@3pm



Thank you to CYC member Bella Duarte for creating the new logo!

Employment Education Job Training

Youth ages 17-24 call to see how Project YES can help you find employment and give you the skills you need for success!

Call Now (209)556-1558

Don't Wait!

Limited Spots!



PROJECT YES



Lifeguard Training Course -15 years +

We offer American Red Cross Lifeguard Training and Title 22 certification courses. This class teaches surveillance skills, scanning, victim recognition, stages of drowning, water rescue skills, spinal management, first aid training, and professional rescuer CPR/AED. Please bring paper, pen, suit, towel, snack, water and sunscreen to class everyday.

SUCCESSFUL COMPLETION WILL CERTIFY PARTICIPANTS IN:

- Lifeguard Training for 2 years
- First Aid for 2 years
- CPR/AED for the Professional Rescuer for 2 years
- Title 22 for 2 years

PREREQUISITES: Must pass pre-test on day 1, which consists of 300 yard swim test, tread water for 2 minutes, and retrieve an object in 7-10 feet of water in a timed event.

*Participation in the Lifeguard Training Course is contingent upon successful completion of the pre-test.

REFUND WILL NOT BE GIVEN IF PRETEST IS FAILED

Must pre-register by March 08, 2017

Apr 17, 2017 to Apr 21, 2017

Fee: \$200



CPR and AED- Ages 15 +

CPR and AED is a combined program designed specifically for laypeople. The program is an excellent choice for both the community and workplace setting.

Intended Audience-Individuals who do not work in the healthcare field but are occupationally required to, or desire to, have CPR knowledge and skills, such as:

Emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters.

A written evaluation and skills evaluation are required for the successful completion of this course. Pre-register by 1/30/2017

Date: W Feb. 8 | Cost: \$25 | 5:30 pm -9:30 pm

Basic First Aid

Basic First Aid was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting.

Intended Audience - Individuals who require or desire elementary first aid knowledge and skills with a focus on adults, children, or both, including:

Emergency response teams in business and industry, School bus drivers, Adult residential care personnel, Child care workers, Teachers, Parents, Babysitters

A written evaluation and skills evaluation are required for successful completion of course. Pre-register by 2/5/2017

Feb. 15 | Cost: \$25 | 5:30 pm -9:30 pm

Teen Life Skills Class - Ages 13-17

We know how important job skills, financial planning, etiquette, time management, personal advocacy, customer service, internal discipline, long term decision making, and goal setting are in the real world. This 3 1/2 hour Life Skills workshop will guide teens 13-17 yrs old, through mock interviews, team building exercises, a cooking and etiquette class, basic banking skill overview and several other activities to help empower, prepare and inspire youth to venture out into the real world equipped with vital skills.

Cost: \$10

Date: March 22, 2017 (Must pre-register by March 08)

Location: Ceres Community Center -Small Assembly

Time: 5 pm - 7pm

SKI CAMP - Ages 5-12



Do your kids need something fun to do during their break? Look no further! Sign them up to Ceres Day Camp. Enrichment activities, crafts, and indoor/outdoor activities with our Recreation Specialist, Angela Mendoza.

Fee:\$25 per day

Note: You must pre-register by February 4th.

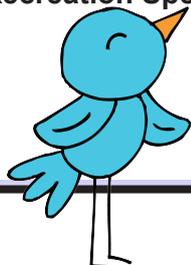
Date: February 13, 2017 to February 20, 2017

Location: Arts & Crafts Room

Time: 8 am - 3 pm

SPRING BREAK CAMP

Sign your children up to Ceres Day Camp during their Spring Break! Enrichment activities, crafts, and indoor/outdoor activities with our Recreation Specialist, Angela Mendoza. Note: You must pre-register by April 5th.



Date: April 17 to April 21, 2017
Location: Arts & Crafts Room
Time: 8 am - 3 pm
Ages: 5 -12 years





City of Ceres Water Conservation Program

<http://www.ci.ceres.ca.us/213a.html>

Reporte pérdidas de agua o para pedir una

Drought
Stage II

Rebates offered to our residents:

Dishwasher Energy Star Model	\$75
Smart Irrigation Controllers	\$50
Toilet Water Sense Model	\$75
Turf Replacement For every square ft. of lawn removed	\$1.00
Washing Machine Energy Star Model	\$75

Year Round Watering Schedule:

- * Odd-numbered addresses (1,3,5,7,9) watering days are Wednesday & Sunday.
- * Even numbered addresses (0,2,4,6,8) watering days are Tuesday & Saturday.
- * Outdoor watering is prohibited daily from 12:00 noon to 7:00 pm.
- * No outdoor watering is allowed on Mondays, Thursdays or Fridays.

Another year of DROUGHT restrictions??

Although the state of California has seen some precipitation during the current water calendar; 43% of the state is still in the severe-to-exceptional drought status.

To address the continued drought the State Water Board has adopted an emergency water conservation regulation on May 18, 2016.

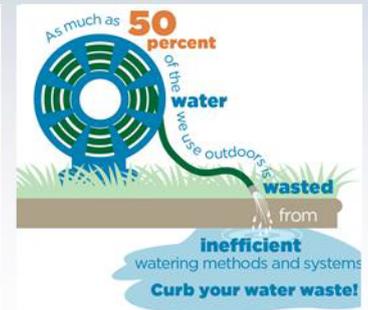
The May regulation requires locally developed conservation standards based upon each agencies specific circumstance for a



localized "Stress Test" approach. This has changed the City's current water reduction goal of 26% to 13%; as of June 2016 and will stay in effect until January 2017.

The City is committed to partnering with our residents in meeting the mandated water conservation goal for our City. As we work towards, this goal, we want to thank our residents for all their water conservation efforts.

Despite the fact that we have had record high temperature we continue to reduce our monthly water usage ever month. Verifying that water conserva-



tion is a mindset that we all can embrace during and after this drought has ended. Water is a precious resource with limited supplies, it is important to conserve it and use it wisely! To report Water Wasters or request free help with setting of your irrigation timers and water audit questions please call (209) 538-5732.

Programs offered to assist our residents:

WATER METER PORTAL

The portal is a free online database that allows residents to monitor their own water usage, receive leak notification & view monthly water targets. To access the portal please visit <http://meterportal.ci.ceres.ca.us/>

HOME WATER AUDITS

A water audit allows an increase to your monthly target to account for number of people in the home & the sq. footage. As a valued participant staff will provide residents with efficient fixtures to replace inefficient fixtures.

WORKSHOPS

Annually the City offers workshops to educate & empower residents on water conservation topics. If interested in attending a forthcoming class visit <http://www.ci.ceres.ca.us/213a.html> & click on send a message.



Ciudad de Ceres Programa de Conservación de Agua

<http://www.ci.ceres.ca.us/213a.html>

Reporte pérdidas de agua o para pedir una excepción favor de llamar al: (209) 538-5732.

Etapa II de
Sequia

Reembolsos ofrecidos a residentes:

Maquina lava platos	\$75
Controladores de Agua Inteligentes	\$50
Agua del baño modelo de sentido	\$75
Para el aseo	\$1.00
Por cada pie cuadrado de césped removido	
Maquina de lavar Energy Star Model	\$75

Horario de riego para todo el año:

- * Direcciones impares (1,3,5,7,9) días de riego son miércoles y domingo.
- * Direcciones en par (0,2,4,6,8) días de riego son martes y sábado.
- * Regar afuera está prohibido diariamente de las 12:00 p.m. a las 7:00 p.m.
- * No es permitido regar los lunes, jueves, y viernes.

Otro Año de restricciones de SEQUIA??

Aunque el estado de California ha tenido algo de precipitación durante el calendario de agua actual; 43% del estado aún está en una sequía de condición severa.

Para poder dirigir la sequía el Comité de Agua del Estado ha adoptado una regulación de emergencia para conservación de agua el día 18 de mayo del año 2016.

El Reglamento requiere normas de conservación basadas en cada circunstancia específica de organismos para un enfoque de



"Estrés Test" localizado. Esto ha cambiado el objetivo de reducción actual de agua en la ciudad del 26% al 13%; a partir de junio de 2016 y permanecerá en efecto hasta enero de 2017.

La Ciudad se compromete a colaborar con nuestros residentes en alcanzar nuestra meta de conservación de agua para nuestra Ciudad. Mientras trabajamos hacia alcanzar nuestra meta que-remos agradecer a nuestros residentes por todos sus esfuerzos para conservar agua.

A pesar de que hemos tenido una temperatura alta continuamos reduciendo el promedio de nuestro uso mensual. Se comprueba que la conservación de



Todos podemos
AHORRAR AGUA

agua es una mentalidad que todos podemos adoptar durante y aun después de que esta sequia haiga terminado. El agua es un recurso precioso con un suministro limitado, así que es muy importante conservar el agua y usarla sabiamente. Para reportar pérdidas de agua, solicitud de ayuda gratuita en programar su sistema de riego o para preguntas sobre una auditoria de agua favor de llamar al (209) 538-5732.

Programas ofrecidos para ayudar a nuestros residentes:

MEDIDOR DE AGUA PORTAL

El portal es una base de datos gratuita ubicada en la red que permite a los residentes a monitorear su propio uso de agua, recibir notificaciones de fugas y ver las mensualidades de agua usadas. Para acceder al portal, por favor visite <http://meterportal.ci.ceres.ca.us/>

AUDITORIAS DE HOGAR

Una auditoria de agua permite un aumento a su objetivo mensual tomando en cuenta el número de personas en el hogar y la cantidad de metros cuadrados de su hogar. Siendo que valoramos a nuestros participantes proveeremos asesorías de agua eficientes.

TALLERES

Anualmente la Ciudad ofrece talleres para educar y empoderar a residentes en diferentes temas con respecto a la conservación de agua. Si está interesado en atender favor visite nuestra página en <http://www.ci.ceres.ca.us/213a.html> y elija "mandar un mensaje".

PROGRAMS FOR ADULTS

Yoga (Ages 16+) In this 6 week course designed for beginning students, you will gain strength, flexibility, balance, and more through yoga postures and poses. There will be a nine dollar discount if you sign up for both PiYo and Yoga (full sessions).

Cost: \$60 per 6 week session

Day	Dates	Times
T/Th	Dec. 6 - Jan. 12	6:30-7:15pm
T/Th	Jan. 24 - Mar. 2	6:30-7:15pm
T/Th	Mar. 14 - Apr. 20	6:30-7:15pm
T/Th	May 2 - June 8	6:30-7:15pm

**Also available: 3 class punch card for \$30
Must be used within session**

PiYo (Ages 16+) PiYo combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined.

Cost: \$36 per 6 week session

Day	Dates	Times
W	Dec. 14 - Jan. 18	6:30-7:15pm
W	Feb. 1 - Mar. 8	6:30-7:15pm
W	May 10 - June 14	6:30-7:15pm



**Also available: 3 class punch card for \$18
Must be used within session**

Young at Heart Strength (Ages 55+)

Are you tired of paying high cost gym memberships and having to drive across town to get there? Does the idea of exercising as a group a couple times a week in your own community sound fun and appealing to you? Join this class at no cost at all. Designed specifically for older adults.

Cost: FREE sessions (must pre-register)

Mondays & Wednesdays | 9am-10am | Fitness Room
(sessions are every month)

Zumba (55+)

Zumba is fun for active adults and beginning students. Gentle dance and exercise program with a Latin flavor; Salsa Merengue, and other international rhythms. No partners needed. Chair participants welcome (as are pillows). This program helps to improve flexibility, strength, and balance.

Cost: FREE sessions (must pre-register)

Tuesdays & Thursdays | 9am-10am | Fitness Room
(sessions are every month)

Senior Lounge

Senior Lounge (Ages 55+)

Come on down and take a look at our state of the art Senior Lounge. This dedicated space is the perfect place to socialize with friends, watch TV, play some cards, or read a good book. The lounge is open six days per week, Monday through Saturday, all day.

Pinochle Club: Ages 55+

Pinochle is a trick-taking game typically with four, five, or six players and played with a 48card deck. Skills required for this game include: strategy, social skills, teamwork, and card counting.

When: Mondays, Tuesdays and Thursdays

Time: 10am-3pm

Cost: FREE



Pickleball

NEW TO CERES!

Pick-up game of Pickleball every Monday and Wednesday at 10:05-11am

Because of its easy-to-play nature pickleball has become a favorite amongst seniors. So come on by on Mondays and Wednesdays and see what the fuzz is about.

Cost: FREE

Start Day: January 9th

Weight Loss Challenge -Kick off the year with a healthy you!

The WLC is a 13-week program with weekly, one hr meetings. You will learn about proper nutrition, how to improve your eating habits and find out exactly how many calories a day your body burns.

We want to help you lose those unwanted pounds and inches and as part of our commitment, we will assign you a Personal Weight Loss Coach who will monitor and guide you to make sure you meet your goals.

Topics to be covered include: The importance of protein, how drinking water will accelerate your weight loss, how to maximize your metabolism, the importance of healthy digestion, learning to read nutrition labels and going food shopping.

There is a \$40 cash payment due the first day of class. This money will be used for class materials, prizes, and the final jackpot for the winners of the challenge.



Dates: 1/18 - 4/12

Time: 5:30 pm - 6:45

Location: Classroom

Fee: \$12



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29th Annual Christmas Festival & Grand Opening of Christmas Tree Lane

The Christmas Festival provides a venue for a number of local performers within our city to showcase their talent as well as offering community members an opportunity to visit Santa's Village in their own backyard! Stop by Santa's Workshop for some crafts, grab a sweet treat from Rudolph's Sweet Shop, visit the Polar Paint Shop and have your face painted by our volunteers. Bring monetary or non-perishable donations and take a picture at Frosty's Photo Shop. No exceptions. Parade starts at 7:30 pm. People are able to take a ride on the trolley down Christmas Tree Lane after the parade. Stand in line early to secure a seat.

Location: Smyrna Park
Time: 5:30-7:30pm
Date: December 3, 2016
FREE EVENT

Hop on the trolley after the parade and check out the Christmas Tree Lane



GET CONNECTED



Don't miss out! Stay connected through Ceres Recreation social media. And don't forget to tag us when sharing your recreation or special event related pictures.
@CeresRecreation



cool people love ceres recreation department

Youth and Adult Ceres Recreation t-shirts for sale!
\$15 for Youth and \$20 for Adults
proceeds go to Recreation Scholarships