

2024

January, February,
March, April

WINTER ACTIVITY GUIDE



What's Inside:

Youth & Teen Programs • Sports • Leisure Classes • Senior Center Activities • Special Events • Community Information

www.ci.lathrop.ca.us/parksrec  

City of Lathrop City Hall Business Hours

390 Towne Centre Drive
 Monday – Thursday | 8:00 a.m. – 6:00 p.m., Friday | 8:00 a.m. – 5:00 p.m. |
 Closed Saturday & Sunday

Lathrop Facility Closures

All City of Lathrop facilities will be closed on the following dates:

- **January 1, 2024** **New Year's Day**
- **January 15, 2024** **Martin Luther King Jr. Day**
- **February 19, 2024** **President's Day**

City of Lathrop Facilities

- Lathrop Police Department | 940 River Islands Parkway
 Monday – Friday | 9:30 a.m. – 5:30 p.m. | (209) 647-6400
- Lathrop Community Center | 15557 5th St.
 Monday – Thursday | 9:00 a.m. – 6:00 p.m. | Friday 8:00 a.m. – 5:00 p.m.
 (209) 941-7370
- Lathrop Generations Center | 450 Spartan Way
 Monday – Thursday | 9:00 a.m. – 6:00 p.m. | Friday 8:00 a.m. – 5:00 p.m.
 (209) 941-7372
- Lathrop Senior Center | 15707 5th St.
 Monday – Friday | 9:00 a.m. – 4:00 p.m.
 (209) 941-7380

How to register for sports, classes, events and more

- Please visit <https://www.ci.lathrop.ca.us/parksrec>
- Call (209) 941-7370 for more information

Rental Facilities

We currently offer reservations at the following locations:

- **Apolinar Sangalang Park**
 Picnic Shelter 3 tables
 with seating for 30 / BBQ Grill
 Baseball Diamond
 Basketball Court
 Exercise Equipment
 Water Feature
 Soccer Field
 Play Structure
 Restrooms
- **Generations Center/
 Leland and Jane Stanford Park**
 Picnic Shelter 9 tables
 with seating for 72 / BBQ Grill
 Basketball Court
 Corn Hole
 Play Structure
 Pickle Ball Courts
 Restrooms
 Skate Park
- **Manuel Valverde Park**
 Two Picnic Shelters Valverde #1 and
 Valverde #2 (Playground) 9 tables
 each with seating for 72 / BBQ Grill
 Senior Center Picnic Shelter 8 tables
 with seating for 60 / BBQ Grill
 Two Baseball Diamonds
 Basketball Court
 Bocce Court
 Exercise Equipment
 Horseshoe Pit
 Play Structure
 Restrooms
 Soccer Field
 Water Feature
- **Mossdale Landing Community Park**
 Picnic Shelter 5 tables
 with seating for 50 / BBQ Grill
 Baseball Diamond
 Basketball Court
 Cricket Pitch
 Exercise Equipment
 Play Structure
 Restrooms
 Water Feature

**Parks
 Make
 Life
 Better!**

City Department Directory

Building	(209) 941-7270
City Attorney	(209) 941-7235
City Clerk	(209) 941-7230
City Manager	(209) 941-7220
Community Development	(209) 941-7260
Community Resources	(209) 941-6430
Emergency Dispatch	(209) 249-2000
Finance	(209) 941-7320
Human Resources	(209) 941-7350
Lathrop Police Department	(209) 647-6400
Parks & Recreation	(209) 941-7370
Public Works	(209) 941-7430
Senior Center	(209) 941-7380
The Grind @ LGC (Teen Center)	(209) 941-7372

After Hours Emergency Only

Public Works	(209) 992-0028
Picnics and Parks	(209) 941-PARK

Indoor Rental Facilities

- Scott Brooks Gym with a capacity up to 300
- Senior Center with a capacity up to 80
- Multi-Purpose Room with a capacity up to 25

Please call The City of Lathrop Community Center for more information at (209) 941-7370.

- Please visit <https://www.ci.lathrop.ca.us/parksrec/page/park-shelter-reservations> to make a picnic shelter reservation.

Lathrop Water Features

The City of Lathrop Water Features, located at Valverde Park, Mossdale Landing Community Park, and Sangalang Park run from April 15 to October 15. The hours of operation are 11:00 a.m. – 8:00 p.m. Hours may be adjusted during drought conditions or to ensure the health and safety of our users.

***All programs/events will adhere to CDC and San Joaquin County Health Guidelines.**



Tidewater Park



Leland and Jane Stanford Park



Thomsen Park



Woodfield Park



The City of Lathrop Activity Fee Assistance Fund is designed to assist qualifying Lathrop residents of all ages with registration fees for Parks & Recreation programs. For more information or to see if you qualify, visit [ci.lathrop.ca.us/parksrec](https://www.ci.lathrop.ca.us/parksrec) or call (209) 941-7370.

The City of Lathrop reserves the right to photograph facilities, activities, and program participants for potential future use in advertising brochures, social media, the City of Lathrop website and all other promotional purposes only.

Meet the Parks & Recreation Team!

INTRODUCING THE RECREATION COORDINATORS

Meet Zavanah Mastel - Sports Coordinator

Zavanah Mastel was raised in Lathrop where she participated in a variety of recreation programs such as gymnastics, karate, tennis, and summer camps instilling leadership, confidence, and teamwork at a young age. Using life skills learned within Parks and Recreation, Zavanah began her employment with the City of Lathrop in 2017 as a part-time employee working with children in before and after school programming and as a Rec. Leader. She became full time in 2022 and is currently the Recreation Coordinator for Youth, Teen, and Adult Sports. During this time, Zavanah has contributed to the growth and development of Lathrop's Sports programs realizing Parks and Recreation is where her heart belongs. She is very passionate and engaging and enjoys seeing participants learning the fundamentals and falling in love with a sport and being able to provide quality sports programs to the community. "Do you know what my favorite part of the game is? The opportunity to play." - Mike Singletary



Meet Regina Mertilien - Senior Center Coordinator

For nearly two decades, Regina Mertilien has had the privilege of servicing the City of Lathrop through the Parks and Recreation Department. It all began back in 2004, when Regina dedicated her expertise, passion and heart to enriching the lives of the Lathrop community. Starting as a part-time employee, she swiftly ascended to a full-time position. Regina has dedicated herself to making a meaningful impact, leading her on the journey through various jobs titles where she flourished in her current role as a Recreation Coordinator, first at the Generations Center working with teens and ultimately moving on to the Senior Aging Division where she found her true calling. Every day she is inspired by the resilience and wisdom of our seniors, making her work not just a job, but a deeply fulfilling journey of compassion and connection. "The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi.



Meet Debra Wheale - Special Events Coordinator

Debra has served in the Parks and Recreation Department for over 13 years working in various positions and discovered her true creative spark as the Recreation Coordinator of Special Events, where her talent shines. Debra is dedicated to providing quality opportunities for community and family engagement. She enjoys ensuring a wide variety of activities and experiences for all age groups to participate in and also enjoys connecting and collaborating with vendors and local businesses. Creating active recreation experiences is the motto that guides her. "Community is much more than belonging to something; it's about doing something together that makes belonging matter." - Brian Solis



Live, Work, Play – Lathrop!



YOUTH AND TEEN PROGRAMS

PARENT & ME

Parent/Guardian participation required for all Parent & Me programs.

Parent & Me LEGO Day: ages 3 – 5 years

Celebrate National LEGO day by creating LEGO themed art, participating in sensory play and enjoying story time.

Generations Center | January 17 | Wednesday | 1:00 p.m. – 1:45 p.m. | \$25

Parent & Me Valentine's Celebration: ages 3 – 5 years

Adult and child will enjoy a love-filled afternoon of Valentine's Day themed art, sensory play and a sweet story time.

Generations Center | February 14 | Wednesday | 1:00 p.m. – 1:45 p.m. | \$25

Parent & Me Mini Picassos: ages 2 – 4 years

Recreation staff will lead adult and child through art play and creative exploration. Create keepsakes while learning about colors, new art materials, textures, and improving fine motor skills. Each session contains a new curriculum.

Community Center | January 18 – February 8 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Community Center | February 15 – March 7 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Community Center | March 21 – April 11 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Community Center | April 18 – May 9 | Thursdays | 10:30 a.m. – 11:15 a.m. | \$55

Parent & Me Music and Movement: ages 18 months – 3 years

Get ready to sing, march, dance, and play in a sensory- rich environment. Enhance bonding and boost early brain development by participating in circle time sing-alongs, instrument exploration, dancing, games, and parachute play.

Community Center | January 16 – February 6 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Community Center | February 13 – March 5 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Community Center | March 19 – April 9 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50

Community Center | April 16 – May 7 | Tuesdays | 10:30 a.m. – 11:15 a.m. | \$50



YOUTH ENRICHMENT

Culinary Kids: Happiest Chefs on Earth:

ages 5 – 8 years Thurs. & 9 – 12 years Tues.

Future chefs, learn to prepare magical dishes from your favorite Disney movies! Participants will create a balanced meal from start to finish. Course will include instruction on how to make an ingredient list, write a recipe, and prepare a meal. Themes include Star Wars, Marvel, Disney Parks, and classic films.

Senior Center | January 16 – February 6 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$80

Senior Center | January 18 – February 8 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$80

Senior Center | February 13 – March 5 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$80

Senior Center | February 15 – March 7 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$80

Culinary Kids: Healthy Eats: ages 5 – 8 years Thurs. & 9 – 12 years Tues.

Join Recreation Staff in creating healthy and delicious dishes from start to finish. This course will focus on healthy recipes that include fruits and vegetables. Learn about nutrition, how to write a recipe and how to safely use kitchen tools.

Senior Center | March 19 – April 9 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$80

Senior Center | March 21 – April 11 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$80

Culinary Kids: Kids' Favorites: ages 5 – 8 years Thurs. & 9 – 12 years Tues.

Future chefs will learn how to create their favorite dishes from start to finish! Course will include instruction on how to make an ingredient list, write a recipe, and prepare a meal.

Senior Center | April 16 – May 7 | Tuesdays | 4:30 p.m. – 6:00 p.m. | \$80

Senior Center | April 18 – May 9 | Thursdays | 4:30 p.m. – 6:00 p.m. | \$80

Emerging Einsteins: ages 5 – 12 years

In this 5-week long program, participants will put their curious minds to the test as they participate in hands-on science experiments and challenges.

Community Center | January 17 – February 14 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

Build It!: ages 5 – 12 years

Participants will be challenged to build several types of structures and figures using brick toys by participating in different games and daily challenges. Master builders will learn how to follow step-by-step building directions and by the end of the course, participants should be able to assemble their own complex brick figure independently.

Community Center | February 21 – March 27 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

Get Slimed!: ages 5 – 12 years

Perfect the art of slime! This hands on class will include the best recipes to create slime with different textures, themes, and scents. Participants will learn the science behind the slime they create.

Community Center | April 3 – May 1 | Wednesdays | 4:00 p.m. – 5:30 p.m. | \$65

Kids' Night Out Valentine's Day: ages 5 – 12 years

Join in on an evening of recreation fun. Kids get a night out while parents get a night off! Make new friends while playing games and enjoying crafts and activities. Pizza dinner and movie will be provided. Movie: Trolls Band Together

Generations Center | February 9 | Friday | 6:00 p.m. – 9:00 p.m. | \$30



Camps

Spring Break Camp: grades K – 6th

Spring has sprung! Join us for a week of recreation fun! Participants will take part in themed active games, crafts, science experiments, food projects, and an on-site field trip.

Community Center | March 11 – 15 | Monday - Friday | 7:00 a.m. – 6:00 p.m. | \$180

Future Leaders Camp: grades 7th – 10th

Be an intricate part of youth's time at break camps while improving your leadership skills. Future Leaders Camp is designed to provide opportunities for teens to grow in the areas of leadership and responsibility while gaining valuable work skills for future use. Future Leaders will assist Camp Recreation Leaders in all aspects of the camp program: activity planning, set-up and clean-up of activities, implementing activities and programs, supporting campers throughout the day, and running the Camp Rewards Store. Teens will also take part in team building skills, leadership initiatives, and field trips.

Community Center | March 11 – 15 | Monday – Friday | 7:00 a.m. – 6:00 p.m. | \$100

Teen Programs

PRE-TEEN PROGRAMS:

NEW Tween Night Out: ages 9 – 12 years

Join the Recreation staff for the first ever Tween Night Out! Tweens will take part in trending challenges, games and projects while they enjoy the amenities The Grind @ LGC offers including: music, billiards, air hockey, ping-pong, Foosball and video games. Pizza dinner and snacks will be provided.

Generations Center | April 5 | Friday | 5:30 p.m. – 8:30 p.m. | \$30

Heart-Shaped Cake Design & Décor: 3rd – 6th grade

Join Recreation staff in creating your own heart shaped cake. Choose from a variety of different themes and materials to use. Staff will lead participants step-by-step through the decorating process. Participants will receive one heart shaped cake that they can bring home for the holiday. Enjoy tabletop games, snacks and fun!

Generations Center | February 10 | Saturday | 12:00 p.m. – 3:00 p.m. | \$30

Candle Creation Workshop: 3rd – 6th grade

Join Recreation staff in creating your own set of candles. Choose from a variety of different scents, colors, and add-ins. Staff will lead participants step-by-step through the candle making process. Participants will receive two candles that they will design and create themselves. Enjoy tabletop games, snacks and fun!

Generations Center | April 20 | Saturday | 12:00 p.m. – 3:00 p.m. | \$30



The Grind @ LGC: grades 7th – 12th

Free Membership

The Grind @ LGC hosts gaming systems, music, billiards, foosball, a ping pong table, air hockey, tournaments and weekly activities hosted by staff. Members can enjoy the lounge features of the center, which include table spaces, comfortable seating, free Wi-Fi, a snack bar and more! The Grind @ LGC is a great place to connect with friends, work on homework, or grab a snack.

While memberships are free, a completed application with a parent signature is required.

Open:

Monday – Thursday: 3:30 p.m. – 6:00 p.m.

Fridays & Saturdays: 3:30 p.m. – 5:00 p.m.

*Schedule follows M.U.S.D High School Calendar.

Will open early on district minimum days.

TEEN SPECIAL EVENTS:

All events take place at the Grind @ LGC unless otherwise stated.

Pre-registration is required:

Teen Retro Night - 80's Night: grades 7th – 12th

Go back in time and enjoy 80's themed music, food, games, crafts and activities. Dress in your best 80's attire.

The Grind @ LGC | January 19 | Friday | 6:00 p.m. – 8:00 p.m. | \$10

Anime Night: grades 7th – 12th

A night of anime fun includes: games, crafts, and activities! Dress as your favorite character and enjoy refreshments.

The Grind @ LGC | February 16 | Friday | 6:00 p.m. – 8:00 p.m. | \$10

Family Feud - Teen Edition: grades 9th – 12th

High School Teens, gather your friends group, club, team, or register as a free agent and face-off for a traditional game of Family Feud. The winning team will receive a perpetual trophy and their club, team, or group name displayed in the Grind @ LGC.

The Grind @ LGC | March 22 | Friday | 6:00 p.m. – 8:00 p.m. | FREE

Teen Amazing Race: grades 7th – 12th

Teens will pair up and complete a series of challenges from around the world

The Grind @ LGC | April 26 | Friday | 6:00 p.m. – 8:00 p.m. | \$10 per teen

www.ci.lathrop.ca.us/parksrec (209) 941-7372  



SPORTS

PARENT & ME

Mini Movers Soccer: ages 3 – 5 years

Mini Movers Soccer is a 5-week introductory program that teaches children how to play soccer through the development of motor skills, such as; ball dribbling, passing, and shooting. Children will participate in various skill stations while they work one-on-one and spend quality time with their parents/guardians. Parent/guardian participation required. Each child will receive their own soccer ball and Mini Movers shirt.

Mossdale Landing Community Park | February 17 – March 16 | Saturdays | 9 a.m. – 9:50 a.m. | \$80
Mossdale Landing Community Park | February 17 – March 16 | Saturdays | 10 a.m. – 10:50 a.m. | \$80

Mini Movers T-Ball: ages 3 – 5 years

Mini Movers T-Ball is a 5-week introductory program that teaches children how to play T-Ball through the development of motor skills, such as; catching, throwing, base running, and batting. Children will participate in various skill stations while they work one-on-one and spend quality time with their parents/guardians. Parent/guardian participation required. Each child will receive their own glove and Mini Movers shirt.

Valverde Park | May 4 – June 1 | Saturdays | 9:00 a.m. – 9:50 a.m. | \$80
Valverde Park | May 4 – June 1 | Saturdays | 10:00 a.m. – 10:50 a.m. | \$80

YOUTH SPORTS

Youth Soccer League: ages 5 – 8 years

The City of Lathrop's Youth Soccer League is a recreational program that is designed as a platform for the development of players, focusing on teaching a basic understanding of the game rules, while teaching the fundamentals such as: ball control, dribbling, passing, and shooting. This league also has a large focus on sportsmanship and teamwork. All participants will receive a jersey and play in an eight game season.

Registration begins January 1 and runs through March 17 or until league fills.

Divisions:

- Ages 5 – 6 Division
- Ages 7 – 8 Division

PRACTICE: Mossdale Landing Community Park | Begins the week of April 8 – 12 | After 5:00 p.m.
GAMES: Mossdale Landing Community Park | Saturdays | Between 9:00 a.m. – 2:00 p.m. | \$135 per participant

Youth Volleyball League: ages 8 – 13 years

The City of Lathrop's Youth Volleyball League is designed to introduce the basic understanding of the game rules, while teaching the fundamentals such as: serving, passing, setting, hitting, and digging. This league also has a large focus on sportsmanship and teamwork. All participants will receive a jersey and play in an eight game season.

Registration begins January 1 and runs through March 17 or until league fills.

Divisions:

- Ages 8 – 10 Division
- Ages 11 – 13 Division

PRACTICE: Scott Brooks Gymnasium | Begins the week of April 8 – 12 | After 5:00 p.m.
GAMES: Scott Brooks Gymnasium | Saturdays | Between 1:00 p.m. – 6:00 p.m. | \$135 per participant

Teen Hoop League: ages 14 – 17 years

The City of Lathrop's Teen Hoop League focuses on the development of a teen's lifelong passion for the game of basketball by teaching participants the fundamentals of the sport while allowing them to compete in and end of season tournament. All participants will receive an official NBA reversible jersey and play in an eight game season.

Registration begins January 1 and runs through March 24 or until league fills.

PRACTICE: Scott Brooks Gymnasium | Begins the week of April 15 – 18 | After 5:00 p.m.
GAMES: Scott Brooks Gymnasium | Fridays | Between 5:00 p.m. – 9:00 p.m. | \$135 per participant

ADULT SPORTS

Adult Basketball Spring League: ages 18 and up

Grab your friends, family and co-workers, gather a team together to play in our fun, competitive, and officiated league. Games are played on Sundays at the Lathrop High School Gymnasium.

Registration begins February 1 and runs through April 14.

Lathrop High School Gymnasium | Season begins April 28 | Sundays | \$450 per team

Adult Soccer League: ages 18 and up

Are you ready to come kick it in the City of Lathrop's first ever Adult Soccer League? Grab your friends, family and co-workers, gather a team together to play in our fun, competitive, and officiated co-ed league held on Monday nights. Compete in an eight game season. Managers Meeting on Monday, May 6.

Registration begins February 1 and runs through April 28.

Mossdale Landing Community Park | Season begins May 13 | Monday Evenings | \$300 per team

Adult Flag Football League: ages 18 and up

Ready, set, hike! Grab your friends, family and co-workers, gather a team together to play in our fun, competitive, and officiated co-ed league held on Tuesday nights. Compete in an eight game season. Managers Meeting on Tuesday, May 7.

Registration begins February 1 and runs through April 28.

Mossdale Landing Community Park | Season begins May 14 | Tuesday Evenings | \$300 per team

Adult Volleyball Drop-In: ages 18 and up

Join us and play non-competitive volleyball in a fun and social environment, once a week! All skill levels are invited to play. Teams will form on a first come first serve basis. No officials provided.

Scott Brooks Gymnasium | Begins April 10 | Wednesdays 7:00 p.m. – 9:00 p.m. | \$5 per drop-in or \$40 for 10 drop-ins



PARENT & ME

Parent & Me Yoga: ages 2 – 5 years

We will be silly and serious! Children will learn techniques to help them calm and center. Adults will re-learn how to play. Parent/Guardian participation is required.

Community Center | Mondays | 10:30 a.m. – 11:15 a.m. | \$50 month

Parent & Me Card Craft- Pixels and Papercuts: ages 4 years and up

Craft personalized invitations, greeting cards, or family photos that will leave a lasting impression. Combine handcrafted styles and digital design methods. Parent/Guardian participation is required.

Generations Center | Valentine | February 3 | Saturday | 1:30 p.m. – 3:30 p.m. | \$25

Generations Center | Colors of Holi | March 2 | Saturday | 10:00 a.m. – 12:00 p.m. | \$25

YOUTH

Youth Karate: ages 4 – 8 years

Improve coordination and concentration while learning the art of Karate. We emphasize character development, self-control, anti-bullying, respect and discipline in a safe and fun environment.

Scott Brooks Gymnasium | Tuesdays & Thursdays | 5:00 p.m. – 6:00 p.m. | \$80

Youth Karate: ages 9 – 15 years

Strengthen your body and mind and improve your concentration and coordination as you learn the art of Karate. We emphasize character development, self-control, anti-bullying, respect and discipline in a safe and fun environment.

Scott Brooks Gymnasium | Tuesdays & Thursdays | 6:00 p.m. – 7:00 p.m. | \$80

Future Stars Tiny Tots Tennis: ages 4 – 7 years

This is a great introduction to the sport of tennis. Learn the basics in a fun environment.

Park West | March 1 – March 29 | Fridays | 4:00 p.m. – 5:00 p.m. | \$75 month

Park West | March 6 – March 27 | Wednesdays | 4:00 p.m. – 5:00 p.m. | \$60 month

Park West | April 3 – April 24 | Wednesdays | 4:30 p.m. – 5:30 p.m. | \$60 month

Park West | April 5 – April 26 | Fridays | 4:30 p.m. – 5:30 p.m. | \$60 month

Future Stars Junior Tennis: ages 8 – 16 years

Have a ball learning basic tennis skills and techniques while improving coordination.

Park West | March 1 – March 29 | Fridays | 5:00 p.m. – 6:00 p.m. | \$75 month

Park West | March 6 – March 27 | Wednesdays | 5:00 p.m. – 6:00 p.m. | \$60 month

Park West | April 3 – April 24 | Wednesdays | 5:30 p.m. – 6:30 p.m. | \$60 month

Park West | April 5 – April 26 | Fridays | 5:30 p.m. – 6:30 p.m. | \$60 month

Beginner Gymnastics Floor Exercise: ages 6 – 12 years

Fun gymnastics floor exercises for cheer, dance and martial arts. Learn the basics to accomplish skills like forward rolls, cartwheels and more.

Senior Center | Mondays or Wednesdays | 4:30 p.m. – 5:30 p.m. | \$100 month

Senior Center | Mondays or Wednesdays | 6:45 p.m. – 7:45 p.m. | \$100 month

Intermediate Gymnastics Floor Exercise: ages 6 – 12 years

Continue building confidence and competence in floor exercise. Must be able to perform a cartwheel, execute bridge for 20 seconds, and have experience with floor exercise. Continue to advance by learning skills like back handspring and front walkovers.

Senior Center | Mondays or Wednesdays | 5:30 p.m. – 6:30 p.m. | \$100 month

KSB Skateboarding Classes: ages 5 – 17 years

KSB SKATE DOJO will be teaching skateboarding basics and fundamentals. Skateboarding is a great art form; one can gain confidence and be creative in a free flowing art format.

Generations Center Skate Park | March 5 – March 25 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75

Generations Center Skate Park | April 2 – April 23 | Tuesdays | 4:00 p.m. – 5:30 p.m. | \$75

Sew Much Fun: ages 9 – 17 years

Are you interested in design and sewing? This class is for beginners as well as those interested in building upon current skills. Learn to use a sewing machine and make projects according to your skill level. Sewing projects will vary- whether sewing apparel, accessories, or home décor. There will be a fashion show on the last day of class. Previous students can continue class and work on new projects calibrated to their skill level.

Generations Center | January 6 – February 3 | Saturdays | 9:30 a.m. – 12:30 p.m. | \$255

MULTI-GENERATIONAL

Footwork and Grace: ages 5 and up

This course is the beginners guide to Kuchipudi. Learn the history of Kuchipudi dance, basic steps, hand posture and body movements. Improve your focus, self-confidence and de-stress in a new and fun way! Drop in for \$20 per class.

Community Center | January 5 | Friday | 4:00 p.m. – 4:45 p.m. | FREE

Community Center | Fridays | 4:00 p.m. – 4:45 p.m. | \$60

Hawaiian Dance Class: ages 8 and up

Get a taste of Polynesian culture through dance and song while sharing Aloha. You will work up a sweat while you laugh, learn and engage with the community.

Senior Center | Tuesdays | 6:30 p.m. – 7:30 p.m. | \$55 month

Kat's Painting Party: ages 18 and up*

Enjoy an evening out with your special someone or great friends while exploring your inner artist. Kat will guide you through this interactive instructional course. Canvas and paints will be provided for you to create and take home your masterpiece. *Children under 15 years may register with accompanied registered adult.

Generations Center | Mickey or Minnie | January 11 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30

Generations Center | Jack & Sally in love | February 8 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30

Generations Center | Owl | March 14 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30

Generations Center | Floral | April 11 | Thursday | 6:30 p.m. – 8:00 p.m. | \$30

NEW- Marketing Design: ages 18 and up

Learn how to design digital and print-based marketing material. Build content for your business, event or for social media. Course will cover design theory and principles, marketing material design and the basics of Adobe Illustrator and Adobe Express.

Generations Center | January 6 – January 27 | Saturdays | 9:00 a.m. – 1:00 p.m. | \$60

Butts & Guts: ages 18 and up

This 45 minute workout is filled with multiple variations of squats, lunges, planks, crunches, leg lifts and other Pilates- style strengthening moves intended to tone your glutes and abs. Drop in fee \$10 per class. Register for both Butts & Guts and Zumba for a discounted rate!

Scott Brooks Gymnasium | Tuesdays and Thursdays | 9:10 a.m. – 10:10 a.m. | \$40 month

Zumba: ages 18 and up

Zumba is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. Zumba incorporates Latin music and dance moves with interval training. The overall effect is an exercise that feels more like a party not a workout! Drop in fee \$10 per class. Register for both Zumba and Butts & Guts for a discounted rate!

Scott Brooks Gymnasium | Mondays, Wednesdays & Fridays | 9:15 a.m. – 10:15 a.m. | \$40 month

Sarah Elena Yoga & Fitness: ages 18 and up

A gentle yoga practice lead by an expert instructor. This peaceful practice encourages reflective and meditative awareness and allows you to explore postures with your breath. Drop in fee of \$15 per class. Register for Mondays and Wednesdays at a discounted rate.

Valverde Park Amphitheater | Mondays | 12:00 p.m. – 1:00 p.m. | \$50

Valverde Park Amphitheater | Wednesdays | 10:00 a.m. – 11:00 a.m. | \$50

Sewing Machine Basics: ages 18 and up

Learn to use a sewing machine or refresh your skills. Participants will learn troubleshooting, terminology, and equipment. Practice a variety of seams and seam finishes and learn to use your sewing machine feet. Bring your own sewing machine, accessories and manual.

Generations Center | February 10 | Saturday | 9:00 a.m. – 1:00 p.m. | \$75

Demystifying Sewing Patterns: ages 18 and up

Learn how to purchase a sewing pattern by taking correct body measurements. Curriculum includes: reading a pattern envelope, fabric selection, notions and trimmings, understanding the guide sheet, working with pattern pieces, identifying symbols and markings, basic pattern adjustments and marker layouts before cutting the fabric correctly. Take a trip to the fabric store to see where the fabrics, notions and patterns are located and how to purchase them.

Generations Center | February 24 | Saturday | 9:00 a.m. – 2:00 p.m. | \$90

Beginning Sewing: ages 18 and up

Sew an elastic waist on lounge pants with pockets from a commercial pattern. Learn to make pattern adjustments based on your measurements before cutting the fabric. This class will cover the essential techniques to finish your project that can be used on many other projects. Bring your own sewing machine with accessories and manual.

Generations Center | March 2 – March 16 | Saturdays | 9:00 a.m. – 1:00 p.m. | \$195

Dog Obedience: ages 18 and up

We will help teach your dog basic commands and to respond to voice control. Our goal is that your dog has good manners with people, other dogs, and obey you during distracting situations.

PUPPY 1 (between 12 – 18 weeks)

Community Center | February 6 – March 12 | Tuesdays | 6:30 p.m. – 7:20 p.m. | \$140

Community Center | March 19 – April 16 | Tuesdays | 6:30 p.m. – 7:20 p.m. | \$140

PUPPY 2 (between 18-24 weeks)

Community Center | February 5 – March 11 | Mondays | 6:30 p.m. – 7:20 p.m. | \$140

Community Center | March 18 – April 15 | Mondays | 6:30 p.m. – 7:20 p.m. | \$140

BASIC/Canine Good Citizen

Canine Good Citizen test available at the end of session.

Generations Center Amphitheater | February 3 – March 2 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140

Generations Center Amphitheater | March 16 – April 13 | Saturdays | 9:30 a.m. – 10:30 a.m. | \$140

ADVANCED/Canine Good Citizen

Canine Good Citizen test available at the end of session.

Generations Center Amphitheater | April 11 – May 9 | Thursdays | 6:30 p.m. – 7:30 p.m. | \$140

Dog Training Workshops

Generations Center Amphitheater | January 13 | Saturday | 9:30 a.m. – 11:00 a.m. | \$60

Generations Center Amphitheater | January 27 | Saturday | 9:30 a.m. – 11:00 a.m. | \$60

NEW Pet Tech First Aid/CPR: ages 18 and up

Sometimes the unexpected happens, will you be prepared to take action when it does? This class covers First-aid skills, CPR techniques and health care and wellness information for dogs and cats. This course does not include dental care or senior care. Participants will receive a certification card and PetSaver handbook upon successful completion.

Generations Center | April 27 | Saturday | 9:00 a.m. – 1:00 p.m. | \$125





SENIOR ACTIVITIES AND CLASSES:

BINGO: ages 50+

10 games to play, 10 chances to win! Come enjoy an exciting afternoon for a chance to win a prize; we just have to hear you shout: "B-I-N-G-O!"
Senior Center | Mondays | 1:30 p.m. | Free

BUNCO: ages 50+

Let the good times ROLL during our senior BUNCO day! Come out and socialize with other seniors while taking turns rolling for that 3-of-a-kind!
Senior Center | Tuesdays | 1:30 p.m. | Free

Drumming 360: ages 50+

Drumming 360 turns' simple movements into a full-body workout! Come drum along to get your blood pumping! This class is will leave you smiling and feeling amazing! Drumming 360 uses a "drum stand", drumsticks, and a stability ball, creating one of the most fun workouts you will ever experience! Equipment provided.
Senior Center | Wednesdays | 8:30 a.m. | Free

Line Dance: ages 50+

Line dancing is a form of dance in which memory and execution comes together. Dancers learn basic steps, rhythms and routines choreographed to music; thereby, improving memory and balance.
Senior Center | Thursdays | 1:00 p.m. | Free

Step to a Better You Walking Club: ages 50+

Banish boredom, boost motivation, and join your peers by taking "Steps to a Better You". Walk with us around Manuel Valverde Park and positively improve your health in a fun way!
Senior Center | Mondays & Wednesdays | 9:30 a.m. | Free

El Concilio Senior Legal Services: ages 60+

The Lathrop Senior Center hosts a program of legal services for seniors ages 60 and older, or to the caregiver of a senior that is 60 years and up. The Council for the Spanish Speaking provides this program by appointment only.
Senior Center | 1st & 3rd Friday | 9:30 a.m. | Free

Book Club: ages 50+

Join the Senior Center book club, where we dive into a new book each and every month. We meet on a monthly basis, where we discuss our thoughts and opinions, and gain a deeper understanding towards the book we just read.
Senior Center | 3rd Wednesday | 3:00 p.m. | Free

Karaoke: ages 50+

Join us on the first and third Wednesday of each month for karaoke time with DJ Marvin. Choose your favorite song from an endless variety of song list.
Senior Center | First & Third Wednesday | 1:30 p.m. | Free

Gardening: ages 50+

Join us once a month to learn the best methods for potting, pruning, and growing your garden! Learn the finest way to grow your plants, fruits and veggies, and have your questions answered while having great discussions about gardening.
Senior Center | 2nd Monday | 3:00 p.m. | \$5.00

Cultural Cuisine Cooking Class: ages 50+

Spice up your culinary skills and experience different cultural dishes each month as you learn to prepare dishes from all over the world. Your taste buds will thank you. Supplies are included. Space is limited. Let's get cooking!!
Senior Center | 2nd Wednesday | 1:30 p.m. | \$5.00

Senior Lunch Program: ages 60+

Lathrop Senior Center serves a nutritious lunch daily, Monday-Friday at 11:30am. The suggested donation for the meal is \$3 for seniors ages 60 and up and \$7 for ages 59 and under. Reservations must be made 24 hours in advance. For more information, call (209) 941-7380.
Senior Center | Monday - Friday | 11:30 a.m. | \$3.00

Lathrop Senior Center Programming

*Apply for Activity Fee Assistance

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Bingo	1:30 p.m. – 3:00 p.m.				
Brown Bag		2nd & 4th 9:00 a.m. – 11:00 a.m.			
Bunco		1:30 p.m. – 3:30 p.m.			
Commodities				3rd Thursday 9:00 a.m. – 11:00 a.m.	
Drumming 360			8:30 a.m. – 9:30 a.m.		
Guest Speaker Series			4th Wednesday 1:30 p.m. – 2:30 p.m.		
Hula					1:00 p.m. – 2:30 p.m.
Line Dance				1:00 p.m. – 2:30 p.m.	
Lunch Program	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.	11:30 a.m. – 12:00 p.m.
Sewing				10:00 a.m. – 12:30 p.m.	
Silver Fitness				10:15 a.m. – 11:15 a.m.	
Sweet Social					2nd Friday 2:30 p.m.
Tai Chi	9:30 a.m. – 11:00 a.m.	10:30 a.m. – 11:30 a.m.			9:30 a.m. – 11:00 a.m..
Walking Group	9:30 a.m. – 10:30 a.m.				9:30 a.m. – 10:30 a.m.

The Lathrop Senior Center is open Monday – Friday, 9:00 a.m. – 4:00 p.m. Lunch is served daily at 11:30 a.m. to seniors age 60 and over. Fees are applicable for some classes, programs, or events. | Call the Senior Center at (209) 941-7380 for more information | Days, times, and fees are subject to change.

Tai Chi: ages 50+

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi focuses on connecting the mind and body. Pre-Registration required. .

Senior Center | Mondays & Fridays 9:30 a.m. | Tuesdays 10:30 a.m. | \$5.00

Sewing Class: ages 50+

This sewing class focuses on building or refreshing your sewing skills in a fun, creative and exciting way! If you can think it, you can sew it! Sewing machines provided, but you are welcome bringing your own.

Senior Center | Thursdays | 10:00 a.m. | \$5.00

Country Breakfast: ages 50+

Indulge in a hearty Country Breakfast for only \$5! Dive into a plate of sizzling bacon, fluffy eggs, and savory sausage. Plus, enjoy your choice of mouthwatering entrée that changes each month: delectable pancakes, golden French toast or comforting biscuits and gravy. A wholesome morning feast that won't break the bank!

Senior Center | Fridays | 9:00 a.m. | \$5.00

Hula Class: ages 50+

Join us every Friday from 1–2:30 pm to learn the basic elements of Hawaiian Hula dance. Foot placement, hand placement, and body positions, as well as terminology. Pre-Registration Required.

Senior Center | Fridays | 1:00 p.m. | \$5.00

Silver Fitness: ages 50+

Silver Strong Fitness is a premier active senior fitness class. This class will include a warmup, full body strength routine using lightweights, balance exercise, and exercises that focus on flexibility and range of motion.

Senior Center | Thursdays | 10:15 a.m. | \$15.00



SENIOR SPECIAL EVENTS:

Valentine's Dance: ages 21+

The City Lathrop Senior Advisory Commission will host their Annual Valentine's Dance at the Scott Brooks Gymnasium, 15557 Fifth Street, Lathrop. All proceeds will go to benefit senior programs and activities. There will be live music, Hors D'oeuvres and a raffle. For more information, please contact the Senior Center at 209-941-7380.

Scott Brooks Gym | February 3 | Saturday | 6:00 p.m. – 9:00 p.m. | \$15.00

St. Patrick's Day Luncheon: ages 50+

Join us for a delightful St. Patrick's Luncheon tailored for seniors 50 and over. Let's celebrate the luck of the Irish together at this light hearted event filled with laughter, delicious food and cherished moments. Don't forget to wear your green. You don't want to get pinched.

Senior Center | March 14 | Friday | 11:30 a.m. | \$5.00

Spring Kick Off: ages 50+

The Fun Has Sprung into Spring! Join us for an afternoon of games and activities and... a sweet treat. Set your clock to have a great time. We are excited to spend the afternoon with you and create great memories.

Senior Center | March 20 | Wednesday | 1:30pm | FREE

Movie Day: ages 50+

Classic movies never get old. Sit back, relax, and enjoy watching the feature film, "Liar Liar". Light snacks and refreshments included! Reserve your seat today!

Senior Center | March 29 | Friday | 4:00 p.m. | \$5.00

8-Ball Pool Tournament: ages 50+

Join in for a day of fun and excitement. Men or women, put your billiards skills to the test. Who will be the top winner, will it be you? Sign up today. Prizes will be awarded to the top winners. All skill levels are welcomed.

Senior Center | April 4 | Thursday | 9:00 a.m. | FREE

Special Events

For information on any of our Special Events, please contact (209) 941-7372.

Cinna-Buns with the Bunny

Hop on over and join us as we celebrate Easter at Cinna-Buns with the Bunny! Cinna-Buns with the Bunny includes one family photo with the Easter Bunny, two crafts, and a four pack of Cinnabon cinnamon rolls! There may be some Easter egg surprises hidden as well. Spaces are limited and will fill quickly. Register for your time slot today!

Generations Center | March 23 | Saturday | 9:00 a.m. – 12:00 p.m. | \$30 package

Earth Day Recycling Event

The Earth Day Recycling Event is a free drive-thru event! Recycle and dispose of batteries, mattresses, paint, and e-waste. Take advantage of paper shredding and pick up compost. Information on water conservation, recycling and hazardous waste will be available. The Lathrop Police Department will be on-site with a Drug Take-Back booth.

Mossdale Park | April 20 | Saturday | 9:00 a.m. – 12:00 p.m. | Free

Mayor's Art Show & Sale

Enter your artwork, whether your chosen medium is painting, drawing, photography or sculpture. We are excited to highlight local artists. Art will be displayed for public viewing and sale. The display will culminate with a reception and awards ceremony.

Art Intake | \$10 per entry-limit 3

City Hall Council Chamber | April 26 | Friday | 9:00 a.m. – 4:00 p.m.

City Hall Council Chamber | April 27 | Saturday | 9:00 a.m. – 12:00 p.m.

Art Displayed

City Hall Council Chamber | April 29-May 10 | 10:00 a.m. – 2:00 p.m.

Volunteer Opportunities

Volunteers keep the community strong by sharing their time, talents and resources. The City of Lathrop welcomes volunteers to assist with special events and make a difference in their community. If you are interested please call (209) 941-7372 for more information on how to get involved.

Sponsorship Opportunities

Sponsorship opportunities with the City of Lathrop Parks and Recreation Department are available. Discover how this unique investment opportunity can promote your business in the community by:

- Enhancing your public image
- Promoting your products and services
- Reaching targeted markets
- Reinforcing your good neighbor role
- Building a stronger community

Call (209) 941-7372 for more information today!



**Parks
Make
Life
Better!**

The City of Lathrop Parks & Recreation encourages you to get out and play!

Community Information



It is the desire of the City of Lathrop to create and maintain a beautiful, environmentally conscious city where citizens live, work and play.

Recycling and Conservation Efforts:

Beginning in 2022, SB 1383, the Short-lived Climate Pollutant Reduction Act of 2016, is geared to reduce organic waster disposal by 75% and increase edible food recovery by 20% by 2025. Visit <https://www.ci.lathrop.ca.us/parksrec/page/recycling-and-conservation> for more information. To comply with this state mandate, all solid waste generators will need to subscribe to organic / green waste collection services in accordance with Lathrop Municipal Code, Section 8.16.290, Mandatory Organic Waste Disposal Reduction. Items accepted in the Green Waste Cart include: grass clippings, tree trimmings, pruning, leaves, brush, and weeds. Please do not put in any dirt, rocks, concrete or tree stumps. Food scraps- fruits, vegetables, egg shells, dairy products, baked goods and meats. Food soiled paper including pizza boxes and paper plates. Additionally, it requires that qualifying businesses including supermarkets, grocery stores, food distributors, restaurants and hotels to redirect edible food from landfill to food recovery organizations. If you have extra recycling or green waste, you will need to call Republic Services prior to 3:00p.m. the day before your regularly scheduled day to request additional pick up. This service is free.

Hazardous Household Waste:

Hazardous Household Waste (HHW) can be found in the home, yard, and garage and must be disposed of properly. It is not only illegal to dispose of these wastes with your household garbage, it is bad for the environment (see below for some examples of hazardous waste). Fortunately, it is easy to cut down by using fewer products and less toxic environmentally friendly products.

Household Cleaners can contain chemicals that are toxic, corrosive and sometimes flammable:

- Oven cleaners
- Rug and Upholstery Cleaners
- Disinfectant
- Bleached-based Cleaners
- Ammonia-based Cleaners

Other Home Products can contain chemicals that are toxic and flammable:

- Aerosol Spray Cans
- Batteries
- Floor and Furniture Polish
- Nail Polish and Remover
- Medicines

Pesticide and Garden Products can contain chemicals that are toxic and sometimes flammable:

- Chemical Fertilizers
- Insecticides or Bug Killers
- Fungicides
- Rodent Poisons
- Flea Collars and Sprays

Pool and Hobby Products can contain chemicals that are toxic, explosive, and corrosive:

- Artists and Model Paints
- Pool Chemicals
- Firearm Cleaning Solvents and Ammunition
- Photographic Chemicals
- Solvent Based Glue

Paint Products can contain chemicals that are toxic and flammable:

- Enamel/Oil/Water/Latex based Paint
- Paint and Furniture Stripper
- Varnish
- Thinner, Solvent and Turpentine
- Stains and Varnish

Automotive Products can contain chemicals that are toxic, corrosive, and flammable:

- Antifreeze and Transmission Fluid
- Motor Oil and Gasoline
- Car Wax
- Auto and Motorcycle Batteries
- Engine Cleaner and De-greaser

Household Hazardous items can be dropped off at the **San Joaquin County Household Hazardous Waste Consolidation Facility** located at:

7850 R.A. Bridgeford Street
Stockton, CA 95206
(209) 468-3066

Hours of Operation:
Thursday – Saturday
9:00a.m. to 3:00p.m.

Bulk Pick-up

Republic Services offers Lathrop households 2 bulk item pick-ups per year at no additional charge. In order to serve you better, bulk trash collection will now be done by appointment only. Please call Republic Services offices at (209) 466-3604 during the months of February through November to schedule your collection date. Republic Services will collect up to 2.5 cubic yards of bulky items. Your pile should be no more than 3 feet wide by 7.5 feet long by 3 feet high, including appliances.

All bulky items to be discarded must be placed on the curbside on the evening before the scheduled pick-up date.

Items ACCEPTED for Pick-Up:

- Furniture
- E-Waste & Appliances (TV's, monitors, etc.)
* Please separate appliances and electronics from other trash items as they will be collected by a separate truck.
- Up to 4 tires without rims
- Bagged or boxed small items – Containers can weigh no more than 50 lbs.

