

Activity & Program Guide

JANUARY | FEBRUARY | MARCH | APRIL | 2022

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Si desea esta guía en español, llame al (760) 347-3484.



WELCOME TO WINTER IN THE COACHELLA VALLEY!

Often at this time of year the rest of the country is having to bundle up and stay indoors due to harsh winter weather, but we are so fortunate to have mild temperatures that often make this the perfect time of year to enjoy being outdoors – and Desert Recreation District offers many ways to be active in this great climate.

2022 marks the return of the Palm Desert Senior Games & International Sports Festival! The games will be held February 1 – 6, 2022 in various venues in and around Palm Desert, and feature sports like 9-hole golf, track and field, pickleball, volleyball and more, played by competitors who come from many of the 50 United States and neighboring countries. There may still be spots open to compete, or you can come cheer on the participants at one of the venues near you.

If you are familiar with all we offer, you know we have classes for the youngsters, like *Dance, Play & Pretend* or *T-Ball*, to adult fitness classes such as *Zumba, Kickbox Cardio, or Hula Dancing for Fitness and Fun* and many of our community center locations offer Senior Programs, too. Perhaps you want to start the new year with a fresh mindset; if so, our *Holistic Wellness Workshops*, where each month offers a class with a different focus, could be just what you are looking for.

For those who just want to enjoy a walk in the park (literally!), we have many beautiful parks throughout the Valley (see page 62 for locations), and we recently opened the Oasis del Desierto (Oasis of the Desert) Park in the Thermal/Oasis area. This newest of our parks boasts a playground, fitness equipment, a soccer field, basketball court and more, AND brought critical infrastructure including a water line to supply clean, safe drinking water to the community. AND this is just Phase I – future construction will include additional amenities that includes a community center.

Lastly, don't forget our special events like Eggstravaganza's – some of the easter-egg hunts around and our partner events like Concerts in the Park and Prom Dress Giveaways for High School Seniors in the Coachella Valley.

We wish all of you a healthy and happy 2022 and visit us in person at any of our facilities; online at MyRecreationDistrict.com; follow us on Facebook, Twitter, or Instagram, or give us a call at 760-347-3484 to learn more. FIND FUN, FIND FRIENDS, and FIND COMMUNITY with Desert Recreation District.

Sincerely,

Kevin Kalman, General Manager

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JOIN THE "FUN TEAM" AT DESERT RECREATION DISTRICT!

Do you love recreation and fitness? Like working with people? Want to have fun? If you have answered “yes” to these questions, then the Desert Recreation District may be a great fit for you. We are recruiting for various employment opportunities to help our growing line up of programs and activities. Please see below for current job openings.

AQUATICS JOB FAIR

April 2, 2022 at Pawley Pool in Indio, 9 a.m. – 1 p.m.

Aquatics
Aquatics Specialist – Full Time
Lifeguard/Swim Instructors
Gymnastics Coach Recreational

Afterschool
Children’s Recreation Leaders – Various Areas
Paraeducator/Recreation Leader – Various Areas



Apply Online at:
MyRecreationDistrict.com/employment-opportunities

Desert Recreation District

BOARD OF DIRECTORS

Please note some larger communities are represented by more than one board member.



Silva Paz

VICE PRESIDENT

Division 1

TERM: 12/1/17 to 12/3/22

Indio, La Quinta,
Mecca, North Shore,
Oasis, Thermal,
Vista Santa Rosa
and 1000 Palms



Rudy Gutierrez

DIRECTOR

Division 2

TERM: 12/4/20 to 12/6/24

Chiriaco Summit,
Coachella, Indio
and Indio Hills



Jonathan Becerra

DIRECTOR

Division 3

TERM: 12/4/20 to 12/6/24

Indio



Rudy Acosta

PRESIDENT

Division 4

TERM: 12/1/17 to 12/3/22

Bermuda Dunes,
Desert Palms,
Indian Wells,
La Quinta and
Palm Desert



Laura McGalliard

DIRECTOR

Division 5

TERM: 12/4/20 to 12/6/24

Palm Desert,
Rancho Mirage and
Thousand Palms

Desert Recreation District is governed by an elected Board of Directors. There are five members of the DRD Board of Directors, each serving one of the electoral divisions listed under each member's name. These electoral divisions make up the District's broad territory, which stretches from Rancho Mirage (at Bob Hope Drive) east to the Salton Sea.

GENERAL INFORMATION

Discounts

At this time, we are not able to offer discounts for additional family members such as second and third children in our after school programs as we strive to provide the best value to all our guests. Therefore, we have set our prices at the best price-point we can offer, which does not allow for discounting.

Errors

While every effort is made to assure accuracy of our program information, errors may occur from time to time so we recommend calling to verify information. We apologize if we have made an error in this or any of our publications. PLEASE NOTE: All programs are subject to change without prior notice.

Fees

All fees stated in this guide are for District Residents. To determine if your residence falls within the District boundaries, please call (760) 347-3484 where you can also inquire about fees for our programs and classes for non-District residents.

Hours

The hours we are open varies by Community Center location, activity, and other items such as time of year and special events. Due to all the variations, we recommend calling our Administrative Office at (760) 347-3484 to check the hours we are open in any particular location.

Photographs

Desert Recreation District (DRD) reserves the right to photograph facilities, activities, program and special event participants for potential future use. All photographs, whether digital or hard copy, will remain property of DRD and may be used for publicity or promotional purposes only.

Refund/Proration/Make-up Policy

Refunds are only given if Desert Recreation District cancels a program or class. We are sorry; however, we cannot offer make-up classes or prorated fees for missed classes if you cannot attend all classes as we have reserved a spot for you, and possibly turned others away based on your enrollment.



First Tee - Coachella Valley, is part of an international youth development organization that provides educational programs, that build character and promote health through the game of golf. Classes are available for all skill levels for participants aged 4-18. Golf equipment and Financial Aid are provided for any participant who has a need.

WINTER PROGRAMMING

AGES: 4 – 18 Years of Age

FEE: \$65 per nine-week session

Registration opens on December 29th

SPRING PROGRAMMING

AGES: 4 – 18 Years of Age

FEE: \$65 per nine-week session

Registration opens on March 9th

FIRST TEE WEEKLY CLASSES

January 10th – March 12th (9 weeks)

March 21st – May 21st (9 weeks)

PLEASE REGISTER FOR
FIRST TEE – COACHELLA VALLEY
CLASSES HERE: FTCV.ORG

Volunteer Opportunities available for
Assistant Coaches, Special Events and Tutoring

INQUIRIES?

Please email Charles DeLorey: cdecorey@ftcv.org

Or call 760-834-3847



The Golf Center

AT PALM DESERT

The Best Game Improvement Facility in the Coachella Valley!

Conveniently located in the heart of Palm Desert off Cook Street, The Golf Center at Palm Desert offers a large Driving Range with lighting for night-time use, along with practice short game and putting greens. When you are finished sharpening your game on the Range, play a round on our Par-3, 9-hole golf course. The golf course is the perfect place to improve your game, featuring small, undulating greens and is the perfect place to work on the scoring part of your game (80 - 130 yards).



GOLF RATES (9-Holes)

Juniors (under 17).....\$10

Adults \$19

Seniors (over 55).....\$16

Same Day 9-Hole Replay..... \$5

DRIVING RANGE

Medium Bucket \$8

Large Bucket\$12

GOLF CLINICS..... Call for details.

RENTALS

Pull-Cart \$3

Set of Clubs \$7

Individual Clubs..... \$3

For additional information, please call
the Golf Shop at (760) 779-1877
or visit GolfCenterPD.com

Bermuda Dunes

Please Note: All in-person activities take place at the **Bermuda Dunes Community Center** unless otherwise noted in the activity details that follow.



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE FITNESS –

HYBRID (Online & In-person classes offered)

Join us for a demanding workout that has options for all ability levels. Class focuses on strength & conditioning with the use of minimal equipment. You have the option of enrolling for in-person or online classes when you register.

ENROLLMENT: Ongoing

DAY: Thursdays **TIME:** 10 – 11 a.m.

AGES: 16 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month



ADAPTIVE KARATE –

ONLINE ONLY

This online class teaches spatial awareness, discipline, self-control, self-defense, and Shito-Ryu Karate & Kobudo in an adaptable format, working with each student to achieve their best self.

ENROLLMENT: Ongoing

DAY: Mondays **TIME:** 2:30 – 3:30 p.m.

AGES: 4 Years of Age and Over with a Disability or a Special Need

FEE: \$50 per Month

ADAPTIVE SEATED FITNESS –

HYBRID (Online & In-person classes offered)

Class focuses on strength, conditioning, and stretching with the use of minimal equipment while in a seated position. Exercise options available for all ability levels. You have the option of enrolling for in-person or online classes when you register.

ENROLLMENT: Ongoing

DAY: Fridays **TIME:** 10 – 11 a.m.

AGES: 16 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month



CAMP & AFTER SCHOOL PROGRAMS

TRADITIONAL AFTER SCHOOL - MONROE

This program offers a safe, fun space for kids to be active, get homework help, and be social. A healthy daily snack is provided, and students are supervised by trained, professional staff members.

LOCATION: Monroe Elementary School

DATES: Ongoing During School Year
(holidays may be excluded)

TIME: School Dismissal – 5:30 p.m.

GRADES: Kindergarten through 3rd

FEE: \$165 per Month for January, February, and March
\$124 for April



DANCE

DANCE, PLAY & PRETEND

Young children are introduced to dancing through the help of make-believe and imaginative play and are taught basic ballet movements. Ballet shoes for girls; tee shirt, shorts and socks for boys are required.

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 5:30 – 6:15 p.m.

AGES: 2 ½ – 5 Years of Age **FEE:** \$36 Per Month



Find Fascination!

Bermuda Dunes

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484



HEALTH & FITNESS

CHAIR YOGA DANCE



Chair Yoga Dance is a fun, interactive program where participants, using both seated and standing positions, will do yoga movements to a beat. The class keeps you moving for wellness in mind, body and spirit.

ENROLLMENT: Ongoing

DAYS & TIMES: Tuesdays **TIME:** 12:45 – 1:30 p.m.

AGES: 18 Years of Age and Over

FEE: \$39 Per Month

GENTLE YOGA FOR YOUR HEALTH

In Gentle Yoga for Your Health, we use a holistic and therapeutic approach to promote overall wellness, longevity, rejuvenation, and relaxation using a variety of yoga techniques and postures.

ENROLLMENT: Ongoing

TWO TIMES PER WEEK SESSION – DAYS & TIMES

Mondays, 9:30 – 10:15 a.m. AND Thursdays, 9 – 9:45 a.m.

FEE: \$69 Per Month

ONE TIME PER WEEK SESSION – DAYS & TIMES

Mondays, 9:30 – 10:15 a.m. OR Thursdays, 9 – 9:45 a.m..

FEE: \$48 Per Month (shorter months will be at reduced cost)

AGES: 18 Years of Age and Over

DROP-IN FEE: \$12 per Class



HOLISTIC WELLNESS WORKSHOPS – (JANUARY – APRIL)

Each of the following workshops will have a different focus yet with a common goal of improving your life through healthy exercises, good nutrition and more.

DAYS: Tuesdays **TIME:** 11 a.m. – 12:15 p.m.

AGES: 18 Years of Age and Over **FEE:** \$55

HEALTHY BRAIN, HAPPY BODY – JANUARY

This workshop will teach participants about how nutrition, juicing, exercise, meditation/stress management techniques, changing sleep habits and more may help you achieve a healthy lifestyle and boost brain longevity.

ENROLLMENT: January 4 – 25, 2022

NUTRITION FOR YOUR HEALTH – FEBRUARY

Topics in this workshop will include learning about good eating habits, proteins, carbs, the importance of eating organic fruits and vegetables, as well as the pros and cons of preservatives in our food. The course will also include how to understand food labels.

ENROLLMENT: February 1 – 22, 2022

INTRODUCTION TO TAI CHI – MARCH

For those who sign up for our Introduction to Tai Chi, they will learn the benefits of Tai Chi, improve balance, coordination, concentration. You will learn techniques for stress relief, focused breathing, strength building and so much more.

ENROLLMENT: March 1 - 22, 2022

INTRODUCTION TO YOGA – APRIL

In this workshop, the participants will learn the benefits of Yoga and Yoga Therapy. Postures for a variety of physical challenges will be taught including for your back, neck, shoulders, stiffness, arthritis, and more.

ENROLLMENT: April 5 - 26, 2022



Bermuda Dunes

Please Note: All in-person activities take place at the **Bermuda Dunes Community Center** unless otherwise noted in the activity details that follow.



SPECIAL INTEREST

K9 NOSE WORK—BASIC— INTRO TO SCENT WORK WORKSHOP

This beginner series focuses on teaching you how to encourage and develop your dog's natural scenting abilities. Dogs learn fun puzzle games utilizing their desire to hunt and love of food and toys.

ENROLLMENT: Monthly

DAY: Wednesdays

TIME: 5 – 5:50 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session

K9 NOSE WORK— INTERMEDIATE—WORKSHOP

*This intermediate series focuses on introducing your dog to several target odors that they will be trained to locate. Dog/handler teams begin to learn more challenging puzzle games including vehicle searches. **Prerequisite:** K9 Nose Work Basic—Intro to Scent Work.*

ENROLLMENT: Monthly

DAY: Wednesdays

TIME: 6 – 6:50 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session

K9 NOSE WORK—ADVANCED DETECTIVE

*This advanced series is geared for dog/handler teams to expand their knowledge and skills in scent detection training. Types of searches conducted include containers, vehicles, interiors, and exteriors. **Prerequisite:** K9 Nose Work Intermediate Workshop.*

ENROLLMENT: Monthly

DAY: Wednesdays

TIME: 7 – 7:50 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session



BERMUDA DUNES COMMUNITY COUNCIL MEETINGS

*The Community Council meets at
6 p.m. the second Thursday of
January, March, May, September
and November, and the public
is welcome to attend.*

*Please check at www.Rivco4.org
to confirm dates and whether
meetings are in person or via ZOOM.*

Thank you.

Find Teaching!

Cathedral City

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

About Desert Recreation District

Desert Recreation District (DRD) focuses on providing recreation throughout the Coachella Valley service area. Created in 1950 and covering more than 1,800 square miles, we are the largest recreation and park district in the state of California. With responsibility for over 30 recreational facilities that include community and fitness centers, sports fields, swimming pools, a golf course and driving range, and various parks and open spaces, we serve over 380,000 residents.

We believe in fostering healthy communities, and encourage everyone to participate in the many programs, events, and activities that we plan throughout the year to maintain a work-life balance and opportunities to create and expand wellness in their neighborhoods through health and fitness.

Our Mission

To enrich the quality of life for Coachella Valley residents by acquiring, developing, operating, and maintaining a community focused parks and recreation system and preserving it for future generations.

Our Vision

Through a community collaborative approach DRD will be the regional provider of premier parks and recreation services in the Coachella Valley. Ensuring all residents have equitable and barrier free opportunities that contribute to the overall wellness of our communities.

Desert Recreation District and the City of Cathedral City

While we at Desert Recreation District and the City of Cathedral City are currently working on a collaboration under which DRD would plan and operate recreation services for Cathedral City residents, please feel free to attend one of the classes, activities, or events we offer in a nearby community, such as pickleball or tennis in Palm Desert, or sign up for a sport in the Palm Desert Senior Games & International Sports Festival. Dance, fitness, and community events are also offered at a number of our locations and some are only minutes away!



CAMP & AFTER SCHOOL PROGRAMS

RIVER CANYON KIDS CLUB

In partnership with Hope through Housing, this Kids Club location is exclusively for the children and teens that reside at River Canyon Apartment Complex; this program provides mentorship, a healthy snack, homework assistance, and activities that support academic enrichment.



LOCATION: River Canyon Apartment Complex

DATES: Ongoing During School Year

(holidays may be excluded)

TIME: 3 – 6 p.m.

DAYS: Monday through Thursday

AGES: 5 – 17 Years of Age **FEE:** Free



Cathedral City

Find New Recreation!

Please Note: All in-person activities take place at the **Bagdouma Community Center** unless otherwise noted in the activity details that follow.

50+ ACTIVE ADULT & SENIOR PROGRAMS

FIT AFTER 50

Strengthen muscles, maintain joint flexibility, and increase blood flow with exercises that benefit the entire body while having FUN! This class is developed through a partnership with the Office of Aging in Riverside County.



ENROLLMENT: Ongoing

DAYS: Mondays & Wednesdays

TIME: 8:30 – 9:30 a.m.

AGES: 50 Years of Age and Over

FEE: Free

ART & MUSIC

ART SCENE

This program will introduce participants in the Eastern Coachella Valley to art and give them a safe place to let their creative minds explore. Each class will be led by an instructor and participants will be able to take completed painting home at the end of the class.

ENROLLMENT: January 24, February 28,
March 21, April 25

DAYS: Mondays

TIME: 5:30 – 7 p.m.

AGES: 6 – 12 Years of Age

FEE: \$10



ALL OF THE FOLLOWING PROGRAMS ARE OFFERED FOR FREE TO THANKS TO FUNDING FROM THE ANDERSON CHILDREN'S FOUNDATION. PARTICIPANTS MUST BE A RESIDENT OF COACHELLA, THERMAL, OASIS, MECCA, OR NORTH SHORE TO PARTICIPATE DUE TO GRANT FUNDING. SPACE IS LIMITED.

ARTS & CRAFTS

The Arts and Crafts program is a great way to introduce our youth of the Eastern Coachella Valley to a variety of different arts and crafts.

ENROLLMENT: January 14 & 28, February 11 & 25,
March 11 & 25, April 11 & 25

LOCATION: Coachella Library

DAYS: Fridays **TIME:** 4:30 – 5:30 p.m.

AGES: 5 – 11 Years of Age **FEE:** Free

GUITAR

Learn the basics such as strumming, rhythm, finger picking and tuning - techniques that will get students playing right away! Lessons include how to read chord charts and tablature.

ENROLLMENT: Monthly

DAY: Thursdays

AGES: 7 – 17 Years of Age

TIMES & LEVELS:

5:15 – 6:15 p.m., Beginning

6:15 – 7:15 p.m., By Invitation, Level 2

FEE: Free



DRUMS

Drumming is a great way to focus, concentrate and channel energy into coordination. Participants learn basic rhythms and beats, how to read drumming notation and basic drum line techniques.

ENROLLMENT: Monthly **DAY:** Tuesdays

TIME: 5:15 – 6:15 p.m.

AGES: 9 – 12 Years of Age **FEE:** Free

Coachella

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484



CAMP & AFTER SCHOOL PROGRAMS

LAS CASAS KIDS CLUB

In partnership with the Coachella Valley Housing Coalition, this Kids Club is exclusively for the residents at Las Casas Apartments. This after school program, in a safe environment, provides mentorship, a healthy snack, homework help, and activities that support academic enrichment.

LOCATION: Las Casas Apartments

DATES: Ongoing During School Year

(holidays may be excluded)

TIME: 2:30 – 6 p.m.

DAYS: Monday through Thursday

AGES: 5 – 17 Years of Age **FEE:** Free



COMMUNITY EVENTS

COACHELLA RECREATION COMMUNITY MEETING

We encourage all Coachella residents to join us to provide feedback and suggestions for future recreational programming in the community of Coachella. We will be discussing future events and the types of programs the community would enjoy. There will be raffles and activities for the children, as well as refreshments.

LOCATION: Bagdouma Park Community Center

WHEN: Wednesday, February 16, 2022, at 6 p.m.

EGGSTRAVAGANZA

You won't have to hunt for one of the best Easter-egg hunts in the valley - our Eggstravaganzas include lots of fun activities like face painting, potato sack races, hula-hoop contests and more – so bring your Easter basket and head to the location that is nearest you. The egg hunt will be divided in to age groups.

LOCATION: Bagdouma
Community Park

DATE: Saturday, April 16

TIME: 11 a.m. – 2 p.m.

AGES: 12 Years of Age and Younger

FEE: Free



HEARTS AND CRAFTS VALENTINE WORKSHOP

Come share in the love this holiday with Desert Recreation District at the Bagdouma Park Community Center for fun activities and a Valentine's Day craft. All children will receive a FREE box of Valentine's Day cards while supplies last. Registration is required.

DATE: Wednesday, February 9

TIME: 5:30 – 7:30 p.m.

AGES: 5 – 12 Years of Age

FEE: Free



PROM DRESS GIVEAWAY

Open to all high school seniors in the Coachella Valley, this program will offer free prom dresses in a variety of sizes, colors and styles. While we make every effort to have enough dresses for everyone, they are offered on a first come, first serve basis BY APPOINTMENT ONLY. Please email promdressgiveaway@drd.us.com to make your appointment and you must bring a valid school ID card. This program is offered in collaboration with Desert Best Friend's Closet.

DATE: Friday, March 25

TIME: 2 – 8 p.m.

ELIGIBLE PARTICIPANTS:

High School Seniors in the Coachella Valley

FEE: Free



DANCE

BEGINNING BALLET

Children let their inner ballerinas come out while they are taught the basics of ballet in this beginning class. These classes can also improve balance, poise, and coordination.

ENROLLMENT: Ongoing

DAY: Fridays

TIME: 5:30 – 6:15 p.m.

AGES: 5 – 10 Years of Age

FEE: \$36 Per Month



Please Note: All in-person activities take place at the **Bagdouma Community Center** unless otherwise noted in the activity details that follow.

DANCE

DANCE, PLAY & PRETEND

Young children are introduced to dancing through the help of make-believe and imaginative play. Ballet shoes for girls; tee shirt, shorts and socks for boys are required.

ENROLLMENT: Ongoing

DAY: Thursdays **TIME:** 4 – 4:45 p.m.

AGES: 2 ½ – 5 Years of Age **FEE:** \$36 Per Month

FOLKLORICO (Baile Folklorico)

Learn the many different styles of the dance that originated in Mexico, Folklorico. The choreography reflects Mexico's diverse ethnic makeup through dance steps influenced by Spanish, European, African and Caribbean cultures.



ENROLLMENT: Ongoing

DAY: Tuesdays

TIMES & AGES:

6:15 – 7:15 p.m., 4 – 7 Years of Age

7:15 – 8:15 p.m., 8 – 14 Years of Age

FEE: \$40 Per Month

(Shoes and dress can be purchased with the instructor)

HEALTH & FITNESS

TITAN FITNESS

Titan Fitness workouts will consist of HIIT cardio to increase aerobic capacity and body weight exercises to build muscular endurance. Tips on making healthy lifestyle choices will also be included.

ENROLLMENT: Ongoing

DAYS: Tuesdays

TIME: 4:15 – 5:15 p.m.

AGES: 7 – 13 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh



SPECIAL INTEREST

KIDS IN THE KITCHEN

In this program, children will create a recipe book with the meals they learn to make. Presentations and fresh ingredients will be provided in partnership with CAL Fresh, Anderson Children's Foundation and FIND Food Bank. They will be provided with the skills/ tools to incorporate a healthy and active lifestyle in their daily routines and family life.

ENROLLMENT: January 5 – 26 (Four-week session)

DAY: Wednesdays **TIME:** 6 – 7:30 p.m.

AGES: 9 – 11 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh, Anderson Children's Foundation, and FIND Food Bank



**Irene W. & Guy L. Anderson
Children's Foundation**

ROBOTICS

Youth will work hands-on with robotic kits and learn the basic concepts of robotic engineering. By working in teams, they will participate in group activities to design, build, and program their robots. At the end of the program, they will have a robot of their own.

ENROLLMENT: March 2 – 23, April 6 – 27

DAY: Wednesday **TIME:** 4:30 – 5:30 p.m.

AGES: 9 – 13 Years of Age **FEE:** Free

SPORTS

BASKETBALL TRAINING ZONE

Basketball Training Zone is a year-round program that allows you to enroll for the month or drop-in when it is convenient for you. This class offers you drills and quality instruction that will help you develop your basketball skills.

LOCATION: Basketball Courts at Bagdouma Park

ENROLLMENT: Ongoing

DAYS: Fridays **TIME:** 5:30 – 6:30 p.m.

AGES: 7 – 10 Years of Age **FEE:** \$40 per Month

Coachella

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

ADULT COED SAND VOLLEYBALL TOURNAMENT - DOUBLES

Attention Sand Volleyball players from the Coachella Valley and beyond! DRD will be hosting a 2 on 2 Double Elimination Tournament at the Bagdouma Park Sand Volleyball Courts. Test your skills as you compete to win the **GOLD MEDAL** for the winner. Maximum 8 Teams allowed to enter. Please email Sam at ssalinas@drd.us.com.

LOCATION: Sand Volleyball Courts at Bagdouma Park

ENROLLMENT: May 7

DAYS: Saturday

TIME: 8 a.m.

AGES: 18 Years of Age and Over

FEE: \$80 per Team of Two



YOUTH FLAG FOOTBALL LEAGUE

The Youth Flag Football League will offer multiple age groups, enthusiastic and experienced volunteer coaches.

Age Divisions: 10u, 12u, 14u, 16u

League will follow NFL Flag Football rules. Head Coaches receive 50% check refund of the registration fee at the end of the season.

LOCATION: Bagdouma Park

ENROLLMENT: April 1 - June 3

DAYS: Thursdays, Fridays

TIME: 6 – 9 p.m.

AGES: 9 – 17 Years of Age

FEE: \$80



Find Action!



READY, SET, RUN

This character-building running program trains kids ages 8 - 13 to participate in a 5k run. This curriculum-based program equips kids with the physical training and goal-setting mentality needed to accomplish their running goals.

LOCATION: Bagdouma Park

ENROLLMENT: January 3 – March 30

DAYS: Mondays and Wednesdays

TIME: 5 – 6 p.m. **AGES:** 8 – 13 Years of Age

FEE: Free thanks to funding from the Anderson Children's Foundation



YOUTH FLAG FOOTBALL CONDITIONING

Get in the action! This Youth Flag Football Program will teach you the skills needed to participate in our upcoming Youth Flag Football League at Bagdouma Park. Come learn from experienced coaches about skill position techniques, rules of the game, conditioning drills to get you ready to compete. Bring comfortable exercise attire to move in.

LOCATION: Bagdouma Park

ENROLLMENT: March 1 – 31

DAYS: Tuesdays & Thursdays **TIME:** 6 – 7 p.m.

AGES: 9 – 14 Years of Age **FEE:** \$60

YOUTH SPORTS CONDITIONING

Improve your athletic skills, agility and footwork. This class incorporates Speed Drills, Body Weight Exercises, Cardio Drills and Plyometrics. This class really is a total body workout. This class is geared towards conditioning for all sports.

LOCATION: De Oro Park

ENROLLMENT: Ongoing

DAYS: Wednesdays **TIME:** 6 – 7 p.m.

AGES: 14 – 16 Years of Age

FEE: Free thanks to funding from the Anderson Children's Foundation



Indian Wells

For more information, visit the City of Indian Wells website at www.cityofindianwells.org or call City Hall at (760) 346-2489.

Are You Looking For a New & Fun Nighttime Experience?



- ✓ Glow Golf and Laser Lights
- ✓ Gourmet Food Truck and Craft Cocktails
- ✓ Music With Live DJ
- ✓ Reserve Your Spot
Thursday - Saturday Nights
- ✓ Not a Golfer? No Problem!
Socialize and Have Fun



IndianWellsGolfResort.com
44-500 INDIAN WELLS LN,
INDIAN WELLS, CA / 760.346.4653

Host an Event in one of our Rental Zones!

Did you know that DRD facilities & parks are available for private use? You're sure to find the perfect space in one of our community centers, meeting rooms, ball fields or parks.

Make DRD your Event Partner for:

Birthday Parties • Business Meetings • Awards Ceremonies • Banquets • And More!



GET FIT PASSES ACCESS TO ALL 4 CENTERS

*Includes Fitness Equipment,
Racquetball Courts, Weight Rooms,
a Track and Gymnasiums.

Locations Available

Indio Community Center
45-871 Clinton Street

La Quinta Community Fitness Center
77-865 Avenida Montezuma

Palm Desert Community Center
43-900 San Pablo

North Shore Beach & Yacht Club
99-155 Sea View Drive

**Visit MyRecreationDistrict.com
or Call (760) 347-3484**

**Exact amenities may vary by location.*

50+ ACTIVE ADULT & SENIOR PROGRAMS

GOLDEN PARACHUTES

Increase your range of movement and activity level by participating in this fun and free class that builds muscle through a variety of easy exercises while moving to music.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays **TIME:** 6:30 – 7:30 a.m.

AGES: 50 Years of Age and Over

FEE: FREE for DRD Get Fit Pass members



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE ARCHERY

Archery is a sport to assist with muscle development, accuracy, balance, coordination, and patience. The program takes place in a highly supervised environment where positive encouragement and individualized instruction is provided to encourage participant success.

ADAPTIVE ARCHERY – ADULTS

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 2:30 – 3:30 p.m.

AGES: 18 Years of Age and Over with a Disability
or a Special Need

FEE: \$25 per Month

ADAPTIVE ARCHERY – YOUTH

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 3:30 – 4:30 p.m.

AGES: 7 – 17 Years of Age with a Disability or a Special Need

FEE: \$25 per Month



ADAPTIVE BASKETBALL - KELSEY'S HEROES

This basketball program is tailored to the skillsets of participants of Kelsey's Heroes. We will work on skill development and progress to game play. Class is designed for individuals with disabilities and special needs and family members. To register for this program, contact Daniel with Kelsey's Heroes, coach@kelseysheroes.org.



ENROLLMENT: April 2 – 30

DAY: Saturdays **TIME:** 10 – 11:30 a.m.

AGES: 10 Years of Age and Over with a Disability
or a Special Need

FEE: \$25

ADAPTIVE FITNESS CLASS

Join us for a demanding workout that has options for all ability levels. Class will focus on strength & conditioning with the use of minimal equipment.

ENROLLMENT: Ongoing

DAY: Tuesdays

TIME: 4 – 4:45 p.m.

AGES: 16 Years of Age and Over with a Disability
or a Special Need

FEE: \$25 per Month

ADAPTIVE GYMNASTICS

Our trained coaches will work with the individual needs of the participants to ensure a safe environment in this gymnastics class.

ENROLLMENT: Ongoing

DAY: Saturdays

TIME: 9 – 9:50 a.m.

AGES: 5 – 13 Years of Age with a Disability or a Special Need

FEE: \$25 per Month



PLEASE SEE PAGE 27 IN THE SWIM & WATER SECTION FOR ADAPTIVE SWIM PROGRAMS

Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.

ART & MUSIC

GUITAR – BEGINNING

Learn the basics such as strumming, rhythm, finger picking and tuning - techniques that will get students playing right away! Lessons include how to read chord charts and tablature.

SESSIONS: January 6 – February 3
February 17 – March 17, March 31 – April 28

DAY: Thursdays

TIME: 6 – 7 p.m.

AGES: 9 Years of Age and Over

FEE: \$70 Per Session

GUITAR – SECOND LEVEL

Students in this continuation class will learn how to play real songs by real artists. You will acquire the skills of reading music and playing music from song books.

SESSIONS: January 6 – February 3
February 17 – March 17, March 31 – April 28

DAY: Thursdays

TIME: 7 – 8 p.m.

AGES: 9 Years of Age and Over

FEE: \$70 Per Session

PIANO – BEGINNING & INTERMEDIATE

Children ages 6 – 16 will learn how to read music and play piano with the use of a keyboard. This class will teach proper technique and theory.

ENROLLMENT: Ongoing

DAY: Saturdays **TIMES:** 10:30 – 11:50 a.m.

AGES: 6 – 16 Years of Age **FEE:** \$120 per Month



CAMP & AFTER SCHOOL PROGRAMS

KIDS CLUB – DESERT MEADOWS

In partnership with Hope through Housing and the CVCT Collaborative, this Kids Club location is exclusively for the residents at Desert Meadows Apartments. This after school program, in a safe environment, provides mentorship, a healthy snack, homework help, and activities that support academic enrichment.



LOCATION: Desert Meadows Apartment Complex

ENROLLMENT: Ongoing During School Year
(holidays may be excluded)

TIME: 3 – 6 p.m. **DAYS:** Monday through Friday

AGES: 5 – 17 Years of Age **FEE:** Free

KIDS CLUB – VILLA HERMOSA

In partnership with the Coachella Valley Housing Coalition, this Kids Club location is exclusively for the residents at Villa Hermosa Apartments. This after school program, in a safe environment, provides mentorship, a healthy snack, homework help, and activities that support academic enrichment.



LOCATION: Villa Hermosa Apartments

ENROLLMENT: Ongoing During School Year
(holidays may be excluded)

TIME: 3 – 6 p.m.

DAYS: Monday through Friday

AGES: 5 – 17 Years of Age **FEE:** Free

SPRING INTO FUN CAMP

Each day, the true camp experience begins as staff leads the group in fun, lively camp games and songs. Campers will learn new skills and build self-esteem through sports, activities, scavenger hunts, creative arts and tons of group games. All activities are carried out under the watchful eye of our camp staff.

DATES: April 18 - 22

TIME: 7:30 a.m. – 6 p.m.

AGES: 5 – 14 Years Old

FEE: : \$110 Per Camper **DROP-IN FEE:** : \$25

TRADITIONAL AFTER SCHOOL

This program offers a safe, fun space for kids to be active, get homework help, and be social. A healthy daily snack is provided, and students are supervised by trained, professional staff members.

LOCATION: Mountain Vista Elementary School

ENROLLMENT: Ongoing During School Year
(may exclude holidays)

DAYS: Monday through Friday

TIME: School Dismissal – 6 p.m.

AGES: 5 – 12 Years Old

FEE: \$124 for January and April
\$165 for February and March

COMMUNITY EVENTS

ALICE IN WONDERLAND TEA PARTY

You are cordially invited to an Alice in Wonderland Tea Party! Come dressed in your finest attire or party dress. Play fun Wonderland themed games, make craft projects and enjoy the tea party with finger food

DATE: Friday, April 8

TIME: 4 – 5:30 p.m.

AGES: 3 – 9 Years of Age **FEE:**
\$15



EGGSTRAVAGANZA

You won't have to hunt for one of the best Easter-egg hunts in the valley - our Eggstravaganzas include lots of fun activities like face painting, potato sack races, hula-hoop contests and more – so bring your Easter basket and head to the location that is nearest you. The egg hunt will be divided into age groups.

LOCATION:

Indio Community Center Park

DATE: Saturday, April 16

TIME: 10 a.m. – 1 p.m.

AGES: 12 Years of Age & Younger

FEE: Free



PROM DRESS GIVEAWAY

Open to all high school seniors in the Coachella Valley, this program will offer free prom dresses in a variety of sizes, colors, and styles. While we make every effort to have enough dresses for everyone, they are offered on a first come, first served basis

BY APPOINTMENT ONLY.

Please email:

promdressgiveaway@drd.us.com
to make your appointment and you must bring a valid school ID card

LOCATION: Indio Teen Center

DATE: Friday, April 1

TIME: 2 – 7 p.m.

ELIGIBLE PARTICIPANTS:

High School Seniors in the Coachella Valley

FEE: Free



ST PATRICK'S DAY LEPRECHAUN HUNT

Lucky the Leprechaun has hidden gold all throughout the park and we need your help to find it! Come search throughout the Indio Community Center Park for the lucky pot of gold. This event will take place outdoors and will have various craft stations set-up after the Leprechaun Hunt.

DATE: Saturday, March 12 **TIME:** 10 a.m. – 1 p.m.

AGES: 4 – 9 Years of Age **FEE:** Free



VALENTINE'S CRAFT EVENT

Come on down to our Valentines Craft Event. This is a great way to celebrate Valentine's Day by making a handmade valentine for one of your loved ones. This event will take place outdoors and will have various Valentines themed craft stations set-up.

DATE: Saturday, February 12

TIME: 9:30 a.m. – 12:30 p.m.

AGES: 4 - 16 Years of Age **FEE:** Free



Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



DANCE

BEGINNING BALLET

Children let their inner ballerinas come out while they are taught the basics of ballet in this beginning class. These classes can also improve balance, poise, and coordination.

ENROLLMENT: Ongoing

DAYS & TIMES: Mondays, 5:30 – 6:15 p.m. **OR**
Wednesdays, 4 – 4:45 p.m.

AGES: 5 – 10 Years of Age **FEE:** \$36 per Month

DANCE, PLAY & PRETEND

Young children are introduced to dancing through the help of make-believe and imaginative play and are taught basic ballet movements. Ballet shoes for girls; tee shirt, shorts and socks for boys are required.

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 9 – 9:45 a.m.

AGES: 2 ½ – 5 Years of Age **FEE:** \$36 per Month



RHYTHM CLASS

Rhythm is all around us. When we hear a beat, it usually gets our feet tapping! If you like to create beats and drum on things, join us for our rhythm class.

LOCATION: Indio Teen Center **DAY:** Thursdays

DATES: January 6 – 27, February 3 – 24
March 3 – 24, April 7 – 28

TIME: 7:30 – 8:15 p.m.

AGES: 8 Years of Age and Over **FEE:** \$100 per Month



GYMNASTICS

Location of classes: All gymnastics classes are held at The District Gymnastics Academy located within the Indio Community Center and enrollment is ongoing unless otherwise noted.

A NOTE REGARDING GYMNASTICS REGISTRATION:

Priority registration is available at one of the courtesy counters for currently enrolled participants re-enrolling in their same class for the following month, or first-time participants enrolling in the current month.

Open enrollment at the courtesy counter is available the first day of the month for those on the waitlist and new participants as spots become available.

Fees for one day per week classes are adjusted for three, four, or five week sessions.

BUDDY 'N ME GYMNASTICS

You and your little buddy will love this class! Toddlers get the chance to have fun learning coordination skills like balancing, climbing, tumbling, swinging and bouncing. Tumbling together is exhilarating.

AGES: 1 – 3 Years of Age

DAYS & TIME: Wednesdays 2:15 – 2:45 p.m.

FEE: \$32 Per 4 week session (One Day Per week)

DESERT TUMBLEWEEDS GYMNASTICS

This is the perfect class for little gymnasts. Preschoolers learn balance and coordination skills. The class emphasizes concentration, sharing and social skills while building physical strength. Your little tumbleweed will have lots of fun!

AGES: 3 – 6 Years Old

DAYS & TIMES:

Tuesdays 2 – 2:45 p.m. **OR**

Thursdays 2 – 2:45 p.m.

Saturdays 10 – 10:45 a.m.

FEE: \$47 Per One-Month Session
(One Day Per week)



BOYS' BEGINNING – ADVANCED GYMNASTICS

This class teaches all six men's gymnastics Olympic events of vault, horizontal bar, parallel bars, pommel horse, floor and rings. Class focus will be on gymnastics skills and techniques while increasing strength and flexibility, coordination, and self-esteem.

DAYS: Mondays

TIME: 5 – 6:30 p.m., 6:30– 8 p.m

FEE: \$70 Per 4 week session



GIRLS' BEGINNING GYMNASTICS

Girls interested in gymnastics will love this class as it gets to the heart of the four Olympic events for women of vault, bars, beam and floor. While learning basic skills and techniques, this class also includes flexibility and strength training.

DAYS & TIMES:

Mondays **OR** Tuesdays **OR** Wednesday **OR** Thursdays
3 – 4:30 p.m., 4:30 – 6 p.m.

Saturdays 11 a.m. – 12:30 p.m.

FEE: \$70 Per 4 week session

GIRLS' INTERMEDIATE GYMNASTICS

This class is by Invitation-only and designed for second level skills. Instruction follows USA Gymnastics progressions on the four Olympic events of vault, bars, beam, and floor with continual emphasis on strength and flexibility.

DAYS & TIMES:

Mondays 3:15 – 4:45 p.m. **OR**

Thursdays 5:15 – 6:45 p.m.

FEE: \$70 per 4-week session



GIRLS' ADVANCED GYMNASTICS

Another acknowledgment of advanced skills, this by Invitation-only class follows the progressions of USA Gymnastics on the four Olympic events of vault, bars, beam, and floor. Train with the best in the valley as skills continue to improve.

DAYS: Mondays **TIMES:** 3:15 – 4:45 p.m.

FEE: \$70 per 4-week session

GYMNASTICS TUMBLING

Learn tumbling skills on the floor and tumble track. This class focuses on specific drills for learning correct form and is recommended for those who want to acquire cheerleading tumbling skills.

DAYS: Thursdays

TIME: 6:30 – 7:30 p.m.

FEE: \$60 per 4-week session



TEAM COMPULSORY GYMNASTICS

By Invitation-only. Levels 3, 4 and 5 skills must be completed as defined by USA Gymnastics.

This class provides an opportunity for gymnasts with advanced skills required for competition to shine in the sport of gymnastics and follows USA Gymnastics progressions for Level 3, Level 4 and Level 5. Invitations are extended to individuals who demonstrate a strong dedication to the requirements of competitive training.

The team competes in five to eight meets throughout the year. **(Additional fee required for meets and competitive attire)**

DAYS: Mondays, Wednesdays, Fridays **OR**

Tuesdays, Thursdays, Fridays

TIME: 3:30 – 6:30 p.m.

FEE: \$170 per Month

SENIOR TEAM – OPTIONAL GYMNASTICS

By Invitation-only. Levels 6 to 10 skills must be completed as defined by USA Gymnastics.

DAYS: Mondays, Tuesdays, Thursdays, Fridays

TIME: 3 – 7 p.m.

FEE: \$250 per Month

Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



GYMNASTICS

GYMNASTICS JAMBOREE

Gymnastics Jamboree provides an open gym experience for participants to practice or learn new tricks in a social supervised setting.

DAYS & TIMES:

Friday – 6:00 – 7:30 p.m.

Saturday 12:30 – 2 p.m.*

**Tentative for Saturday, please inquire.*

FEE: \$10.00



HEALTH & FITNESS

ZUMBA

This full-body exercise class set to music that will help firm up those muscles and make you feel great. A combination of dance and fitness with a touch of attitude!

ENROLLMENT: Ongoing

DAYS: Mondays and Wednesdays

TIME: 5:30 – 6:30 p.m.

AGES: 16 Years of Age and Over

FEE: \$40 per Month

DROP-IN FEE: \$7 per Class

Find Energy!

Follow us at facebook.com/drdgym

Celebrate Your Birthday!



What a great way to celebrate your next birthday – at The District Gymnastics Academy in the Indio Community Center! You and your friends will have a great time doing an hour and a half of fun-filled gymnastics and games as our coaching staff is trained to provide a safe and structured party that is sure to be a hit.

2.5 HOUR PARTY

(1 ½ hours gymnastics & 1 hour use of multi-purpose room)

1–10 people, \$190 -OR- 11 – 20 people, \$295

1.5 HOUR GYMNASTICS ONLY PARTY

1–10 people, \$140 -OR-

11–20 people, \$230

CALL AND BOOK YOUR PARTY TODAY!

SALSAEROBICS

People love salsa dancing - the music, the dance moves, the exercise you get from it, and the social aspect of it. Add aerobics and you have a class that helps with flexibility, conditioning, shaping up, and more.

ENROLLMENT: Ongoing

DAYS: Mondays, Wednesdays, Fridays

TIME: 8 – 10 a.m. **AGES:** 18 Years of Age and Over

FEE: \$40 per Month **DROP-IN FEE:** \$7 Per Class

TITAN FITNESS

Titan Fitness workouts will consist of HIIT cardio to increase aerobic capacity and body weight exercises to build muscular endurance. Tips on making healthy lifestyle choices will also be included.

DATES: Ongoing **DAYS:** Thursdays

TIME: 3:30 – 4 p.m. **AGES:** 7 – 13 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh



MARTIAL ARTS

KARATE COMBO – 2 DAYS

These classes focus on a combination of traditional martial arts philosophies with modern day self-defense strategies while gaining self-esteem and discipline.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays, 6:30 – 7:30 p.m. **OR**

Mondays & Wednesdays 6:45 – 7:45 p.m.

AGES: 7 Years of Age and Over **FEE:** \$40 Per Month



LITTLE DRAGONS KARATE PROGRAM

Our Little Dragons program teaches children balance, coordination, listening skills and respect. It is also a fun way for children to learn the art of self-defense using all parts of the body.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays **TIME:** 6 – 6:30 p.m.

AGES: 4 – 7 Years of Age **FEE:** \$50 Per Month

MOVIES

MOVIES IN THE PARK/MOVIE NIGHTS

We are pleased to partner with the Greater Coachella Valley Chamber of Commerce and the City of Indio to be able to bring you movies in the Park/Movie Nights. Please check the listings on our website at MyRecreationDistrict.com/movies for the most up-to-date movie titles, locations, dates, and times.



OUTDOORS

TAKE A HIKE DAY! – BADLANDS TRAIL

Calling all families in Indio to come “TAKE A HIKE” DAY! This will be an organized group hike through the beautiful East Indio Hills Badlands Trail in Indio – please note you must be registered to join the hiking group.

LOCATION:

Visit <https://www.alltrails.com/trail/us/california/east-indio-hills-badlands> for additional information and directions to the trail where we will meet.

DATE: Wednesday, November 24 **TIME:** 8 a.m. – 12 p.m.

AGES: 8 Years of Age and Over **FEE:** Free

SPECIAL INTEREST

K9 NOSE WORK-BASIC-INTRO TO SCENT WORK WORKSHOP

This beginner series focuses on teaching you how to encourage and develop your dog’s natural scenting abilities. Dogs learn fun puzzle games utilizing their desire to hunt and love of food and toys.

We are expanding this popular class to include Indio, so please check our website at

<http://www.myrecreationdistrict.com/special-interests> for details.

Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



ARCHERY

ARCHERY – YOUTH

Our archery program teaches the fundamentals of archery including proper shooting form. This program takes place in a highly supervised environment where positive encouragement and individualized instruction is provided to encourage participant success.

ENROLLMENT: Ongoing

DAYS: Tuesdays **OR** Thursdays

TIME: 4:30 – 5:30 p.m. **OR** 5:30 – 6:30 p.m.

AGES: 7 – 17 Years of Age

FEE: \$40 Per Month*

**Average fee per month; months with fewer or more program days may have different fees*

BASKETBALL

BASKETBALL TRAINING ZONE

These beginning level, year-round classes offer drills and quality instruction that will help participants develop basketball skills - this class is perfect for a basketball player to begin their athletic adventure!

BASKETBALL TRAINING ZONE – GIRLS, 5 & 6 YEARS OF AGE

ENROLLMENT: Ongoing

DAYS: Mondays

TIME: 4:30 – 5 p.m.

FEE: \$20 Per Month*

BASKETBALL TRAINING ZONE – GIRLS, 7 – 14 YEARS OF AGE

ENROLLMENT: Ongoing

DAYS: Thursdays

TIME: 4 – 5 p.m.

FEE: \$40 Per Month*



BASKETBALL TRAINING ZONE – COED, 5 & 6 YEARS OF AGE

ENROLLMENT: Ongoing

DAYS: Mondays **TIME:** 4 – 4:30 p.m.

FEE: \$20 Per Month*

BASKETBALL TRAINING ZONE – COED, 7 – 14 YEARS OF AGE

ENROLLMENT: Ongoing

DAYS: Fridays **TIME:** 4 – 5 p.m.

FEE: \$40 Per Month*

**Average fee per month; months with fewer or more program days may have different fees*

INDIO YOUTH BASKETBALL CLINIC – INDIO TEEN CENTER

Our Youth Basketball Clinic offers quality and motivational instruction in a fun, competitive environment at the Indio Teen Center outdoor courts. This program covers proper stretching, offensive and defensive drills, and correct shooting practices.

LOCATION: Indio Teen Center

DAYS: Saturdays

DATES: April 2 - 30, 2022

TIME: 9 – 10 a.m.

AGES: 7 – 10 Years of Age **FEE:** \$40 per Participant



INTERMEDIATE/ADVANCED BASKETBALL TRAINING FOR BOYS

This class is formulated for next level basketball players. We will be incorporating high intensity, high skill level drills that will constantly challenge serious young players who aspire to reach their full potential

ENROLLMENT: Ongoing

DAYS: Tuesdays **TIME:** 4 – 5 p.m.

AGES: 10 – 17 Years of Age

FEE: \$40 per Month

**Average fee per month; months with fewer or more program days may have different fees*

SPRING BASKETBALL CLINICS

These basketball camps offer players quality, motivational instruction in a fun, competitive environment. The program covers proper stretching, offensive and defensive drills, and correct shooting practices.

FEE FOR GIRLS & COED CLINICS: \$25 Per Player*

**Average fee per session; sessions with fewer or more program days may have different fees*

GIRLS CLINICS

DATES: April 19 & 21

DAYS: Tuesday & Thursday

TIMES & AGES:

10 – 10:45 a.m., 5 & 6 Years of Age

11 a.m. – 12 p.m., 7 – 10 Years of Age

12:15 – 1:15 p.m., 11 – 14 Years of Age

COED CLINICS

DATES: April 18 & 20

DAYS: Monday & Wednesday

TIMES & AGES:

10 – 10:45 a.m., 5 & 6 Years of Age

11 a.m. – 12 p.m., 7 – 10 Years of Age

12:15 – 1:15 p.m., 11 – 14 Years of Age

WINTER YOUTH BASKETBALL LEAGUE

Winter Youth Basketball is hot! Our youngest teams focus on development, not wins and losses. Division Champs will be crowned from Division C and D at the end of the season. This is a great way for kids to learn new skills, play on a team and stay fit!

DATES: February 8 – March 17 (6 week session)

DAYS: Tuesdays & Thursdays

AGE DIVISIONS & TIMES:

Division A (7 to 8 Years Old) – 5:20 – 6 p.m.

Division B (9 to 10 Years Old) – 6:30 – 7:10 p.m.

Division C (11 to 12 Years Old) – 7:45 – 8:30 p.m.

FEE: \$100 per Player

DAYS: Saturdays

AGE DIVISIONS & TIMES:

Division D (13 to 14 Years Old) – 10 – 10:45 a.m.

FEE: \$80 per Player



WINTER YOUTH BASKETBALL LEAGUE - DRAFT DAYS

Division A (7 to 8 Years Old):

Saturday, January 8, 10 a.m. - 12 p.m.

Division B (9 to 10 Years Old):

Saturday, January 8, 12 - 2 p.m.

Division C (11 to 12 Years Old):

Friday, January 7, 5 - 7 p.m.

Division D (13 to 14 Years Old):

Friday, January 7, 7 - 9 p.m.

WINTER YOUTH BASKETBALL LEAGUE - LITTLE DRIBBLERS

Have fun playing basketball while developing both player and character skills! We are now offering our 5 - 6-year-old Little Dribblers Division and games will be played at the Indio Community Center on Saturdays. Practice times are selected by each coach for each team. Jerseys and game officials provided.

DATES: February 5 – March 19 (6-week session)

DAYS: Saturdays **TIME:** 9 – 10 a.m.

AGES: 5 & 6 Years Old **FEE:** \$80

Find Teamwork!

Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



FOOTBALL

INDIO YOUTH FOOTBALL CLINIC

Youth between the ages of 7 and 10 years of age who are football enthusiasts and want to sharpen their footwork, speed, and skills are invited to come join our Indio Youth Football Skills Clinic. This program will teach football drills, footwork drills, and speed agility skills.

ENROLLMENT: April 18 - 21

DAYS: Mondays through Thursday **TIMES:** 8 - 9 a.m.

AGES: 7 - 10 Years of Age **FEE:** \$40

INDIO YOUTH FOOTBALL CLINIC – INDIO TEEN CENTER

Are you a football enthusiast who wants to sharpen your footwork, speed, and skills? If the answer is "YES!" Come out and join this program that will teach you football drills, footwork drills, and speed agility skills to get your game to the next level.

LOCATION: Indio Teen Center

DAYS: Saturdays **DATES:** January 15 – 29

TIMES: 9 – 10 a.m. **AGES:** 6 – 10 Years of Age

FEE: \$30 per Participant



PICKLEBALL

INDOOR PICKLEBALL – OPEN PLAY

We offer friendly Pickleball fun inside our Indio Community Center. No need to worry about weather conditions outside or crowded tennis courts! Reservations may be made at the front desk or free play can be played to all walk-ins.

ENROLLMENT: January 3 – April 27

DAYS: Mondays and Wednesdays

TIMES: 7 – 9 a.m.

AGES: 10 Years of Age and Over

FEE: FREE for DRD Get Fit Pass members or \$5 Drop-in fee

RUNNING

DESERT RUNNERS

Come out and participate in our Desert Runners program. Our running program will teach participants about the basic running skills such as sprinting, jogging and walking in addition to stamina exercises, which assist runners with building their endurance.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIMES, AGES AND FEES:

3:30 – 4 p.m., 5 – 9 Years of Age, \$40*

4 – 4:45 p.m., 10 – 14 Years of Age, \$50*

*Average fee per month; months with fewer or more program days may have different fees



SOCCER

INDIO YOUTH SOCCER CLINIC – INDIO TEEN CENTER

This clinic will be for children ages 6-10 years old. Our clinic will focus on various drills to improve your soccer skills. For all classes we will also cover the fundamentals of the sport of soccer. We encourage all athletics to bring shin guards and non-skid athletic shoes or cleats

LOCATION: Indio Teen Center

DAYS: Saturdays **DATES:** February 5 - 26

TIMES: 9 – 10 a.m. **AGES:** 6 – 10 Years of Age

FEE: \$40 per Participant

TINY SOCCER STARS

Our Tiny Soccer Stars instructors will guide participants towards developing their soccer skills which include passing, trapping, shooting and defending. We will also cover the fundamentals of the sport of soccer. This program is great for participants who have little to no soccer experience

ENROLLMENT: Ongoing

DAYS: Mondays **OR** Wednesdays **TIME:** 3:15 – 3:45 p.m.

AGES: 4 – 6 Years of Age

FEE: \$20 per Month*

*Average fee per month; months with fewer or more program days may have different fees

TINY SOCCER STARS SPRING CLINIC

Our Tiny Soccer Stars Spring Clinic will guide participants towards developing their soccer skills which include passing, trapping, shooting and defending. We will also cover the fundamentals of the sport of soccer. This program is great for participants who have little to no soccer experience

ENROLLMENT: April 19, 20, and 21

DAYS: Tuesday, Wednesday, Thursdays

TIMES: 8 – 8:45 a.m.

AGES: 4 – 6 Years of Age

FEES: \$25 for the Session

YOUTH SOCCER CLINIC – 6 – 10 YEARS OF AGE

Our clinic will focus on various drills to improve your soccer skills. For our beginning classes we will also cover the fundamentals of the sport of soccer.

ENROLLMENT: Ongoing

DAYS: Mondays & Wednesdays

TIME: 4 – 5 p.m. **AGES:** 6 – 10 Years of Age

FEE: \$60 per Month*

*Average fee per month; months with fewer or more program days may have different fees

Spring Soccer Clinic – 6 – 10 Years of Age

DATES: April 19, 20, 21

DAYS: Tuesday, Wednesday, Thursday

TIME: 9 – 10 a.m.

FEE: \$30 for the Session

YOUTH SOCCER CLINIC – 11 – 14 YEARS OF AGE

Youth players in this age range will participate in a clinic that is designed for players looking to sharpen their technique, speed, and overall creativity on the soccer field.

ENROLLMENT: Ongoing

DAYS: Mondays & Wednesdays **TIME:** 5:15 – 6:15 p.m.

AGES: 11 – 14 Years of Age

FEE: \$60 per Month*

*Average fee per month; months with fewer or more program days may have different fees

Spring Soccer Clinic – 11 – 14 Years of Age

DATES: April 19, 20, 21

DAYS: Tuesday, Wednesday, Thursday

TIME: 10:15 – 11:15 a.m.

FEE: \$30 for the Session



SOFTBALL

DRD SLOW PITCH COED SOFTBALL TOURNAMENT

The tournament consists of adult slow-pitch rules and regulations. All genders ages 18 years and over are welcome. Games will be played at the Davis ball field. Family and friends are welcome to come and root for your team.

LOCATION: Davis Ball Field

DATE: Saturday, April 30 **TIME:** 8 a.m. – 4 p.m.

AGES: 16 Years of Age and Over **FEE:** \$240 per Team



Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



T-BALL

INDIO T-BALL ROOKIES – INDIO TEEN CENTER

For our T-Ball Rookies Clinic, instructors will guide participants towards developing their baseball skills which include catching and throwing the ball, batting stance and base running. We will also cover the fundamentals of the sport of baseball.

LOCATION: Indio Teen Center

DAYS: Saturdays

DATES: March 5 – 26 **TIME:** 9 – 10 a.m.

AGES: 4 – 6 Years of Age **FEE:** \$30 per Participant



VOLLEYBALL

ADVANCED VOLLEYBALL

Do you want to prepare your skills for tournament and high school play? These classes are geared toward structured training, significant skill improvement, and enhanced game knowledge. We look forward to seeing you on the court!

ENROLLMENT: Ongoing **DAY:** Fridays

TIME: 7:15 – 8:15 p.m. **AGES:** 10 – 17 Years of Age

FEE: \$40 per Month

(months with fewer or more than 4 Fridays will have adjusted fees)

BEGINNING VOLLEYBALL

Calling those who want to learn Volleyball! This beginning class is designed to help you learn and develop a basic understanding of volleyball. Instruction will include learning the basic skills of serving, passing, setting, attacking, and blocking the ball. We will work on footwork and prepare you for the next volleyball level



ENROLLMENT: Ongoing

DAY: Fridays **TIME:** 5:30 – 6 p.m.

AGES: 6 – 10 Years of Age **FEE:** 20 per Month

(months with fewer or more than 4 Fridays will have adjusted fees)

INTERMEDIATE VOLLEYBALL

Are you a volleyball player who is ready to play at the next level? In these classes, you will enhance your key beginning volleyball skills such as the volley, set, serve, pass and block, and attack. Our classes are highly motivational and tailored to player's needs.

ENROLLMENT: Ongoing

DAY: Fridays

TIME: 6 – 6:45 p.m.

AGES: 9 – 17 Years of Age

FEE: \$30 per Month

(months with fewer or more than 4 Fridays will have adjusted fees)



OPEN VOLLEYBALL

Just for fun, we set up the volleyball nets on Friday evenings and invite our members to play. Bring family and friends to create a team or just show up and join!

ENROLLMENT: January 7 – April 29

DAYS: Fridays

TIME: 6 – 9 p.m.

AGES: 5 Years of Age and Over

FEE: FREE for DRD Get Fit Pass members or \$5 Drop-in fee

WRESTLING

WRESTLING

Participants will be taught the guidelines of wrestling as well as the techniques of inter-scholastic wrestling. In addition, life lessons that are part of the sport will be incorporated such as; sportsmanship, resilience, mental toughness and humility.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME & AGES:

6 – 7 p.m., 5 – 10 Years of Age

7 – 8 p.m., 10 – 13 Years of Age

FEE: \$80 per Month



MULTI-SPORT CLASSES

LITTLE CHAMPS

Your "Little Champ" can learn about different sports in a class that offers fun game drills and quality instruction that will help develop your child's hand-eye coordination, running, and sports skills. Sports include basketball, soccer, relay games, golf, and more.

ENROLLMENT: Mondays **OR** Wednesdays

TIME: 1:30 – 2 p.m.

AGES: 3 – 5 Years of Age

FEE: \$20 Per Month*

*Average fee per month; months with fewer or more program days may have different fees

YOUTH SPORTS CONDITIONING

Improve your athletic skills, agility, and footwork. The Youth Sports Conditioning class incorporates speed drills, body weight exercises, cardio drills and plyometrics, offering a total body workout to assist in conditioning for all sports.

ENROLLMENT: Ongoing

DAYS: Mondays & Wednesdays

TIME: 4:30 – 5:15 p.m.

AGES: 7 – 14 Years of Age

FEE: \$50 per Month



SWIM & WATER ACTIVITIES

ADAPTIVE AQUATICS – BEGINNER

Join us for adaptive swim lessons for individuals with special needs or disabilities! Sessions include swim lessons followed by an open swim. The beginner swim lessons focus on getting participants familiar and comfortable in the water (i.e., floating, face in water, head under water, kicking) and take place in the shallow pool at Pawley Pool.

LOCATION: Pawley Pool Aquatic Complex

ENROLLMENT: March 12 – May 7

DAY: Saturdays **TIME:** 10 a.m. – 12 p.m.

AGES: 4 Years of Age and Over with a Disability or a Special Need

FEE: \$50



ADAPTIVE AQUATICS – MODERATE TO ADVANCED

Join us for adaptive swim lessons for individuals with special needs or disabilities! Sessions include swim lessons followed by an open swim. The moderate to advanced swim lessons focus on stroke progression and physical endurance and take place in the big pool at Pawley Pool.

LOCATION: Pawley Pool Aquatic Complex

ENROLLMENT: March 12 – May 7

DAY: Saturdays **TIME:** 10 a.m. – 12 p.m.

AGES: 4 Years of Age and Over with a Disability or a Special Need

FEE: \$50

Please Note: All in-person activities take place at the **Indio Community Center or Park** unless otherwise noted in the activity details that follow.



SWIM & WATER ACTIVITIES

LIFEGUARD TRAINING COURSE – (3-DAY COURSE)

Prepare for the summer with this three-day training course. Participants must swim 300 yards, tread water for 2 minutes and perform a water retrieval test at the beginning of the course.



LOCATION: Pawley Pool Family Aquatic Complex
DATES & TIME: April 19, 20 & 21; 9 a.m. – 5 p.m.
AGES: 16 Years Old and Over
FEE: \$250 per Participant for 3-day course

WATER SAFETY – WITH LENNY THE LANDSHARK

Come join us for a fun and interactive introduction to water safety for children with Lenny the LandShark. Topics will include basic water safety, sun safety, importance of a lifejacket, overview of a pool, canal safety, and how to call for help. This is a **FREE** program, but you will need to register ahead of time to attend. Open to children 3 through 12 years of age.

LOCATION:
 Pawley Pool Family Aquatic Complex
DAYS & TIMES:
 Saturdays, 1 – 2 p.m.
DATES:
 April 2 or 9



TOT PROGRAMS

LITTLE EXPLORERS

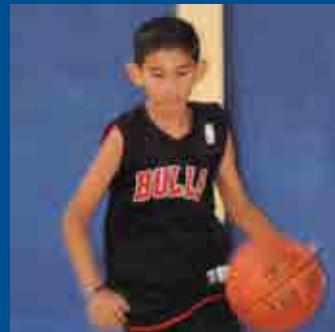
Children will engage in a variety of classroom exercises including art, science, sports and movement and they will be guided through cool and fun experiments and crafts to show Mom and Dad.

ENROLLMENT: Ongoing
DAY: Fridays **TIME:** 9 a.m. – 12 p.m.
AGES: 3 – 5 Years of Age **FEE:** \$40 per Month

TINY TOTS

Classes encourage tots to engage in new activities, sharing, and more. Children learn how to participate in groups and express themselves creatively through art projects, stories, songs, games, and various other activities with a new theme every week.

ENROLLMENT: Ongoing
DAYS: Monday through Thursday **TIME:** 9 a.m. – 12 p.m.
AGES: 3 – 5 Years of Age **FEE:** \$230 Per Month



INDIO SUMMER YOUTH BASKETBALL LEAGUE

Registration Opens April 1, 2022

Don't miss this chance to **SAVE \$20** on divisions A through C registration fees during our **EARLY BIRD REGISTRATION** period that ends on April 30, 2022

LEAGUE PLAY STARTS MID – JUNE 2022



Indio Hills

Please Note: All in-person activities take place at the **Indio Hills Community Center** unless otherwise noted in the activity details that follow.

50+ ACTIVE ADULT & SENIOR PROGRAMS

INDIO HILLS SENIOR PROGRAM

There is a lot going on at our centers! Enjoy an hour of bingo, games, or craft time each week.

ENROLLMENT: Ongoing

DAYS: Tuesdays, Wednesdays, Thursdays

TIME: 9 a.m. – 12 p.m.

AGES: 50 Years of Age and Over

FEE: Free

Valentine's Day Community Musical Potluck

Join us for a Love-Filled event taking place in Community Center on Valentine's Day.

This Event is for Active Adults and Seniors Only.

Bring your favorite dish and dessert to share with your community. Whether you have a date or not, come on over and have some fun on the dance floor or participating in our activities planned for this special day!

DATE: Monday, February 14

TIME: 11 a.m. – 2 p.m.

AGES: 50 Years of Age and Over

FEE: Free

INDIO HILLS COMMUNITY COUNCIL MEETING

On the dates specified below, the Indio Hills Community Council will hold their informational meeting for all who live in the community of Indio Hills, during which you can hear the latest Riverside County news regarding your community from government officials, county authorities and Desert Recreation District.

Please contact dschemmer@rivco.org as meetings may be held via Zoom, or may be in-person.

DAY: Tuesdays **TIME:** 6 – 8 p.m.

For meeting dates and more information, please visit:
<https://rivco4.org/Councils/Community-Councils>

CAMP & AFTER SCHOOL PROGRAMS

TRADITIONAL AFTER SCHOOL

Our after-school programs offer a safe, fun space for kids to be active, get homework help, and be social.

ENROLLMENT: Ongoing During School Year
(may exclude holidays)

DAYS: Monday thru Friday

TIME: School Dismissal to 5:30 p.m.

AGES: 5 – 17 Years Old

FEE: Free*

**The Indio Hills Traditional After School Program monthly fee is \$150. Due to program subsidies and grant funding only to the Indio Hills Program, it will be free until the funds are exhausted.*

COMMUNITY EVENTS

FIND FOOD DISTRIBUTION

We bring the food from the FIND Food Bank as a way to help families within the Indio Hills Community. Distributions will be at the Indio Hills Community Center parking lot. Please adhere to drive thru safety signs, and food is distributed on a first come, first served basis.

DISTRIBUTION: Second Friday of the month
(may exclude holidays)

TIME: 9:30 a.m. – 12 p.m. (or until all food has been distributed)

AGES: All Ages **FEE:** Free





ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE PATHFINDER RANCH DAY TRIPS

A fun-filled adaptive day trip to Pathfinder Ranch, open to individuals with disabilities and special needs and their family. Exact activities to be determined, but examples are rock climbing, hi/low ropes course, canoeing, etc. Full information on what to bring will be available when you register. Program offered in partnership with Palms to Pines Parasports.

LOCATION: Pathfinder Ranch

DATES & TIMES:

Trip One – Saturday, May 7, 9 a.m. – 2 p.m.

Trip Two – Sunday, May 8, 9 a.m. – 2 p.m.

AGES: All Ages with a Disability or a Special Need

FEE: \$40 per Day Trip

Look for more information on our Adaptive Hikes at MyRecreationDistrict.com.



Adaptive Hiking

We will be hosting group hikes in a variety of locations around the Coachella Valley. Hikes will take place on Saturdays, with the start time dependent on the length of the hike, and the month/temperature. Hikes are designed to target individuals with a disability or a special need, but all abilities are welcome. Hikes in partnership with Friends of the Desert Mountains & So Cal Adaptive Sports.

DAYS: Saturdays

DATES:

January 8, 22 • February 5, 19

March 5, 19 • April 2, 16, 30

AGES: 8 Years of Age and Over

FEE: Free



Friends of the
Desert Mountains



SoCal ADAPTIVE
SPORTS

Adaptive Snow Day

UNITED STATES ADAPTIVE RECREATION CENTER (USARC)

Join us for a day of challenging, safe and success-oriented adaptive snow sports in Big Bear.



Utilizing adaptive equipment and/or teaching techniques, each student can discover the freedom of gliding down a snow-covered mountain. Fee includes five hours of private instruction, ski equipment and lift ticket. You can bring yourself or leave the driving to us, (see fees below).

DATE: March 8, 2022 **TIME:** Full Day (approximately 7 a.m. to 5 p.m.)

AGES: All Ages with Special Needs

FEE: \$110 and an extra \$20 if transportation is needed.

For any questions about this event, please contact Kendra Smith at ksmith@drd.us.com or call 760-347-3484.

La Quinta

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

50+ ACTIVE ADULT & SENIOR PROGRAMS

FIT AFTER 50

Maintain your strength, mobility and function through exercises that focus on the upper and lower body, balance and flexibility.

ENROLLMENT: Ongoing

DAYS: Mondays, Wednesdays, Fridays

TIME: 12:30 – 1:45 p.m.

AGES: 50 Years of Age and Over

FEE: FREE for DRD Get Fit Pass members or
\$5 for Facility Use Pass

GENTLE DYNAMIC YOGA

Gentle Dynamic Yoga is designed for Active Seniors and is a mindful movement class that blends yoga, breathing and meditation in an effort to reset Body and Spirit.

ENROLLMENT:

January, February, March

DAYS: Thursdays

TIME: 9 – 9:50 a.m.

AGES: 60 Years of Age & Over

FEE: Free



Find Vitality!



CAMP & AFTER SCHOOL PROGRAMS

KIDS CLUB – VISTA DUNES

In partnership with Hope Through Housing, this Kids Club is exclusively for the residents at Vista Dunes Apartments. This after school program, in a safe environment, provides mentorship, a healthy snack, homework help, and activities that support academic enrichment.

LOCATION: Vista Dunes Apartment Complex

DATES: Ongoing During School Year

(holidays may be excluded)

TIME: 3 – 6 p.m. **DAYS:** Monday through Friday

AGES: 5 – 17 Years of Age **FEE:** Free



COMMUNITY EVENTS

OPEN MIC AT THE PARK

What an opportunity for our local bands to practice in public while giving our community an opportunity to come and enjoy a FREE concert. All performances will be at the amphitheater in the park, and we will provide the power.

DATE: Saturday, February 12

TIME: 12 – 5 p.m.

AGES: All Ages

FEE: Free for Spectators and Bands



DANCE

BEGINNING BALLET

Children let their inner ballerinas come out while they are taught the basics of ballet in this beginning class. Parents are welcome to watch their children learn in this fun environment.

ENROLLMENT: Ongoing

DAYS & TIMES:

Thursdays, 5:30 – 6:15 p.m.

OR Fridays, 4 – 4:45 p.m.

AGES: 5 – 10 Years of Age

FEE: \$36 Per Month



La Quinta

Please Note: All in-person activities take place at the **La Quinta Community Center** unless otherwise noted in the activity details that follow.



DANCE

DANCE, PLAY & PRETEND

Young children are introduced to dancing through the help of make-believe and imaginative play and are taught basic ballet movements. Ballet shoes for girls; tee shirt, shorts and socks for boys are required.

ENROLLMENT: Ongoing

DAYS & TIMES: Mondays, 4 – 4:45 p.m. **OR**

Wednesdays, 5:30 – 6:15 p.m. **OR** Fridays, 9 – 9:45 a.m.

AGES: 2 1/2 – 5 Years of Age **FEE:** \$36 Per Month



HEALTH & FITNESS

FUSION FITNESS

Join this fitness class that will incorporate Yoga, Pilates, Barre, and functional fitness. Great class to get a full body workout!

ENROLLMENT: Ongoing

DAYS: Tuesdays

TIME: 9 – 10 a.m.

AGES: 18 Years of Age and Over

FEE: \$40 per month

DROP-IN FEE: \$12 per Class



HIIT CIRCUIT

Join our HIIT Circuit class for an exciting workout; using HIIT (High Intensity Interval Training), this class will get your heart pumping and your energy soaring!

ENROLLMENT: Ongoing

DAYS: Wednesdays **TIME:** 6:30 – 7:30 p.m.

AGES: 18 Years of Age and Over

FEE: \$40 per month **DROP-IN FEE:** \$12 per Class

HOLISTIC WELLNESS WORKSHOPS – (JANUARY – APRIL)

Each of the following workshops will have a different focus yet with a common goal of improving your life through healthy exercises, good nutrition and more.

DAYS: Tuesdays **TIME:** 2:15 – 3:30 p.m.

AGES: 18 Years of Age and Over

FEE: \$55 per Workshop



INTRODUCTION TO YOGA – JANUARY

In this workshop, the participants will learn the benefits of Yoga and Yoga Therapy. Postures for a variety of physical challenges will be taught including for your back, neck, shoulders, stiffness, arthritis, and more.

ENROLLMENT: January 4 – 25, 2022

INTRODUCTION TO TAI CHI – FEBRUARY

For those who sign up for our Introduction to Tai Chi, they will learn the benefits of Tai Chi, improve balance, coordination, concentration. You will learn techniques for stress relief, focused breathing, strength building and so much more.

ENROLLMENT: February 1 – 22, 2022

NUTRITION FOR YOUR HEALTH – MARCH

Topics in this workshop will include learning about good eating habits, proteins, carbs, the importance of eating organic fruits and vegetables, as well as the pros and cons of preservatives in our food. The course will also include how to understand food labels.

ENROLLMENT: March 1 - 22, 2022

HEALTHY BRAIN, HAPPY BODY – APRIL

This workshop will teach participants about how nutrition, juicing, exercise, meditation/stress management techniques, changing sleep habits and more may help you achieve a healthy lifestyle and boost brain longevity.

ENROLLMENT: April 5 - 26, 2022

ZUMBA

Every one of every age loves Zumba! The upbeat music will get you moving into a calorie burning dance that is fun and healthy for you regardless of your fitness level.

DATES: Ongoing

DAYS: Mondays, Wednesdays,
Saturdays

TIME: 10 – 11 a.m.

AGES: 16 Years of Age and Over

FEE: \$60 per Month or

DROP-IN FEE: \$7



★ SPECIAL INTEREST

K9 NOSE WORK-BASIC-INTRO TO SCENT WORK WORKSHOP

This beginner series focuses on teaching you how to encourage and develop your dog's natural scenting abilities. Dogs learn fun puzzle games utilizing their desire to hunt and love of food and toys.

ENROLLMENT: Ongoing

DAY: Tuesdays

TIME: 2:30 – 3:20 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session



K9 NOSE WORK-INTERMEDIATE- WORKSHOP

This intermediate series focuses on introducing your dog to several target odors that they will be trained to locate. Dog/handler teams begin to learn more challenging puzzle games including vehicle searches (prerequisite Scent Work – BASIC).

ENROLLMENT: Ongoing

DAY: Tuesdays

TIME: 3:30 – 4:20 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session



K9 NOSE WORK-ADVANCED WORKSHOP

This advanced series is geared for dog/handler teams to expand their knowledge and skills in scent detection training. Types of searches conducted include containers, vehicles, interiors and exteriors.

(prerequisite Scent Work – INTERMEDIATE)

ENROLLMENT: Ongoing

DAY: Tuesdays

TIME: 4:30 – 5:20 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session

🏀 SPORTS

ADULT SLOW PITCH SOFTBALL LEAGUE

Our adult league is back at Frances Hack Park. Get your team together and register for this very popular adult league. Register quickly, as spots for this league sell out very quickly.

COED Mondays

DATES: January 10 – March 14 & April 4 – June 13

TIME: 6 – 10 p.m.

DAYS: Mondays

AGES: 18 Years of Age and Over

FEE: \$400 per Team

MENS Thursdays

DATES: January 13 – March 3 & April 7 – May 26

TIME: 6 – 10 p.m.

DAYS: Thursdays

AGES: 18 Years of Age and Over

FEE: \$400 per Team

ADULT VOLLEYBALL LEAGUE

Calling all volleyball enthusiasts! We have a new league for you! Located at our newly partnered facility Boys and Girls Club of La Quinta Gymnasium. Playoff at the end of the season with a champion crowned. USA Volleyball rules with minor modifications for recreational play.

For all Volleyball Leagues

TIME: 7 – 9 p.m.

AGES: 18 Years of Age & Over

FEE: \$400 per Team

COED Tuesdays

ENROLLMENT:

April 5 – May 24

DAYS: Tuesdays

MEN'S Mondays

ENROLLMENT:

April 4 – May 23

DAYS: Mondays

WOMEN'S Thursdays

ENROLLMENT:

April 7 – May 26

DAYS: Thursdays



Please Note: All in-person activities take place at the **La Quinta Community Center** unless otherwise noted in the activity details that follow.



BOCCE BALL FRIDAY

If you always wanted to learn about the game of Bocce Ball, now is the time to take advantage of this FREE program that introduces you to the basics of strategy and competition.

LOCATION: Outdoor area of La Quinta Community Park

ENROLLMENT: Ongoing

DAY: Fridays **TIME:** 9 – 11 a.m.

AGES: 18 Years of Age and Over **FEE:** Free

WINTER YOUTH BASKETBALL LEAGUE

Winter Youth Basketball is hot! Our youngest teams focus on development, not wins and losses. Division Champs will be crowned from Division B at the end of the season. This is a great way for kids to learn new skills, play on a team and stay fit!

LOCATION: La Quinta Boys and Girls Club Gym

DATES: : February 8 – March 17 (6-week session)

DAYS: **Division A** – Mondays & Tuesdays

Division B – Wednesdays & Thursdays

AGES, DIVISIONS & TIMES:

Division A – (7 to 8 Years Old) • 6:45 – 9 p.m.

Division B – (9 to 10 Years Old) • 6:45 – 9 p.m.

FEE: \$80 per Player

Winter Youth Basketball League - DRAFT DAYS

LOCATION: La Quinta Boys and Girls Club Gym

Division A (7 to 8 Years Old): Tuesday, January 11, 7 – 9 p.m.

Division B (9 to 10 Years Old): Thursday, January 13, 7 – 9 p.m.

YOUTH SPORTS – SPEED AND CONDITIONING

Improve your athletic skills, agility and footwork in this class that incorporates Speed Drills, Body Weight Exercises, Cardio Drills and Plyometrics.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIMES & AGES:

4 – 5 p.m., 7 – 9 Years of Age

5 – 6 p.m., 10 – 13 Years of Age

FEE: \$60



SWIM & WATER ACTIVITIES

**ALL SWIM & WATER ACTIVITIES LISTED
BELOW TAKE PLACE AT FRITZ BURNS POOL
UNLESS OTHERWISE NOTED.**

ADULT WATER AEROBICS

This shallow-water class is designed to build strength while having fun. The class will incorporate resistance tools such as buoyant water weights and noodles. Swimming ability is not required.

Tuesdays & Thursdays:

TIME: 10 – 10:45 a.m.

AGES: 18 Years of Age & Over

DAYS, DATES & FEES:

January 4 - 27 (\$40)

February 1 - 24 (\$40)

March 1 - 31 (\$50)

April 5 - 28 (\$40)

Mondays & Wednesdays:

TIME: 10 – 10:45 a.m. **OR** 6 – 6:45 p.m.

AGES: 18 Years of Age & Over

DAYS, DATES & FEES:

January 3 - 26 (\$40), January 31 – February 23 (\$40)

February 28 – March 30 (\$50), April 4 - 27 (\$40)



La Quinta

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

AQUA FIT (This Class Is A Higher-Impact Workout Than Adult Water Aerobics)

Burn calories, tone muscle and increase your cardiovascular level! Geared for adults of all fitness levels.

AGES: 18 Years of Age and Over

Tuesdays & Thursdays:

TIME: 9 – 9:45 a.m.

DATES & FEES:

January 4 - 27 (\$40), February 1 - 24 (\$40)

March 1 - 31 (\$50), April 5 - 28 (\$40)

Mondays & Wednesdays:

TIME: 5 – 5:45 p.m.

DATES & FEES:

January 3 - 26 (\$40), January 31 – February 23 (\$40)

February 28 – March 30 (\$50), April 4 - 27 (\$40)

SENIOR SPLASH CLASS

Senior Splash is a water aerobics and strength class designed for all skill levels – even for those who are not swimmers –to help maintain greater control of their health

AGES: 18 Years of Age and Over

Mondays & Wednesdays

ENROLLMENT:

January 3 – 26, January 31 – February 23

February 28 – March 30, April 4 - 27

TIME: 8 – 8:45 a.m. **OR** 4 – 4:45 p.m.

FEE: \$20 per Session

(fee will be adjusted for sessions with fewer or more program days)

Tuesdays & Thursdays

ENROLLMENT: Ongoing

TIME: 8 – 8:45 a.m.

FEE: \$20 per Month

(fee will be adjusted for months with fewer or more program days)

Mondays through Thursdays

ENROLLMENT:

January 3 – 27, January 31 – February 24

February 28 – March 31, April 4 - 28

TIME: 8 – 8:45 a.m.

FEE: \$40 per Session

(fee will be adjusted for months with fewer or more program days)

VETERANS SWIM – OPERATION COMFORT

Aquatic program for Military Veterans. Our mission is to help as many Veterans as possible who would benefit from water activities, that help to build strength, promote balance, and calms the mind.

ENROLLMENT: Ongoing

DAY: Saturdays **TIME:** 8 – 9:30 a.m.

AGES: Veterans of All Ages **FEE:** Free

WATER SAFETY – WITH LENNY THE LANDSHARK

*Come join us for a fun and interactive introduction to water safety for children with Lenny the LandShark. Topics will include basic water safety, sun safety, importance of a lifejacket, overview of a pool, canal safety, and how to call for help. This is a **FREE** program, but you will need to register ahead of time to attend. Open to children 3 through 12 years of age.*

DAYS & TIMES: Saturdays, 10 – 11 a.m.

DATES: April 16 or 23



**Coming
On
March
1st**

Now Taking Reservations for Splash Parties! If a pool party sounds like a great way to celebrate a birthday or other fun event, make your reservation by emailing SplashParty@drd.us.com

Beginning April 1, Operation Splash applications will be available. Through a generous grant from Kaiser Permanente, we are able to offer



Scholarships for Free Swim Lessons for children. Visit MyRecreationDistrict.com/swim-water-programs beginning April 1 to learn more and download an application.

COMMUNITY DEVELOPMENT BLOCK GRANTS

If you are a resident in the Communities of Thousand Palms, Bermuda Dunes and Indio Hills, you may be eligible for a [FREE](#):

- ▶ Annual gym membership for Adults
- ▶ Sports League registration for Youth
- ▶ Fitness class registration for Adults or Youth
- ▶ 6 month program pass for People with Disabilities

Must complete income qualification paperwork and earn less than \$44K per year if single, or less than \$63K for family of 4. If you are interested in this opportunity to Get Fit, please email us at scholarship@drd.us.com



OPEN MIC IN THE PARK!

CALLING LOCAL BANDS TO SUBMIT AN APPLICATION TO PERFORM A SET AT THE LA QUINTA COMMUNITY PARK ON SATURDAY, FEBRUARY 12, 2022.

Bands will utilize their own equipment. Set times will be 30-45 minutes per band. Come out and entertain your community and get a chance to perform in public.

If you are interested in performing, please email us at openmic@drd.us.com

NEW DRD SPORTS LEAGUE LOCATIONS

T-Ball – *Thermal*

Youth Basketball – *Indio, La Quinta*

Youth Flag Football – *Coachella*

Youth Soccer – *North Shore, Oasis*

Adult Volleyball – *La Quinta*

SLOW PITCH COED SOFTBALL TOURNAMENT

DATE: Saturday, April 30, 2022

LOCATION: Davis Ball Fields, Indio, CA

AGES: 18+

TEAM FEE: \$240.00

**Register In Person at the Indio Community Center*

UPCOMING DRD SPORTS TOURNAMENTS

7 ON 7 PASSING LEAGUE TOURNAMENT
10U, 12U, 14U, 16U, 18U

TEAM REGISTRATION OPENS FEBRUARY 1, 2022

DATE: Saturday, May 7, 2022

LOCATION: Coachella Valley High School Football Field

TEAM FEE: \$150 DRD Resident

\$170 Nonresident

**Teams registered for the DRD*

Youth Flag Football League

receive a discount on the

Tournament Entry Fee.

Call Sam Salinas for registration details 422-400-9955.



50+ ACTIVE ADULT & SENIOR PROGRAMS

FIT AFTER 50

Maintain your strength, mobility and function through exercises that focus on the upper and lower body, balance and flexibility.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays TIME: 9 – 10 a.m.

AGES: 50 Years of Age and Over FEE: Free

MECCA SENIOR PROGRAM

Join us for the Mecca Senior Program where you can enjoy crafts, Fit After 50, art, guest speakers, resources and much more! Stop by and pick up our monthly calendar.

ENROLLMENT: Ongoing

DAYS: Mondays – Thursdays TIME: 9 a.m. – 1 p.m.

AGES: 50 Years of Age and Over FEE: Free



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE YOUTH SOCIAL

Our Adaptive Youth Social night at the Mecca Community Center will be a night of activities, games, music and social integration. We invite those with special needs and their families to join in on a night of supportive fun and an opportunity to socialize with other members of the community.

DATE: Wednesday, April 27

TIME: 6 – 7:30 p.m.

AGES: 5 – 15 Years of Age with a Disability or a Special Need

FEE: Free



**Irene W. & Guy L. Anderson
Children's Foundation**

ALL OF THE FOLLOWING PROGRAMS ARE OFFERED FOR FREE TO THANKS TO FUNDING FROM THE ANDERSON CHILDREN'S FOUNDATION. PARTICIPANTS MUST BE A RESIDENT OF COACHELLA, THERMAL, OASIS, MECCA, OR NORTH SHORE TO PARTICIPATE DUE TO GRANT FUNDING. SPACE IS LIMITED.



ART & MUSIC

ART SCENE

This program will give participants a safe place to let their creative minds explore Art. Each class will be led by an instructor and participants will be able to take completed painting home at the end of the class.

DAYS: Wednesdays

DATES: January 19, February 16, March 16, April 13

TIME: 6 – 7:30 p.m. AGES: 6 – 11 Years of Age

FEE: Free

ARTS & CRAFTS

The Arts and Crafts program is a great way to introduce youth in the Eastern Coachella Valley to a variety of different arts and crafts, including drawing and painting. Each class will be led by an instructor where students will receive step by step instructions to create their own masterpiece.

DAYS: Wednesdays

DATES: January 12 and 26, February 9 and 23,
March 9 and 30, April 6 and 27

TIME: 5:30 – 6:30 p.m. AGES: 5 – 11 Years of Age

FEE: Free

TEEN ART SCENE

The Teen Art Scene program is a great way to introduce our teens of the Eastern Coachella Valley to a variety of different arts and crafts. This program will give the participants a place to let their creative minds explore art without having any artistic experience.

DATE: Friday, February 18 TIME: 6 – 7:30 p.m.

AGES: 13 – 16 Years of Age FEE: Free



Please Note: All in-person activities take place at the **Mecca Community Center** unless otherwise noted in the activity details that follow.



CAMP & AFTER SCHOOL PROGRAMS

KIDS CLUB – PASEO DE LOS HEROES

In partnership with the Coachella Valley Housing Coalition, this Kids Club location is exclusively for the residents at Paseo De Los Heroes Apartments. This after school program, in a safe environment, provides mentorship, a healthy snack, homework help, and activities that support academic enrichment.

LOCATION: Paseo De Los Heroes III Apartments

ENROLLMENT: Ongoing During School Year

(holidays may be excluded)

TIME: 3 – 6 p.m. **DAYS:** Monday through Friday

AGES: 5 – 17 Years of Age **FEE:** Free

PROJECT L.E.A.D.

Community Project L.E.A.D (Linking Education, Advocacy and Development) program offers academic tutoring, homework assistance, enrichment activities, mentoring, and much more!

DAYS: Mondays – Fridays

TIME: School dismissal – 6 p.m.

GRADES: Kindergarten – 12th

FEE: Free thanks to a collaboration with
Community Action Partnership



READING CLUB

Hey kids – join our reading club! This program will help kids improve their reading comprehension and writing skills, and kids will participate in educational games and work on crafts

ENROLLMENT: Ongoing beginning January 11

DAYS: Tuesdays & Thursdays

TIME: 5 – 6 p.m.

GRADES: Kindergarten – 12th

FEE: Free thanks to a collaboration with
Community Action Partnership

Find Knowledge!



COMMUNITY EVENTS

COMMUNITY RESOURCE FAIR

We invite all residents of Mecca and neighboring communities to come on out to socialize and gather resources that local businesses and non-profits offer to assist and empower the community.

LOCATION: Mecca Community Park

DATE: Friday, February 25 **TIME:** 6 – 8 p.m.

AGES: All Ages **FEE:** Free

EGGSTRAVAGANZA

You won't have to hunt for one of the best Easter-egg hunts in the valley - our Eggstravaganzas include lots of fun activities like face painting, potato sack races, hula-hoop contests and more – so bring your Easter basket and head to the location that is nearest you. The egg hunt will be divided into age groups.



LOCATION: Mecca Community Park

DATE: Saturday, April 16 **TIME:** 11 a.m. – 2 p.m.

AGES: 12 Years of Age and Younger **FEE:** Free

HEARTS AND CRAFTS VALENTINE WORKSHOP

Come share in the love this holiday with Desert Recreation District at the Mecca Community Center for fun activities and a Valentine's Day craft. All children will receive a FREE box of Valentine's Day cards while supplies last. Registration is required.

DATE: Saturday, February 5 **TIME:** 5 – 7 p.m.

AGES: 5 - 12 Years of Age **FEE:** Free

MECCA RECREATION COMMUNITY MEETING

We encourage all Mecca residents to join us to provide feedback and suggestions for future recreational programming in the community of Mecca. We will be discussing future events and the types of programs the community would enjoy. There will be raffles and activities for the children, as well as refreshments.

WHEN: Tuesday, February 1, 2022, at 6 p.m.

MECCA SOCIAL IN THE PARK

We welcome residents of Mecca and neighboring communities to join us for a night of creative arts, karaoke, music, and much more. Come have fun, enjoy some refreshments, and get a chance to socialize!

LOCATION: Mecca Community Park

DATE: Friday, April 15 **TIME:** 5:30 – 7:30 p.m.

AGES: All Ages

FEE: Free

PROM DRESS GIVEAWAY

Open to all high school seniors in the Coachella Valley, this program will offer free prom dresses in a variety of sizes, colors and styles. While we make every effort to have enough dresses for everyone, they are offered on a first come, first serve basis **BY APPOINTMENT ONLY**. Please email promdressgiveaway@drd.us.com to make your appointment and you must bring a valid school ID card. This program is offered in collaboration with Desert Best Friend's Closet.

DATE: Friday, March 11

TIME: 2 – 8 p.m.

ELIGIBLE PARTICIPANTS:

High School Seniors in the Coachella Valley

FEE: Free



YOUTH SOCIALS

Come in and enjoy our Youth Socials. Fun activities will include art, crafts, science, dancing, fitness, group games and much more. Space is limited.

DATES: April 14 and 21

TIME: 6 – 8 p.m.

AGES: 6 – 11 Years of Age

FEE: Free



DANCE

AZTEC DANCE

Explore the music, choreography and poetry of this ancient dance tradition and learn traditional Aztec dance steps, style, movement, drum rhythms, and songs. This program also teaches the culture and history of Aztec dance.



ENROLLMENT: Ongoing

DAYS: Tuesdays **TIME:** 6 – 7 p.m.

AGES: 13 – 17 Years of Age

FEE: Free thanks to funding from the Anderson Children's Foundation



**Irene W. & Guy L. Anderson
Children's Foundation**



MOVIES

MOVIES IN THE PARK/MOVIE NIGHTS

We are pleased to bring you movies in the Park/Movie Nights. Please check the listings on our website at MyRecreationDistrict.com/movies for the most up-to-date movie titles, locations, dates, and times, and bring a low-back lawn chair or picnic blanket for a family-friendly movie experience. We are currently planning a movie on March 18 in Mecca.



OUTDOORS

TAKE A HIKE SATURDAY! - LADDER CANYON

Calling all families in the East Valley to come "TAKE A HIKE" DAY! This will be an organized group hike through beautiful Ladder Canyon and Painted Canyon Trail in Mecca – please note you must be registered to join the hiking group.

LOCATION: Visit <https://www.alltrails.com/trail/us/california/ladder-canyon> for additional information and directions to the trail where we will meet.

DATE: Saturday, January 15 **TIME:** 8 a.m. – 12 p.m.

AGES: 8 Years of Age and Over (participants under 16 Years of Age must be accompanied by an enrolled parent)

FEE: Free

Please Note: All in-person activities take place at the **Mecca Community Center** unless otherwise noted in the activity details that follow.

★ SPECIAL INTEREST

KIDS IN THE KITCHEN

In this program, children will create a recipe book with the meals they learn to make. Presentations and fresh ingredients will be provided in partnership with CAL Fresh, Anderson Children's Foundation and FIND Food Bank. They will be provided with the skills/ tools to incorporate a healthy and active lifestyle in their daily routines and family life.



ENROLLMENT: March 3 – 31

DAY: Thursdays **TIME:** 6 – 7:30 p.m.

AGES: 9 – 11 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh, Anderson Children's Foundation, and FIND Food Bank



ROBOTICS

Youth will work hands-on with robotic kits and learn the basic concepts of robotic engineering. By working in teams, they will participate in group activities to design, build, and program their robots. At the end of the program, they will have a robot of their own.

DATES: February 3 – 24, March 3 – 24

DAY: Thursdays **TIME:** 6 – 7 p.m.

AGES: 9 – 13 Years of Age

FEE: Free - participants must be a resident of Coachella, Thermal, Oasis, Mecca, or North Shore to participate

Find Entertainment!

🏀 SPORTS



**Irene W. & Guy L. Anderson
Children's Foundation**

ALL OF THE FOLLOWING SPORTS PROGRAMS ARE OFFERED FOR FREE TO THANKS TO FUNDING FROM THE ANDERSON CHILDREN'S FOUNDATION

FRISBEE GOLF

Come in and enjoy our Frisbee Golf program played at the Mecca Community Park. Learn the rules of the game, throwing techniques and have fun!

DATES: Ongoing beginning in February

DAYS: Wednesdays

TIMES: 4 – 5 p.m.

AGES: 7 – 10 Years of Age

FEE: Free



PICKLEBALL

Come in and enjoy our Pickleball program played at the Mecca Community Park. Learn the rules of the game, hitting techniques and have fun!

DATES: Ongoing beginning in February

DAYS: Mondays

TIMES: 4 – 5 p.m.

AGES: 7 – 13 Years of Age

FEE: Free

READY, SET, RUN!

This character-building running program trains kids ages 8 - 13 to participate in a 5k run. This curriculum-based program equips kids with the physical training and goal-setting mentality needed to accomplish their running goals.

DATES: Ongoing beginning in February

DAYS: Mondays

TIMES: 5:30 – 6:30 p.m.

AGES: 8 – 13 Years of Age

FEE: Free

North Shore

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

50+ ACTIVE ADULT & SENIOR PROGRAMS

FIT AFTER 50

Maintain your strength, mobility and function through exercises that focus on the upper and lower body, balance, and flexibility

ENROLLMENT:

February, March, April

DAYS: Tuesdays & Thursdays

TIME: 9 – 10 a.m.

AGES: 50 Years of Age and Over

FEE: Free



NORTH SHORE SENIOR PROGRAM

Join us every Tuesday and Thursday for the North Shore Senior Program. Seniors stop by and enjoy exercise, art, guest speakers, resources, field trips, and much more. Drop by the center and pick up a monthly calendar!

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME: 9 a.m. – 12 p.m.

AGES: 50 Years of Age
and Over

FEE: Free



ART & MUSIC



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ART SCENE

This program will give participants a safe place to let their creative minds explore Art. Each class will be led by an instructor and participants will be able to take completed painting home at the end of the class



DAYS: Wednesdays

DATES: January 26, February 23,
March 23, April 27

TIME: 6 – 7:30 p.m. **AGES:** 6 – 11 Years of Age

FEE: Free

ARTS & CRAFTS

The Arts and Crafts program is a great way to introduce youth in the Eastern Coachella Valley to a variety of different arts and crafts, including drawing and painting. Each class will be led by an instructor where students will receive step by step instructions to create their own masterpiece.

DAY: Thursdays

DATES: January 6 and 20, February 3 and 17,
March 3 and 17, April 14 and 21

TIME: 6 – 7 p.m. **AGES:** 5 – 11 Years of Age

FEE: Free

TEEN ART SCENE

The Teen Art Scene program is a great way to introduce our teens of the Eastern Coachella Valley to a variety of different arts and crafts. This program will give the participants a place to let their creative minds explore art without having any artistic experience.



DATE: Friday, February 11

TIME: 6 – 7:30 p.m. **AGES:** 13 – 16 Years of Age

FEE: Free

North Shore

Please Note: All in-person activities take place at the **North Shore Beach & Yacht Club** unless otherwise noted in the activity details that follow.



CAMP & AFTER SCHOOL PROGRAMS

PROJECT L.E.A.D.

Community Project L.E.A.D (Linking Education, Advocacy and Development) program offers academic tutoring, homework assistance, enrichment activities, mentoring, and much more!

ENROLLMENT: Ongoing During School Year
(holidays may be excluded)

DAYS: Mondays – Fridays

TIME: School Dismissal – 6 p.m.

GRADES: Kindergarten – 12th

FEE: Free thanks to a collaboration with Community Action Partnership



READING CLUB

Hey kids – join our reading club! This program will help kids improve their reading comprehension and writing skills, and kids will participate in educational games and work on crafts!

ENROLLMENT: Ongoing beginning January 10

DAYS: Mondays & Wednesdays **TIME:** 5 – 6 p.m.

GRADES: Kindergarten – 12th

FEE: Free thanks to a collaboration with Community Action Partnership

REC ROUTE

REC ROUTE stands for Recreation, Education and Culture. This program services the Desert Mirage High School Campus and offers free and convenient transportation for Eastern Coachella Valley youth to access various recreation and enrichment activities

ENROLLMENT: Ongoing beginning January 12

DAYS: Wednesdays & Fridays **TIME:** 2 – 5 p.m.

AGES: 13 – 17 Years of Age **FEE:** Free



TEEN CENTER

The Teen Center will provide participants with academic assistance and exposure to various leadership styles through in-class workshops. These workshops will be held to focus on leadership skills, community awareness, character development, life skills, and much more!

ENROLLMENT: Ongoing beginning January 11

DAYS: Tuesdays & Thursdays **TIME:** 2:30 – 5:30 p.m.

AGES: 13 – 17 Years of Age **FEE:** Free



COMMUNITY EVENTS

COLLEGE AND CAREER FAIR

Our College and Career Fair will be a day filled with information about how to apply to colleges, vocational schools and meet future employers who will be on hand and have current and/or upcoming job openings.

LOCATION: North Shore Community Park

DATE: Saturday, April 2 **TIME:** 11 a.m. – 2 p.m.

AGES: 14 Years of Age and Over **FEE:** Free

Find Your Future!



HEARTS AND CRAFTS VALENTINE WORKSHOP

Come share in the love this holiday with Desert Recreation District at the North Shore Beach & Yacht Club for fun activities and a Valentine's Day craft. All children will receive a FREE box of Valentine's Day cards while supplies last. Registration is required

DATE: Friday, February 4

TIME: 5 – 7 p.m.

AGES: 5 - 12 Years of Age

FEE: Free



North Shore

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

NORTH SHORE RECREATION COMMUNITY MEETING

We encourage all North Shore residents to join us to provide feedback and suggestions for future recreational programming in the community of North Shore. We will be discussing future events and the types of programs the community would enjoy. There will be raffles and activities for the children, as well as refreshments.

WHEN: Wednesday, February 16 at 6 p.m.

NORTH SHORE RESOURCE FAIR

We invite all residents of North Shore and neighboring communities to come on out to socialize and gather resources that local businesses and non-profits offer to assist and empower the community.

LOCATION: North Shore Community Park

DATE: Friday, March 25

TIME: 6 – 8 p.m.

NORTH SHORE SOCIAL IN THE PARK

We welcome residents of North Shore and neighboring communities to join us for a night of creative arts, karaoke, music, and much more. Come have fun, enjoy some refreshments, and get a chance to socialize!

LOCATION: North Shore Community Park

DATE: Friday, April 1

TIME: 5:30 – 7:30 p.m.

AGE: All Ages **FEE:** Free

SPRING INTO FUN

Join us for some spring fun at the North Shore Community Park. We have fun activities planned like cookie decorating, crafts, egg decorating and a visit from the Easter Bunny! Parents: Do not forget to bring your cameras!

LOCATION: North Shore Community Park

DATE: Saturday, April 9

TIME: 11 a.m. – 1 p.m.

AGE: 3 – 12 Years of Age

FEE: Free



YOUTH SOCIAL IN NORTH SHORE

Come in and enjoy our Youth Socials. Fun activities will include art, crafts, science, dancing, fitness, group games and much more. Space is limited.

LOCATION: North Shore Community Park

DATE: April 28

TIME: 5 – 7 p.m.

AGE: 6 – 11 Years of Age

FEE: Free

HEALTH & FITNESS

ZUMBA

This is the Latin fitness class that everyone is talking about. The upbeat music will get you moving into a calorie burning dance that is fun and healthy for you regardless of your fitness level.

ENROLLMENT:

Ongoing beginning January 11

DAYS: Tuesdays & Thursdays

TIME: 6 – 7 p.m.

AGES: 14 Years of Age and Over

FEE: \$35 per Month

DROP-IN FEE: \$5 per Class



MOVIES

MOVIES IN THE PARK/MOVIE NIGHTS

We are pleased to bring you movies in the Park/Movie Nights. Please check the listings on our website at MyRecreationDistrict.com/movies for the most up-to-date movie titles, locations, dates, and times, and bring a low-back lawn chair or picnic blanket for a family-friendly movie experience. We are currently planning a movie on April 29 at North Shore Community Park.



North Shore

Please Note: All in-person activities take place at the **North Shore Beach & Yacht Club** unless otherwise noted in the activity details that follow.

SPECIAL INTEREST

KIDS IN THE KITCHEN

In this program, children will create a recipe book with the meals they learn to make. Presentations and fresh ingredients will be provided in partnership with CAL Fresh, Anderson Children's Foundation and FIND Food Bank. They will be provided with the skills/ tools to incorporate a healthy and active lifestyle in their daily routines and family life



ENROLLMENT: April 5 - 26

DAY: Tuesdays **TIME:** 6 – 7:30 p.m.

AGES: 9 – 11 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh, Anderson Children's Foundation, and FIND Food Bank



SPORTS

SOCCER DEVELOPMENTAL PROGRAM

Our Soccer Developmental Program is tailored to give players with little or no playing experience a structured program that replicates a league season to assist them in transitioning to league play. This will also help reduce the struggles of new players, so they do not get discouraged when they are first starting to learn about league soccer play

LOCATION: North Shore Community Park

DATES: March 1 – 31

DAYS: Tuesdays & Thursdays

TIME: 6 – 8 p.m.

AGES: 6 – 13 Years of Age

FEE: \$50



YOUTH FLAG FOOTBALL CLINIC

Our clinic will focus on various drills to improve your football skills. For our beginning classes, we will also cover the fundamentals of the sport of flag football.

LOCATION: North Shore Community Park

DATES & TIMES:

Saturday, January 29 • 10 a.m. – 1 p.m.

Saturday, February 5 & 12 • 10 a.m. – 1 p.m.

AGES: 6 – 14 Years of Age **FEE:** Free

YOUTH SOCCER CLINIC

There will be a beginning and advanced clinic to accommodate different skills of the Youth players. Our clinic will focus on various drills to improve your soccer skills. For our beginning classes, we will also cover the fundamentals of the sport of soccer

LOCATION: North Shore Community Park

DATES & TIMES:

Saturday, January 15 • 10 a.m. – 1 p.m.

Friday, February 25 • 5:30 – 8:30 p.m.

Saturday, February 26 • 9 – 12 p.m.

AGES: 6 – 14 Years of Age **FEE:** Free

YOUTH SOCCER LEAGUE

This is a fun way to introduce your child to the fun game of soccer. They will learn the basics of soccer, drills, safety, and teamwork. As they progress in skills, they will graduate into playing soccer at a fun and competitive level. Players will enjoy weekly practice with games on Saturdays

LOCATION: North Shore Community Park

DATES: April 2 – June 4

DAYS, TIMES, PRACTICES:

Saturdays starting at 10 a.m.

AGES: 6 – 14 Years of Age

FEE: \$80 (Scholarships Available)





ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE YOUTH FITNESS IN THE PARK

This class will focus on vestibular and proprioceptive inputs, to include movement such as running, jumping, balance with a focus on strength and conditioning in a safe and fun environment.

DATE: Saturday, March 12 TIME: 9:30 – 11 a.m.

AGES: 5 – 15 years of Age with a Disability or a Special Need

FEE: Free



ART & MUSIC



Irene W. & Guy L. Anderson
Children's Foundation

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ART SCENE

This program will introduce participants in the Eastern Coachella Valley to art and give them a safe place to let their creative minds explore. Each class will be led by an instructor and participants will be able to take completed painting home at the end of the class.

ENROLLMENT:

January 27

February 10,

April 14

DAYS: Thursdays

TIME: 6 – 7:30 p.m.

AGES: 6 – 12 Years of Age

FEE: Free



ARTS & CRAFTS

The Arts and Crafts program is a great way to introduce our youth of the Eastern Coachella Valley to a variety of different arts and crafts.

ENROLLMENT: January 6 and 20, February 3 and 24,
March 3 and 31, April 7 and 28

DAY: Thursdays TIME: 5:30 – 6:30 p.m.

AGES: 5 – 12 Years of Age FEE: Free

TEEN ART SCENE

Similar to the Art Scene, but with an eye towards what would be interesting to teens – no artistic ability needed as you receive step-by-step instruction to complete your masterpiece!

DATE: Thursday, February 24 TIME: 6 – 7:30 p.m.

AGES: 13 – 16 Years of Age FEE: Free



COMMUNITY EVENTS

OASIS DEL DESIERTO RESOURCE FAIR

We invite all residents of Oasis and neighboring communities to come on out to socialize and gather resources that local businesses and non-profits offer to assist and empower the community.

DATE: Saturday, April 30 TIME: 10 a.m. - 12 p.m.

AGES: All Ages FEE: Free

OASIS RECREATION COMMUNITY MEETING

We encourage all Oasis residents to join us to provide feedback and suggestions for future recreational programming in the community of Oasis. We will be discussing future events and the types of programs the community would enjoy. There will be raffles and activities for the children, as well as refreshments.

WHEN: Wednesday, January 19 at 5 p.m.

OASIS SENIOR SOCIAL IN THE PARK

Active Adults and Seniors from Oasis and neighboring communities are welcome to join us for a night of creative arts, karaoke, and music as well as to enjoy refreshments, have fun, and socialize.

WHEN: Friday, April 29, 5 – 7 p.m.

AGE: 55 Years of Age and Over FEE: Free

Please Note: All in-person activities take place at the **Oasis del Desierto Park** unless otherwise noted in the activity details that follow.



COMMUNITY EVENTS

SPRING INTO FUN

Join us for some spring fun at the Oasis del Desierto Park. We have fun activities planned like cookie decorating, crafts, egg decorating and a visit from the Easter Bunny! Parents: Do not forget to bring your cameras!



DATE: Saturday, April 9

TIME: 11 a.m. – 1 p.m.

AGE: 3 – 13 Years of Age

FEE: Free

YOUTH SOCIAL

Come in and enjoy our Youth Social. Fun activities will include art, crafts, science, dancing, fitness, group games and much more. Space is limited.

DATE: Saturday, February 12

TIME: 11 a.m. – 1 p.m.

AGE: 6 – 12 Years of Age

FEE: Free



MOVIES

MOVIES IN THE PARK/MOVIE NIGHTS

We are pleased to bring you movies in the Park/Movie Nights. Please check the listings on our website at MyRecreationDistrict.com/movies for the most up-to-date movie titles, locations, dates, and times, and bring a low-back lawn chair or picnic blanket for a family-friendly movie experience. We are currently planning a movie on April 1 at Mountain View Estates.



SPORTS

SOCCER DEVELOPMENTAL PROGRAM

Our Soccer Developmental Program is tailored to give players with little or no playing experience a structured program that replicates a league season to assist them in transitioning to league play. This will also help reduce the struggles of new players, so they do not get discouraged when they are first starting to learn about league soccer play.

DATES: March 2 - 30

DAYS: Mondays & Wednesdays

TIME: 6 – 8 p.m.

AGES: 6 – 14 Years of Age

FEE: \$50



YOUTH SOCCER CLINIC

There will be a beginning and advanced clinic to accommodate different skills of the Youth players. Our clinic will focus on various drills to improve your soccer skills. For our beginning classes, we will also cover the fundamentals of the sport of soccer.

DATES & TIMES:

Saturday, January 29 • 10 a.m. – 1 p.m.

Friday, February 25 • 5:30 – 8:30 p.m.

Saturday, February 26 • 9 a.m. – 12 p.m.

AGES: 6 – 14 Years of Age

FEE: Free

YOUTH SOCCER LEAGUE

This is a fun way to introduce your child to the fun game of soccer. They will learn the basics of soccer, drills, safety, and teamwork. As they progress in skills, they will graduate into playing soccer at a fun and competitive level. Players will enjoy weekly practice with games on Saturdays.

DATES: April 2 – June 4

DAYS & TIMES:

Practice: Mondays & Wednesdays 6 – 8 p.m.

Games: Saturdays starting at 10 a.m.

AGES: 6 – 14 Years of Age

FEE: \$80 (Scholarships Available)

Palm Desert

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

Please note: Sport chairs are available for use during adaptive programs. Instructions for requesting a sports chair will be given during registration – thank you.

ABILI-TEE

Skilled golf instructors will move participants through putting, chipping, driving and course play during the 7 hands-on classes. A focus on progressive course play and skill development will progress participants into regular game play.

ENROLLMENT: March 15 – April 26

DAYS: Tuesdays **TIME:** 10 a.m. – 12 p.m.

AGES: 16 Years of Age and Over with a Disability or a Special Need

FEE: \$70 for the Session

ADAPTIVE BASKETBALL

Basketball can improve a player's fitness level while working on skill sets including shooting and dribbling. Participants will receive instruction from our adaptive coaches while working through drills. This program is offered thanks to a collaboration with So Cal Adaptive Sports.

DAYS, DATES & TIMES:

Mondays

January 3 – 31

February 7 - 28

March 7 - 28

April 4 - 25

Time: 3 – 4:30 p.m.

AGES: 10 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month

Wednesdays

January 5 – 26

February 2 – 23

March 2 – 30

April 6 - 27

Time: 3 – 4:15 p.m.



ADAPTIVE BOCCIA

Join us for Boccia, the Paralympic sport for all abilities. We are looking to expand this skill and accuracy driven game within the valley, and the skill sets of each participant. This program is offered thanks to a collaboration with So Cal Adaptive Sports.

ENROLLMENT: Ongoing

DAYS: Wednesdays **TIME:** 4:15 - 5 p.m.

AGES: 10 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month



ADAPTIVE FRISBEE

Join us for an introduction to Frisbee through game play. Learn how to throw, catch, and aim while playing frisbee football, ultimate frisbee, accuracy challenges and more! No experience necessary to participate, all ability levels are encouraged to join!



ENROLLMENT: March 4 – 25

DAYS: Fridays **TIME:** 3 – 4:30 p.m.

AGES: 8 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month

ADAPTIVE KICKBALL

Played with oversized [and light] soccer balls, prepare to kick to your heart's content! Program also works on fielding, throwing, running, sportsmanship, and so much more.

ENROLLMENT: February 4 - 25

DAYS: Fridays **TIME:** 3 – 4:30 p.m.

AGES: 8 Years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month



Find Playfulness!

Please Note: All in-person activities take place at the **Palm Desert Community Center** unless otherwise noted in the activity details that follow.



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE PICKLEBALL

Learn to play pickleball or improve your skills. Participants can join the program as a standing or sitting player. Sport chairs are available for use during the program. All ability levels welcome.

ENROLLMENT: Ongoing

DAY: Thursdays **TIME:** 4 – 5 p.m.

AGES: 15 Years of Age and Over with a Disability or a Special Need **FEE:** \$25 per Month

ADAPTIVE TENNIS

A great way to work on hand-eye coordination while outdoors, learn to play or improve your tennis skills. All ability levels welcome. This program is offered thanks to a collaboration with So Cal Adaptive Sports.



ENROLLMENT: Ongoing

DAYS: Thursdays **TIME:** 3 – 4 p.m.

AGES: 8 years of Age and Over with a Disability or a Special Need

FEE: \$25 per Month



ADAPTIVE VOLLEYBALL

A great game to work on communication and can assist with hand eye coordination, range of motion and teamwork. Individuals of all skill levels and abilities welcome.

DATES: April 1 - 29

DAYS: Fridays

TIME: 3 – 4:30 p.m.

AGES:

8 years of Age and Over with a Disability or a Special Need

FEE: \$25 for the Session



ADAPTIVE WIFFLEBALL

Join us for an introduction to playing wiffleball, including catching, throwing, hitting, and running! No experience necessary as we will work with each participant to build the skills needed to play.

DATES: January 7 – 28

DAY: Fridays **TIME:** 3 – 4:30 p.m.

AGES: 8 Years of Age and Over with a Disability or a Special Need **FEE:** \$25 for the Session

GUIDED MEDITATION - HYBRID (ONLINE & IN-PERSON CLASSES OFFERED)

This meditation class will walk you through how to meditate, complete meditation exercises, and basic yoga poses. Meditation practice is something that can help you to approach life differently. You have the option of enrolling for in-person or online classes when you register.

ENROLLMENT: Ongoing

DAY: Saturdays **TIME:** 11:30 a.m. – 12:30 p.m.

AGES: 8 Years of Age and Over with a Disability or a Special Need

FEE: Free thanks to a partnership with So Cal Adaptive Sports & LEAPS Services



ART & MUSIC

GUITAR

Beginning class teaches the basics you need to start playing the guitar. Learn to read chord charts and tablature, and develop skills like strumming, rhythm, finger picking, and tuning. Learn to play songs right away!

Second Level class teaches new chords, rhythms and songs from Johnny Cash, Sheryl Crow, Rod Stewart, and others. Also enjoy an easy introduction to reading standard notation for learning simple guitar solos.

ENROLLMENT: January 5 – February 2
February 16 – March 16,
March 30 – April 27

DAY: Wednesdays **AGES:** 9 Years of Age and Over
LEVELS & TIMES: **Beginning** • 6 – 7 p.m.

Second Level • 7 – 8 p.m.

FEE: \$70 per Session

Palm Desert

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

PIANO/KEYBOARD – BEGINNING I & II

Children will learn to read music consisting of treble and bass clef, staff, names of notes, and simple key and time signatures. Children will also learn rhythm and single note melodies leading to simple chord structures.

ENROLLMENT: Ongoing

DAY: Wednesdays

AGES: 8 – 12 Years of Age

TIME: **Beginning I** • 4 – 5 p.m.

Beginning II • 5 – 6 p.m.

FEE: \$40 per Month*

*Average fee per month; months with fewer or more program days may have different fees.

RHYTHM & DRUMMING

Rhythm is all around us. When we hear a beat, it usually gets our feet tapping! If you like to create beats and drum on things, join us for our rhythm class. With buckets and drumsticks, we will make music.

ENROLLMENT: Ongoing

DAY: Tuesdays

(there will not be class on the fifth Tuesday of any month)

TIME: 6:45 – 7:30 p.m.

AGES: 8 Years of Age and Over

FEE: \$100 per Month



CAMP & AFTER SCHOOL PROGRAMS

REAGAN INTRAMURAL SPORTS

AFTER SCHOOL PROGRAM

Students will spend the afternoon embracing a healthy lifestyle supporting the rewards of teamwork and sportsmanship through physical activities, team building, and health & nutrition while they learn the fundamentals of various sports. Students are supervised by our trained, professional staff who provide daily academic support

LOCATION: Ronald Reagan Elementary School

DAYS: Monday – Friday (may exclude holidays)

TIME: School Dismissal to 5:30 p.m.

GRADES: Kindergarten through Fifth

FEES: \$165 each for January, February & March
\$124 for April

SPRING INTO FUN CAMP

Each day, the true camp experience begins as staff leads the group in fun, lively camp games and songs. Campers will learn new skills and build self-esteem through sports, activities, scavenger hunts, creative arts and tons of group games. All activities are carried out under the watchful eye of our camp staff.



DATES: April 18 – 22 **TIMES:** 7:30 a.m. – 6 p.m.

AGES: 5 – 13 Years of Age

FEE: \$110 Per Camper **DAILY DROP-IN FEE:** \$25

TRADITIONAL AFTER SCHOOL

This program, serving students in Elementary School, offers a safe, fun space for kids to be active, get homework help, and be social. A healthy daily snack is provided, and students are supervised by trained, professional staff members. Busing is not available for transport.

LOCATIONS:

Portola Community Center

(Open to Washington Charter School students only)

Palm Desert Community Center

(Open to all other school students)

DAYS: Monday – Friday (may exclude holidays)

TIME: School Dismissal to 5:45 p.m.

GRADES: Kindergarten through Fifth

FEES: \$165 each for January, February & March
\$124 for April

EXPANDED LEARNING YOUTH TENNIS TOURNAMENT

DRD is partnering with DSUSD & CVUSD Expanded Learning programs to hold its 3rd Annual Youth Tennis Tournament, which supports youth tennis offered to children throughout the Coachella Valley. Student Athletes will compete in Boys' doubles, Girls' doubles, and Mixed doubles (Boy & Girl.)

ADDITIONAL INFORMATION: alongoria@drd.us.com

LOCATION: Palm Desert Tennis Courts

DATE: Saturday, March 26 **TIMES:** 8 a.m. – 1 p.m.

GRADES: 4th & 5th

FEE: Free for Expanded Learning Afterschool Teams and enrolled participants

Palm Desert

Please Note: All in-person activities take place at the **Palm Desert Community Center** unless otherwise noted in the activity details that follow.



COMMUNITY EVENTS

PROM DRESS GIVEAWAY

Open to all high school seniors in the Coachella Valley, this program will offer free prom dresses in a variety of sizes, colors, and styles. While we make every effort to have enough dresses for everyone, they are offered on a first come, first served basis **BY APPOINTMENT ONLY**. Please email promdressgiveaway@drd.us.com to make your appointment and you must bring a valid school ID card.

DATE: Friday, March 18

TIME: 2 – 8 p.m.

ELIGIBLE PARTICIPANTS:

High School Seniors in the Coachella Valley

FEE: Free



SUNDAY SOUNDS

Join the Palm Desert Library and Desert Recreation District as we bring you different artists with new sounds from the Coachella Valley.

LOCATION: Palm Desert Civic Center Park

DATES: On Select Sundays each month from
January 16 through April 3

TIME: 2 – 4 p.m. **AGES:** All Ages **FEE:** Free



DANCE

BALLROOM: SWING & SALSA LESSONS

Palm Desert is dancing its way back to wellness! Join in these fun and easy 4-week sessions! These classes will give you solid instruction in the ever so popular ballroom dance, swing, salsa, fox trot as well as an introduction to the cha-cha.

ENROLLMENT: January 12 – February 2

February 9 – March 2

March 9 – 30, April 6 - 27

DAYS: Wednesdays **TIME:** 7 – 8 p.m.

AGES: 18 Years of Age and Over **FEE:** \$48 per Month

50

BEGINNING BALLET

Dancers will learn ballet's basic steps and beginning dance positions. This class is also designed to improve children's coordination and poise while introducing music appreciation and interpretations.

ENROLLMENT: Ongoing

DAY: Saturdays **TIME:** 10 – 10:45 a.m.

AGES: 5 – 11 Years of Age **FEE:** \$36 per Month



DANCE, PLAY & PRETEND

Young children are introduced to dancing through the help of make-believe and imaginative play and are taught basic ballet movements. Ballet shoes for girls; tee shirt, shorts and socks for boys are required.

ENROLLMENT: Ongoing

DAY: Saturdays **TIME:** 9 – 9:45 a.m.

AGES: 2 ½ – 5 Years of Age **FEE:** \$36 per Month

INTRO TO DANCE & DRUMMING

The goal of group drumming will be starting and ending together, eventually having half the class playing drums and the other half dancing! Scarves will be handed out for improvisational group dance leading to solos, and children will participate in call & response anatomy, stretching, and dynamic stretching.

ENROLLMENT: Ongoing

DAY: Thursdays **TIME:** 10:30 – 11:30 a.m.

AGES: 2 – 4 Years of Age **FEE:** \$40 Per Month

LINE DANCING

Time to have some fun! These classes will lift your spirits, keep your mind sharp, and are a great way to get exercise and get fit! The latest in popular dances will be taught by a professional dance instructor MC Callaghan.

ENROLLMENT: January 12 – February 2

February 9 – March 2

March 9 – 23, April 6 - 27

DAYS: Wednesdays **TIME:** 6 – 7 p.m.

AGES: 18 Years of Age and Over

FEE: \$38 per Month



Palm Desert

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

YOUTH DANCE ENSEMBLE

The Youth in this program will learn the fundamentals of movement consisting of spatial awareness, dynamic & static stretching, creating shapes and traveling across the floor. They will learn ballet, modern, and jazz fusion moves.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays TIME: 4 – 5 p.m.

AGES: 8 – 12 Years of Age FEE: \$60 per Month



GOLF

The Golf Center at Palm Desert is centrally located in the mid-valley and offers a 9-Hole Par 3 Golf Course with incredible western mountain views. Please see page 5 for all we have to offer!

The 21st Annual PALM DESERT SENIOR GAMES & INTERNATIONAL SPORTS FESTIVAL FEBRUARY 1 – 6, 2022 Registration Open



Individual Competition

- Table Tennis • 9-hole Golf
- Race Walk • Track & Field • Pickleball
- 3-point Shootout Basketball

Team Events

- Volleyball • Soccer
- 3 on 3 Basketball • Softball



HEALTH & FITNESS

ACTIVE ADULT FITNESS

This class will consist of cardio, core/abdominal work, and strengthening of all major muscle groups. You will leave this class feeling rejuvenated, reinvigorated, and strong!

ENROLLMENT: Ongoing

DAY: Wednesdays TIME: 10:30 – 11:30 a.m.

AGES: 18 Years of Age and Over FEE: \$40 Per Month

ADULT DANCE

This entry-level, friendly class will consist of a lyrical jazz and modern fusion style. Easy warm up with some center/barre work, as well as floor ab work will get bodies ready for stretching. Choreography will be taught in an easy flow with an emphasize in expression.

ENROLLMENT: Ongoing

DAY: Fridays TIME: 10:30 – 11:30 a.m.

AGES: 18 Years of Age and Over FEE: \$40 Per Month

CHAIR YOGA DANCE

Chair Yoga Dance is a fun interactive program where the participants, seated and standing, do yoga movements to a beat. The benefits of Chair Yoga Dance are: increasing heart rate, blood circulation, and lung capacity, improving balance, coordination, focus, strength building, as well as moving for the wellness of the mind, body and spirit.

ENROLLMENT: Ongoing

DATES: Thursdays TIME: 1 – 1:45 p.m.

AGES: 18 Years of Age and Over FEE: \$39 per Month

HULA FOR FITNESS & FUN

The sounds of beautiful Hawaiian music play while you learn to exercise with Hula. Build stamina, flexibility, grace, rhythm, and balance while tightening your core, arms and thighs with this traditional dance.

ENROLLMENT: January 3 – March 7* • \$77

March 21 – April 25 • \$66

DAYS: Mondays TIME: 6 – 8 p.m.

AGES: 18 Years of Age and Over

FEE: \$66 per Session DROP-IN FEE: \$14 Per Day

*Please note there will not be class on January 17 and 31 or February 21

Palm Desert

Please Note: All in-person activities take place at the **Palm Desert Community Center** unless otherwise noted in the activity details that follow.



HEALTH & FITNESS

KICKBOX CARDIO

Kickbox Cardio is a fitness class that combines Martial Arts techniques with fast-paced cardio. This high-energy workout challenges both beginners and elite athletes. It is a non-contact workout, and you don't need any Martial Arts experience to take a Kickbox Cardio class.



ENROLLMENT: Ongoing

DAYS: Thursdays

TIME: 6 – 7 p.m. **AGES:** 16 Years of Age and Over

FEE: \$ 40 per Month **DROP-IN FEE:** \$12 per Class

SALSAEROBICS

People love salsa dancing. The music, the dance moves, the exercise you get from it, and the social aspect of it. Add aerobics and you have a class that helps with flexibility, conditioning, shaping up, and more.



ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME: 8:15 – 9:15 a.m.

AGES: 18 Years of Age & Over

FEE: \$35 per Month

DROP-IN FEE: \$7 per Day

SHAPE UP WITH SHARON

Combining Yoga, Pilates, and free weights, Sharon teaches everyone from beginners to advanced participants how to physically and mentally achieve greatness, build muscle, and increase flexibility.

ENROLLMENT: Ongoing

DAYS: Mondays, Wednesdays, Fridays

TIME: 9 – 10 a.m. **AGES:** 16 Years of Age and Over

FEE: \$60 per Month

DROP-IN FEE: \$8 per Day

TAI CHI – BEGINNERS

The deep breathing techniques of Tai Chi will help you relax, and the slow movements will benefit your joints and tendons. Gain balance, focus, and inner peace while exercising and learning martial arts in a gentle, non-competitive environment. Great for all adults at any age or fitness level.

ENROLLMENT: Ongoing

TIME: 12 – 12:45 p.m.

AGES: 18 Years of Age & Over

DROP-IN FEE: \$12 per Day

ONE DAY PER WEEK

DAYS: Mondays **OR** Thursdays

FEE: \$48 per Month*

TWO DAYS PER WEEK

DAYS: Mondays & Thursdays

FEE: \$69 per Month*

**Average fee per month; months with fewer or more program days may have different fees*



MARTIAL ARTS

LITTLE KICKS

This introduction to Martial Arts provides a basic cardiovascular, stretching, and strength building program. It's designed for children to become familiar with group activities, sportsmanship, fair play, as well as mental and physical conditioning.

ENROLLMENT: Ongoing

DAYS: Thursdays

AGES & TIME: 3 – 6 Years of Age • 3 – 3:45 p.m.

7 – 8 Years of Age • 4 – 4:45 p.m.

FEE: \$30 per Month*

**Average fee per month; months with fewer or more program days may have different fees*



Palm Desert

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

TAE KWON DO – BEGINNING AND ADVANCED

Sportsmanship, along with physical and mental conditioning will be taught to those taking this fast-paced class. The class centers on all aspects of kicking: head-height kicks, jumping and spinning kicks, and fast kicking techniques.

Tae Kwon Do – Beginning

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME: 6 – 7 p.m. AGES: 6 Years Old and Over

FEE: \$60 per Month DROP-IN FEE: \$15 per Day

Tae Kwon Do – Advanced

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME: 7 – 8 p.m. AGES: 6 Years Old and Over

FEE: \$60 per Month DROP-IN FEE: \$15 per Day

FENCING

ADULT FENCING:

This class is designed for anyone who wants to learn or master this prestige classical form of martial arts. We will go over the fundamentals of this exclusive sport and master all the strategies and techniques on how to effectively counter your opponent.

ENROLLMENT: Ongoing

DAYS: Fridays TIME: 6 – 7 p.m.

AGES: 18 Years of Age and Over FEE: \$60



YOUTH FENCING:

Come and join us to learn this prestigious classical form of martial arts. Your child will become more focused, fit, and they will learn how to push their limits. They will enjoy the process of mastering the art of fencing and be the future champion.

ENROLLMENT: Ongoing

DAYS: Wednesdays TIME: 4 – 5 p.m.

AGES: 12 – 17 Years of Age FEE: \$60



SPECIAL INTEREST

DISCO DOGS

Partner up with your precious pooch for a fun Disco Dog Lesson! MC's Disco Dogs & "Paw"room dance will have choreography with you and your best dance partner ever - your dog. Dogs must have some obedience training, be friendly with both other dogs and people, and be on a loose leash at all times.

DATES: January 12 - 19 • February 9 – 16,

March 9 – 16 • April 6 - 13

DAYS: Wednesdays TIME: 4 – 5 p.m.

AGES: 18 Years of Age and Over

FEE: \$22 per Session

K9 NOSE WORK–BASIC– INTRO TO SCENT WORK WORKSHOP

This beginner series focuses on teaching you how to encourage and develop your dog's natural scenting abilities. Dogs learn fun puzzle games utilizing their desire to hunt and love of food and toys

ENROLLMENT: Monthly

DAY: Tuesdays TIME: 11 – 11:50 a.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session

K9 NOSE WORK– INTERMEDIATE– WORKSHOP

This intermediate series focuses on introducing your dog to several target odors that they will be trained to locate. Dog/handler teams begin to learn more challenging puzzle games including vehicle searches.

Prerequisite: K9 Nose Work Basic–Intro to Scent Work.

ENROLLMENT: Monthly

DAY: Tuesdays

TIME: 12 – 12:50 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session



Palm Desert

Please Note: All in-person activities take place at the **Palm Desert Community Center** unless otherwise noted in the activity details that follow.



SPECIAL INTEREST

K9 NOSE WORK-ADVANCED DETECTIVE

*This advanced series is geared for dog/handler teams to expand their knowledge and skills in scent detection training. Types of searches conducted include containers, vehicles, interiors, and exteriors. **Prerequisite: K9 Nose Work Intermediate Workshop.***

ENROLLMENT: Monthly

DAY: Tuesdays **TIME:** 1 – 1:50 p.m.

AGES: 18 Years of Age and Over

FEE: \$125 per 4-week session

BEGINNING CHESS

Enhance your child's memory by having fun becoming the KING of Chess. This program is structured to learn the fundamentals and learn the strategies to checkmate your opponent with critical thinking tactics and problem-solving abilities. Skill level will be assessed by the instructor of the class.

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 3:30 – 4:15 p.m.

AGES: 7 – 12 Years of Age **FEE:** \$40

INTERMEDIATE CHESS

Have fun competing against other players across the desert. Challenge your Chess skills and learn new techniques on how to checkmate your opponent. In these sessions, you will master patience, strategy, and thinking critically.

ENROLLMENT: Ongoing

DAY: Tuesdays **TIME:** 4:30 – 5:15 p.m.

AGES: 7 – 12 Years of Age **FEE:** \$40



SPORTS

BASKETBALL

BASKETBALL TRAINING ZONE:

Don't wait for the season to begin, start training now and be ready for draft day. Join the "Basketball Training Zone" and take your game to the next level. Our instructors provide constructive feedback highlighting your strengths and pinpointing areas needing improvement.



Basketball Training Zone: Beginners

ENROLLMENT: Ongoing

DAYS: Wednesday

TIME: 3:30 – 4:30 p.m. **AGES:** 7 – 9 Years of Age

FEE: \$40 per Month **DROP-IN FEE:** \$12 per Day

Basketball Training Zone: Intermediate

ENROLLMENT: Ongoing

DAYS: Wednesday

TIME: 4:30 – 5:30 p.m. **AGES:** 10 – 14 Years of Age

FEE: \$40 per Month **DROP-IN FEE:** \$12 per Day

FRISBEE

Ultimate Frisbee - Join us for an introduction to the game of Ultimate Frisbee with the goal of exercise, improving stamina and advancing your skills. The program will consist of two games side by side, with the advanced team playing next to the beginners. Played at Freedom Park.

ULTIMATE FRISBEE – 1 DAY

DATES: January 3 – February 28

March 7 – April 25

DAY: Mondays **TIME:** 6 – 8 p.m.

AGES: 13 Years of Age and Over

FEE: \$40 per Session **DROP-IN FEE:** \$5

ULTIMATE FRISBEE – 2 DAYS

DATES: January 3 – February 28

March 7 – April 25

DAY: Mondays & Thursdays **TIME:** 6 – 8 p.m.

AGES: 13 Years of Age and Over

FEE: \$60 per Session **DROP-IN FEE:** \$5

Palm Desert

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

PICKLEBALL

INDOOR PICKLE BALL – OPEN PLAY

We offer friendly competition and Pickleball fun inside our Palm Desert Community Center. No need to worry about weather conditions outside or crowded tennis courts!

ENROLLMENT: Ongoing

DAYS: Tuesdays, Wednesdays, Thursdays

TIME: 9:30 a.m. – 1 p.m.

AGES: 18 Years of Age and Over

FEE: \$5 Drop-In Per Day or

FREE for DRD Get Fit Pass members

PICKLEBALL CLINICS – BEGINNER LEVEL

Beginner level pickleball clinics have group skills and drills for beginner players. Plan your schedule with the instructor. At this level, the player is new to pickleball and will be learning scoring and rules. You will be developing a forehand and learning how to serve correctly.

ENROLLMENT: Ongoing

DAYS: Wednesdays

TIME: 7:30 – 9 a.m.

AGES: 16 Years of Age and Over

FEE: \$25 per Session **OR** Package of 5 for \$100

PICKLEBALL CLINICS – ADVANCED BEGINNER LEVEL

At this level, there will be group skills and drills for advanced Beginner players. Plan your schedule with instructor. Players in this category are able to sustain longer rallies and may make easier volleys and use their backhand more often, but often need work on stroke development.

ENROLLMENT: Ongoing

DAYS: Mondays

TIME: 7:30 – 9 a.m.

AGES: 16 Years of Age and Over

FEE: \$25 per Session **OR** Package of 5 for \$100

PICKLEBALL CLINICS – INTERMEDIATE TO ADVANCED LEVEL

This level of player will be doing group skills and drills for intermediate to advanced players, and players will have achieved stroke dependability with directional control on

most medium paced and some harder hit shots but still need to develop more depth and variety with their shots. Plan your schedule with the instructor.

ENROLLMENT: Ongoing

DAYS: Fridays

TIME: 7:30 – 9 a.m.

AGES: 16 Years of Age and Over

FEE: \$25 per Session **OR** Package of 5 for \$100

PICKLEBALL – PRIVATE LESSONS

This private instruction will last for one hour each day. Instruction will help you improve your game and get you to the next skill level. You will schedule the time with the instructor.

ENROLLMENT: Ongoing

DAYS & TIMES: Schedule with Instructor

AGES: 16 Years of Age and Over

FEE: \$35 per Session **OR** Package of 5 for \$175

PICKLEBALL – SEMI-PRIVATE LESSONS

Semi-Private lessons for up to 4 people. This group instruction will last for one hour. Instruction will help you improve your game and get you to the next skill level. You will schedule the time with the instructor.

ENROLLMENT: Ongoing

DAYS & TIMES: Schedule with Instructor

AGES: 16 Years of Age and Over

FEE: \$30 per Session **OR** Package of 5 for \$125

Find Fitness!



Palm Desert

Please Note: All in-person activities take place at the **Palm Desert Community Center** unless otherwise noted in the activity details that follow.



SPORTS

TABLE TENNIS

Bring a paddle and get ready to have some recreational and competitive fun. Table Tennis is a great way to improve hand-eye coordination, focus, and overall fitness. If you are looking for an entertaining recreational activity that is played indoors, join us! Bring your own paddle.

TIMES & DAYS ARE SUBJECT TO CHANGE.

TIMES: 1 – 4 p.m.

MONTHS & DAYS:

January, February & March: Mondays, Tuesdays, Fridays

April: Mondays, Wednesdays, Fridays

AGES: 5 Years of Age and Over

FEE: \$5 Drop-In Per Day or **FREE** for DRD Get Fit Pass members

VOLLEYBALL

INDOOR VOLLEYBALL – BEGINNERS/INTERMEDIATE

For those just beginning, instruction will include learning the basic skills of serving, passing, setting, attacking, and blocking the ball. For the Intermediate players, you will enhance your key beginning volleyball skills such as the volley, set, serve, pass, and block, and attack.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays **TIME:** 3:30 – 4:30 p.m.

AGES: 8 – 17 Years of Age

FEE: \$60 per Month **DROP-IN FEE:** \$15 per Day

INDOOR VOLLEYBALL – INTERMEDIATE/ADVANCED

Learn how to prepare your skills for tournament play and high school play in this class, which is geared towards structured training, significant skills improvement, and game knowledge. Each program is staffed by a skilled volleyball instructor with a proven coaching background. We look forward to seeing you on the court!

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays **TIME:** 4:30 – 5:30 p.m.

AGES: 8 – 17 Years of Age

FEE: \$60 per Month **DROP-IN FEE:** \$15 per Day



INDOOR VOLLEYBALL – ADVANCED

Do you want to prepare your skills for tournament and high school play? These classes are geared toward structured training, significant skill improvement, and enhanced game knowledge. We look forward to seeing you on the court!

ENROLLMENT: Ongoing

DAY: Tuesdays & Thursdays

Please note: The variation in the Teams listed below will be based on skill level.

TEAM 1 – Times & Ages: 6 – 7 p.m., 13 – 18 Years of Age

TEAM 2 – Times & Ages: 7 – 8 p.m., 13 – 18 Years of Age

TEAM 3 – Times & Ages: 8 – 9 p.m., 15 – 18 Years of Age

FEE: \$60 per Month

DROP-IN FEE: \$15 per Day



TOT PROGRAMS

TINY TOTS

Classes encourage tots to engage in new activities, sharing, and more. Children learn how to participate in groups and express themselves creatively through art projects, stories, songs, games, and various other activities in a new theme every week.

AGES: 3 – 5 Years of Age

3 DAYS PER WEEK: Mondays, Wednesdays, Fridays

TIME: 9 a.m. – 12 p.m.

ENROLLMENT & FEES:

4 Days per week – (JANUARY ONLY)

Mondays, Tuesdays, Wednesdays, Thursdays

\$230 for the Month

3 Days per week – Mondays, Wednesdays, Fridays

\$195 for the Month

2 Days per week – Tuesdays & Thursdays

\$140 for the Month

Thermal

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

50+ ACTIVE ADULT & SENIOR PROGRAMS

FIT AFTER 50

Maintain your strength, mobility and function through exercises that focus on the upper and lower body, balance and flexibility.

ENROLLMENT: Ongoing

DAYS: Tuesdays & Thursdays

TIME: 9 – 10 a.m.

AGES: 50 Years of Age and Over

FEE: Free



THERMAL SENIOR PROGRAM

Join us for the Thermal Senior Program where you can enjoy crafts, Fit After 50, art, guest speakers, resources and much more! Stop by and pick up our monthly calendar.

ENROLLMENT: Ongoing DAYS: Monday – Thursday

TIME: 9 a.m. – 1 p.m. AGES: 50 Years of Age and Over

FEE: Free



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

ADAPTIVE YOUTH FITNESS CLASS

This class will focus on vestibular and proprioceptive inputs, to include movement such as running, jumping, balance with a focus on strength and conditioning in a safe and fun environment.

DATE: Wednesday, March 9 TIME: 6 – 6:45 p.m.

AGES: 5 – 16 years of Age with a Disability or a Special Need

FEE: Free

ADAPTIVE YOUTH SOCIAL

Our Adaptive Youth Social night at the Jerry Rummonds' Senior & Community Center will be a night of activities, games, music and social integration. We invite those with special needs and their families to join in on a night of supportive fun and an opportunity to socialize with other members of the community.

DATE: Wednesday, April 13 TIME: 6 – 7:30 p.m.

AGES: 5 – 16 years of Age with a Disability or a Special Need FEE: Free



ART & MUSIC



Irene W. & Guy L. Anderson
Children's Foundation

ALL OF THE FOLLOWING PROGRAMS ARE OFFERED FOR FREE TO THANKS TO FUNDING FROM THE ANDERSON CHILDREN'S FOUNDATION. MANY OF THE PROGRAMS REQUIRE THAT PARTICIPANTS MUST BE A RESIDENT OF COACHELLA, THERMAL, OASIS, MECCA, OR NORTH SHORE TO PARTICIPATE DUE TO GRANT FUNDING – PLEASE CHECK WHEN REGISTERING FOR A CLASS. SPACE IS LIMITED.

ART SCENE

This program will give participants a safe place to let their creative minds explore Art. Each class will be led by an instructor and participants will be able to take completed painting home at the end of the class.

DAYS: Wednesdays DATES: January 19, March 16

TIME: 6 – 7:30 p.m. AGES: 6 – 12 Years of Age

FEE: Free

ARTS & CRAFTS

The Arts and Crafts program is a great way to introduce our youth of the Eastern Coachella Valley to a variety of different arts and crafts.

ENROLLMENT: January 12 & 26, February 9 & 23
March 9 & 30, April 13 & 27

DAY: Wednesdays TIME: 5:30 – 6:30 p.m.

AGES: 5 – 12 Years of Age FEE: Free

BEGINNING GUITAR

Learn the basics such as strumming, rhythm, finger picking and tuning - techniques that will get students playing right away! Lessons include how to read chord charts and tablature.

ENROLLMENT: February, March, April

DAY: Wednesdays

TIMES & AGES:

5:15 – 6:15 p.m., 7 – 12 Years of Age

6:15 – 7:15 p.m., 13 – 17 Years of Age FEE: Free



Thermal

Please Note: All in-person activities take place at the **Jerry Rummonds' Senior & Community Center** unless otherwise noted in the activity details that follow.

DRUMS

Drumming is a great way to focus, concentrate and channel energy into coordination. Participants learn basic rhythms and beats, how to read drumming notation and basic drum line techniques.

ENROLLMENT: February, March, April

DAY: Tuesdays **TIME:** 5:15 – 6:15 p.m.

AGES: 9 – 12 Years of Age **FEE:** Free

TEEN ART SCENE

The Teen Art Scene program is a great way to introduce our teens of the Eastern Coachella Valley to a variety of different arts and crafts. This program will give the participants a place to let their creative minds explore art without having any artistic experience.

DATES: Friday, February 25 **TIME:** 6 – 7:30 p.m.

AGES: 13 – 17 Years of Age **FEE:** Free

CAMP & AFTER SCHOOL PROGRAMS

PROJECT L.E.A.D.

Community Project L.E.A.D (Linking Education, Advocacy and Development) program offers academic tutoring, homework assistance, enrichment activities, mentoring, and much more!!

ENROLLMENT: Ongoing During School Year
(holidays may be excluded)

DAYS: Mondays – Fridays

TIMES: School Dismissal to 6 p.m.

AGES: Kindergarten – 12th

FEE: Free



READING CLUB

Hey kids – join our reading club! This program will help kids improve their reading comprehension and writing skills, and kids will participate in educational games and work on crafts

ENROLLMENT: Ongoing beginning January 10

DAYS: Mondays **TIMES:** 5 – 6 p.m.

AGES: Kindergarten – 12th

FEE: Free thanks to a collaboration with
Community Action Partnership



COMMUNITY EVENTS

HEARTS AND CRAFTS VALENTINE WORKSHOP

Come share in the love this holiday with Desert Recreation District at the Jerry Rummonds' Senior & Community Center for fun activities and a Valentine's Day craft. All children will receive a **FREE** box of Valentine's Day cards while supplies last. Registration is required.

DATE: Friday, February 4

TIME: 3 – 5 p.m.

AGES: 5 - 13 Years of Age

FEE: Free



SPRING INTO FUN

Join us for some spring fun at the Jerry Rummonds' Senior and Community Center. We have fun activities planned like cookie decorating, crafts, egg decorating and a visit from the Easter Bunny! Parents: Do not forget to bring your cameras!

DATE: Friday, April 8

TIME: 6 – 7:30 p.m.

AGE: 3 – 13 Years of Age **FEE:** Free



THERMAL RECREATION COMMUNITY MEETING

We encourage all Thermal residents to join us to provide feedback and suggestions for future recreational programming in the community of Thermal. We will be discussing future events and the types of programs the community would enjoy. There will be raffles and activities for the children, as well as refreshments.

WHEN: Tuesday, February 8, 2022, at 6 p.m.

THERMAL SENIOR SOCIALS

Active Adults and Seniors from Thermal and neighboring communities are welcome to join us for a night of creative arts, karaoke, and music as well as to enjoy refreshments, have fun, and socialize.

WHEN: Friday, January 21 and March 18, 5 – 7 p.m.

AGES: 55 Years of Age and Over

Thermal

For information or to register, visit MyRecreationDistrict.com or call (760) 347-3484

YOUTH SOCIALS

Come in and enjoy our Youth Socials. Fun activities will include art, crafts, science, dancing, fitness, group games and much more. Space is limited.

DATES:

March 24 and April 21

TIME: 6 – 8 p.m.

AGES: 6 – 12 Years of Ages

FEE:

Free thanks to funding from Anderson Children's Foundation



**Irene W. & Guy L. Anderson
Children's Foundation**

★ SPECIAL INTEREST

KIDS IN THE KITCHEN

In this program, children will create a recipe book with the meals they learn to make. Presentations and fresh ingredients will be provided in partnership with CAL Fresh, Anderson Children's Foundation and FIND Food Bank. They will be provided with the skills/ tools to incorporate a healthy and active lifestyle in their daily routines and family life.



ENROLLMENT: February 1 – 22

DAY: Tuesdays TIME: 6 – 7:30 p.m.

AGES: 9 – 12 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh, Anderson Children's Foundation, and FIND Food Bank



**Irene W. & Guy L. Anderson
Children's Foundation**

SPORTS

BASEBALL DEVELOPMENTAL PROGRAM

Our Baseball Developmental Program is tailored to give players with little or no playing experience a structured program that replicates a season to assist them in transitioning to league play. This will also help reduce the struggles of new players, so they do not get discouraged.



LOCATION: La Familia School Baseball Field

DATES: March 2 – 30

DAYS: Wednesdays & Fridays

TIME: 6 – 7 p.m.

AGES: 7 – 11 Years of Age

FEE: \$50

T-BALL LEAGUE

Our T-Ball League is designed to introduce the early age child the game of baseball and the fundamentals of hitting, catching, throwing and base running. Teams will be formed prior to the season. Interested in coaching? Contact Sam at 422-400-9955 for more details.



LOCATION: La Familia School Baseball Field

DATES: April 1 – June 3

DAYS: Wednesdays & Fridays

TIME: 6 – 8 p.m.

AGES: 4 – 6 Years of Age

FEE: \$80 (Scholarships Available)



Thousand Palms

Please Note: All in-person activities take place at the **Thousand Palms Community Center & Park** unless otherwise noted in the activity details that follow.



COMMUNITY EVENTS

COMMUNITY SAFETY SERIES



The first session of this series will teach you about fire safety prevention strategies to keep you, your loved ones, and home safe. Presentation and Question & Answer session by the



local Fire Department. In the second session, you will learn about what you can do to keep safe from crime, how to report a crime, and strategies used to keep a safe environment in your home. Presentation and Question & Answer session by local law enforcement. *Traducido en Espanol si solicitado con anticipacion.

DATES: March 9 and 23 **TIME:** 10 a.m. – 1 p.m.

AGES: All Ages **FEE:** Free

DAY OF THE CHILD (DIA DE LOS NINOS)

Join Desert Recreation District and the Art Samson Library in celebrating Day of the Child with fun games, books, shows and prizes. Experience the joy of learning through reading and recreation. This free event is open to all ages.

DATE: Saturday, April 30 **TIME:** 10 a.m. – 12 p.m.

EGGSTRAVAGANZA

Come hop down the bunny trail and join the fun at some of the best Easter-Egg hunts in the Coachella Valley! Our Eggstravaganzas include lots of fun activities like face painting, potato sack races, hula-hoop contests and more – so bring your Easter basket and head to the location that is nearest you.



LOCATION: Thousand Palms Community Park

DATE: Saturday, April 16 **TIME:** 10 a.m. – 1 p.m.

AGES: 12 Years of Age and Under **FEE:** Free

OPEN HOUSE



Come join a us for a warm cup of coffee while you learn about the different programs we offer in our Thousand Palms location, and throughout the valley. We want to hear from YOU, our valuable community members, about what programing we should implement to make Thousand Palms greater!



DATE: Thursday, February 17 **TIME:** 9 a.m. – 1 p.m.

AGES: All Ages **FEE:** Free

THOUSAND PALMS COMMUNITY COUNCIL MEETING

The Thousand Palms Community Council meets on the last Thursday every-other month. This meeting is open to the public to hear the latest news happening in the Thousand Palms Community from government officials, local authorities and special presentations.

LOCATION: Thousand Palms Community Center

DAY: Thursdays

TIME: 6 p.m.

DATES: For more information, visit:

<https://rivco4.org/Councils/Community-Councils>



DANCE

FOLKLORICO (Ballet Folklorico)

Learn the many different styles of the cultural dance originated in Mexico, Folklorico. As you progress in the class, there will be a few chances a year to perform live in front of friends and family at special events.

ENROLLMENT: Ongoing

DAY: Tuesdays

TIMES & AGES:

5 – 6 p.m., 3 – 10 Years of Age

6:15 – 7:15 p.m., 11 Years of Age and Over

FEES: \$40 per Month



Thousand Palms

For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347-3484



HEALTH & FITNESS

TITAN FITNESS

Titan Fitness workouts will consist of HIIT cardio to increase aerobic capacity and body weight exercises to build muscular endurance. Tips on making healthy lifestyle choices will also be included.

ENROLLMENT: Ongoing DAYS: Thursdays

TIME: 4:30 – 5 p.m.

AGES: 7 – 13 Years of Age

FEE: Free thanks to funding from USDA Snap/CalFresh



ZUMBA

This is the Latin fitness class that everyone is talking about. The upbeat music will get you moving into a calorie burning dance that is fun and healthy for you regardless of your fitness level.

ENROLLMENT: Ongoing

DAYS: Mondays, Wednesdays, Thursdays

TIME: 7 – 8 p.m. AGES: 16 Years of Age and Over

FEE: \$35 per Month DROP-IN FEE: \$5 per Class



MARTIAL ARTS

SHITO RYU KARATE DO

Karate Do is very fun and quite challenging. Our classes may help students build strength, endurance, flexibility and coordination. Karate is meant to make participants more physically fit, more mentally acute, and finding balance in the "way of the empty hand."

ENROLLMENT: Ongoing beginning January 12

DAYS: Mondays & Wednesdays TIME: 5:45 – 6:45 p.m.

AGES: 7 – 15 Years of Age FEE: \$60 per Month



MOVIES

MOVIES IN THE PARK

We are pleased to bring you movies right here in your neighborhood. We are currently planning movies for Friday February 4 and April 1 in Thousand Palms; please check the listings on our website at [MyRecreationDistrict.com/movies](https://www.MyRecreationDistrict.com/movies) for the most up-to-date movie titles, locations, dates and times. Please note inclement weather such as high winds can alter the schedule.



OUTDOORS

TAKE A HIKE SATURDAY!

PUSHAWALLA PALMS LOOP

Calling all families in Indio to come "TAKE A HIKE" DAY! This will be an organized group hike through the beautiful Pushawalla Palms Loop in Thousand Palms – please note you must be registered to join the hiking group.

LOCATION: Visit <https://www.alltrails.com/trail/us/california/pushwalla-palms-loop> for additional information and directions to the trail where we will meet.

DATE: Saturday, January 22 TIME: 8 a.m. – 12 p.m.

AGES: 8 Years of Age and Over FEE: Free



SPORTS

THOUSAND PALMS T-BALL – WINTER 2022 LEAGUE

We are pleased to offer a recreational Tee Ball league for Youth ages 4 - 6. This program is part of the District's recreational programs where fun is emphasized. The season begins with two or three practices, followed by playing one game per week. **See website for complete details.**

LOCATION: Thousand Palms Community Park

DAYS/DATES: Wednesdays & Thursdays from
January 26 through March 31

TIME: Begins at 6 p.m. - exact time TBD by team coach

AGES: 4 – 6 Years of Age* FEE: \$100

*Participants will be divided into groupings by age, at which point start times by group will be determined

THOUSAND PALMS YOUTH SOCCER WINTER 2022 LEAGUE

We are pleased to offer a recreational Youth Soccer league as part of the District's recreational programs where fun is emphasized. The season begins with two or three practices, followed by playing one game per week. **See website for complete details.**

LOCATION: Thousand Palms Community Park

DAYS/DATES: Mondays & Tuesdays from
January 24 through April 5

TIME: Begins at 6 p.m. - exact time TBD by team coach

AGES: 4 – 12 Years of Age* FEE: \$100

*Participants will be divided into groupings by age, at which point start times by group will be determined

FIND YOUR CLOSEST DRD LOCATION

The Desert Recreation District (DRD) is your source for all things recreational in the Coachella Valley. Throughout the valley, we have classes, sports and recreation activities, special events and programs for all ages. From toddlers to seniors, our facilities and beautiful parks have something for everyone.

GET OFF THE COUCH AND INTO THE FUN-TASTIC TIMES!

BERMUDA DUNES

Bermuda Dunes Community Center
78–400 Avenue 42, Bermuda Dunes

COACHELLA

Bagdouma Community Center & Park
51–251 Douma Street, Coachella

Bagdouma Pool
84–599 Avenue 52, Coachella

INDIO

Indio Community Center & Park
45–871 Clinton Street, Indio

Indio Municipal Golf Course
83–040 Avenue 42, Indio

Indio Teen Center
81–678 Avenue 46, Indio

Pawley Pool Family Aquatic Complex
46–350 Jackson Street, Indio

INDIO HILLS

Indio Hills Community Center & Park
80–400 Dillon Road, Indio Hills

LA QUINTA

Fritz Burns Pool
78–107 Avenue 52, La Quinta

La Quinta Community Fitness Center & Park
77–865 Avenida Montezuma, La Quinta

MECCA

Mecca Community Center, Park & Pool
65–250 Coahuilla Street, Mecca

NORTH SHORE

North Shore Beach & Yacht Club
99–155 Sea View Drive, North Shore

North Shore Community Park
99–480 70th Avenue, North Shore

OASIS

**Oasis del Desierto
(Oasis of the Desert) Park**
88–775 Avenue 76, Thermal

PALM DESERT

Cahuilla Hills Park
45–825 Edgehill Drive, Palm Desert

Palm Desert Community Center & Park
43–900 San Pablo Avenue, Palm Desert

Freedom Park
77–400 Country Club Drive, Palm Desert

Palm Desert Soccer Park
74–735 Hovley Lane, Palm Desert

Olsen Community Park
43–005 Magnesia Falls Drive, Palm Desert

Portola Community Center
45–480 Portola Avenue, Palm Desert

**The Golf Center at Palm Desert and
The First Tee of the Coachella Valley**
74–945 Sheryl Drive, Palm Desert

University Park
74–802 University Park Drive, Palm Desert

THERMAL

Jerry Rummonds' Senior & Community Center
87–229 Church Street, Thermal

THOUSAND PALMS

Thousand Palms Community Center & Park
31–189 Robert Road, Thousand Palms



ADMINISTRATIVE OFFICE

45–305 Oasis Street, Indio, CA 92201
(760) 347–3484
Info@MyRecreationDistrict.com



Financial Assistance Program

Desert Recreation District programs, activities and events are open to everyone. Your Desert Recreation District works closely with communities to provide recreational activities and events that offer affordable health and fitness benefits and are, most of all, FUN!

One of our goals is to help families and individuals with financial assistance so they can participate in Desert Recreation District's activities and programs. Desert Recreation District does not want any child or adult to be excluded from opportunities that could greatly benefit their needs. Please take a moment to review the Income Qualification Guidelines chart to see if you qualify. Qualifications are based on the HUD 2021 State Income Limits. If your income is Extremely Low you may receive 75% off the cost of activities or up to \$150 maximum in financial assistance per family member per fiscal year. If your income is Very Low, you may receive 50% off the cost of activities or up to \$150 maximum in financial assistance per family member per fiscal year. For more information or to apply for financial assistance, go to MyRecreationDistrict.com to download an application, or stop by to pick up an application at the District's office in Indio.

To learn more about qualifying for the Financial Assistance Program, visit MyRecreationDistrict.com/financial-assistance or ask a DRD team member at one of our Community Centers, or call (760) 347-3484.

Income Qualification Guidelines

FAMILY SIZE	EXTREMELY LOW	VERY LOW INCOME
1	\$16,600	\$27,650
2	\$19,000	\$31,600
3	\$21,960	\$35,550
4	\$26,500	\$39,500
5	\$31,040	\$42,700
6	\$35,580	\$45,850
7	\$40,120	\$49,000
8	\$44,660	\$52,150
DISCOUNT	75%	50%



HELP SUPPORT US IN OUR QUEST TO GIVE HEALTHY OPPORTUNITIES TO OUR LOCAL COMMUNITIES

★ *Donate Today!* ★

OUR MISSION

To enrich and preserve the quality of life for residents. We do this by raising funds and garnering support to purchase, develop, enhance, preserve, promote, and expand the Coachella Valley's recreation activities, programs, parks, properties and facilities.

Desert Recreation Foundation serves as the fundraising arm to help support the Desert Recreation District. We work to ensure the programming, events and activities we offer contribute to the wellness of all residents of the Coachella Valley, regardless of finances, and assist them in developing healthy lifestyles for the good of the families and the communities we serve.

Help make a difference by making a financial donation that will contribute to the onset of new developments, the renovation of parks and facilities as well as keeping recreational activities ongoing for our communities. Funding will help with purchasing new equipment and keep current community/recreation centers, swimming pools and parks safe.

If you enjoy the interaction with the community, then become a volunteer and donate your time in an area that means something special to you. There are many activities and programs that need your support, so join today!

You Can Make a Difference by Donating Today!

Donate today by visiting: DesertRecreationFoundation.org



Here's an opportunity to get some final Christmas shopping done while we take the kids off your hands! Drop the kids off with us and we will keep them entertained while you go and get those final details handled for the holidays.

DATES & LOCATIONS:

Bermuda Dunes Community Center, December 20 & 21, 2021
La Quinta Community Center, December 22 & 23, 2021

TIME: 12 – 5 p.m. **AGES:** 4 – 12 Years of Age

FEE: \$20 per Day per Child with advance registration
\$25 per Day per Child for drop-ins (space allowing)



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Eggstravaganzas



Come hop down the bunny trail and join the fun at some of the best Easter-Egg hunts in the Coachella Valley! Our Eggstravaganzas include lots of fun activities like face painting, potato sack races, hula-hoop contest and more - so bring your Easter basket and head to the location that is nearest you. ➡

Children will be divided by age groups for the Easter Egg Hunts. Each age group will have a chance to find eggs.

0 to under 2 Year Old (Eggs given at Information Table)
2 – 4 Years Old • 5 – 7 Years Old • 8 – 12 Years Old*

**To ensure the safety of all children participating in the egg hunt, please do not run in the egg hunt area. Please no parents in the egg hunt area.*

AGES: 12 Years Old and Younger • **FEE:** Free

DATE: Saturday, April 16

LOCATION & TIME:

Bagdouma Community Park, 11 a.m. – 12 p.m.

Indio Community Center Park, 10 a.m. – 1 p.m.

Mecca Community Park, 11 a.m. – 2 p.m.

Thousand Palms Community Park, 10 a.m. – 1 p.m.