



## ADAPTIVE RECREATION

### Bowling

This bowling league is designed for individuals with special needs and/or physical disabilities.

**LOCATION:** Yosemite Lanes  
2301 Yosemite Boulevard

#42303 6+ yrs 16 sessions/\$44  
Aug 5-Dec 2 Thur, 4-6 pm

### Senior/Disabled Swim

A drop-in program for seniors and disabled persons designed to stretch their muscles, work their joints and get them moving in an indoor heated therapeutic pool. A swim card is required. Cash is not accepted at pool site (see box below for more information). Pool closed on major holidays.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

Spring Hours:  
Apr 5-Jun 10 Mon-Thur, 3:30-5 pm

Summer Hours:  
Jun 21-Aug 5 Mon-Thur, 12:30-2 pm

**Friday Night Out on page 19 in Free Programs.**

### SWIM CARD PRICING

Swim cards are required for Senior/Disabled Swim at Burris Pool and may be used at the Johansen High Pool. They are available for purchase at the following locations:

Tenth Street Place  
1010 Tenth Street, Ste. 4400

Senior Citizens Center  
211 Bodem Street

Maximum 20 uses per card.

#### Per day pricing

Youth	\$1.00
Adult	\$2.00
Senior (62+)	\$1.25
Disabled	\$1.25



## AQUATICS

Classes offer orientation to the aquatics environment and encourage water safety.

**Participants must wear swim diaper or be toilet trained. Swimsuit required.**

**No exceptions.**

**Instructors are American Red Cross certified.**

Due to circumstances beyond our control, the City of Modesto reserves the right to extend classes, if necessary, to complete the entire swim program. Cancelled classes may need to be made up after the posted ending date.

### SPRING LESSONS (Mon, Wed or Tue, Thur)

#### Adult & Child

Designed to develop swimming readiness by leading parents and their children in water exploration activities. Children will learn to have fun and be comfortable in, on and around the water. *Adult must accompany child in water during class.*

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

#43056 1-4 yrs 8 sessions/\$35  
Apr 19-May 12 Mon, Wed, 7-7:25 pm

#### Level 1 – Intro to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Skills include supported floating, kicking on front and back and alternating arm action.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

#43108 4-6 yrs 8 sessions/\$35  
Apr 19-May 12 Mon, Wed, 6-6:25 pm

#43402 4-6 yrs 8 sessions/\$35  
Apr 20-May 13 Tue, Thur, 6-6:25 pm

#43403 4-6 yrs 8 sessions/\$35  
Apr 20-May 13 Tue, Thur, 7-7:25 pm

#### Level 2 – Fundamental Aquatic Skills

Prerequisite: Completion of Level 1. Level 2 marks the beginning of true locomotion skills. Participants will learn to demonstrate rhythmic breathing, front and back glides, combined front crawl and elementary backstroke kicks, rolling over from front to back and arm and leg treading actions.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

#43179 5-10 yrs 8 sessions/\$35  
Apr 19-May 12 Mon, Wed, 6:30-6:55 pm

#43404 5-10 yrs 8 sessions/\$35  
Apr 20-May 13 Tue, Thur, 6:30-6:55 pm

#### Private Swim Lessons

One-on-one swim instruction provided for youth and adults. Teaches skills required for level of instruction participant is seeking.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

#43276 3+ yrs 8 sessions/\$105  
Apr 19-May 12 Mon, Wed, 5-5:25 pm

#43414 3+ yrs 8 sessions/\$105  
Apr 19-May 12 Mon, Wed, 5:30-5:55 pm

#43415 3+ yrs 8 sessions/\$105  
Apr 20-May 13 Tue, Thur, 5-5:25 pm

#43416 3+ yrs 8 sessions/\$105  
Apr 20-May 13 Tue, Thur, 5:30-5:55 pm

#### Semi-Private Swim Lessons

Orients two to four swimmers to the aquatic environment and teaches elementary swimming skills that will be built upon as participants progress through the Learn to Swim program.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

#43405 5+ yrs 8 sessions/\$60  
Apr 19-May 12 Mon, Wed, 7:30-7:55 pm

#### Adult Water Exercise on page 8.

# FREE PROGRAM AND SPECIAL EVENT FACILITIES



[www.modestogov.com/prmd/recreation/kkmc](http://www.modestogov.com/prmd/recreation/kkmc)

## KING-KENNEDY MEMORIAL CENTER

**LOCATION:** 601 S. Martin Luther King Dr.  
**PHONE:** (209) 522-6902 or  
(209) 341-2980  
**HOURS:** Mon-Fri, 8 am-5 pm  
**E-MAIL:** rhking@modestogov.com

## MADDUX YOUTH CENTER

**LOCATION:** 615 Sierra Drive  
**PHONE:** (209) 341-2950  
**HOURS:** Mon-Thursday, 11 am-7 pm  
Fri, 11 am-5 pm, Sat, 9 am-1 pm  
**E-MAIL:** blockard@modestogov.com



[www.modestogov.com/prmd/recreation/maddux](http://www.modestogov.com/prmd/recreation/maddux)

## NEIGHBORHOOD CENTER AT MARSHALL PARK

**LOCATION:** 420 A Chicago Avenue  
**PHONE:** (209) 341-2980  
**HOURS:** Mon-Fri, 8:30 am-noon  
**E-MAIL:** rhking@modestogov.com



[www.modestogov.com/prmd/recreation/marshallpark](http://www.modestogov.com/prmd/recreation/marshallpark)

## SENIOR CITIZENS CENTER

**LOCATION:** 211 Bodem Street  
**PHONE:** (209) 341-2974  
**HOURS:** Mon-Fri, 8 am-4 pm  
**E-MAIL:** sparker@modestogov.com



[www.modestogov.com/prmd/recreation/scc](http://www.modestogov.com/prmd/recreation/scc)

## FREE ADAPTIVE RECREATION PROGRAMS

### ADAPTIVE: Friday Night Out

This social recreation program for persons with disabilities ages six and up promotes healthy socialization, builds self-esteem, and develops leisure awareness through the use of games, crafts, music and special events. Co-sponsored by the Special Olympics. **First Friday of each month (September-May).**

**LOCATION:** Senior Citizens Center  
211 Bodem Street

6+ yrs

7-9:30 pm

### Spring Social

Start your spring off right with a night of music and refreshments.

May 7 Fri

FREE

**There will be no Friday Night Out in June, July or August. See you September 3, 2010.**

## FREE YOUTH PROGRAMS

### Art in the Park

Children will create and share their artistic talents through a variety of art and craft projects.

**LOCATION:** Marshall Park  
Corner of Sutter and Chicago Avenues

12 yrs & under

FREE

Apr 7-Jun 23

Wed, 4-6 pm

### Break Dancing Skills Workshop

Sharpen your floor skills every Thursday night. This program is designed for youth and young adults to develop their unique dancing talent as far as their imagination and athleticism allows.

**LOCATION:** Maddux Youth Center  
615 Sierra Drive

8+ yrs

ongoing/FREE  
Thur, 4-7 pm

CLASSES

FREE PROGRAMS

SPECIAL EVENTS

SENIORS

FACILITIES