



2026

FALL ACTIVITY GUIDE

Youth Baseball •
School's Out Super Fun Camp •
Afterschool Achievers •
Berkeley Barracudas Swim Team •
Marina Education Programs •

AND MORE!

**Fall Registration
currently open for most
programs**

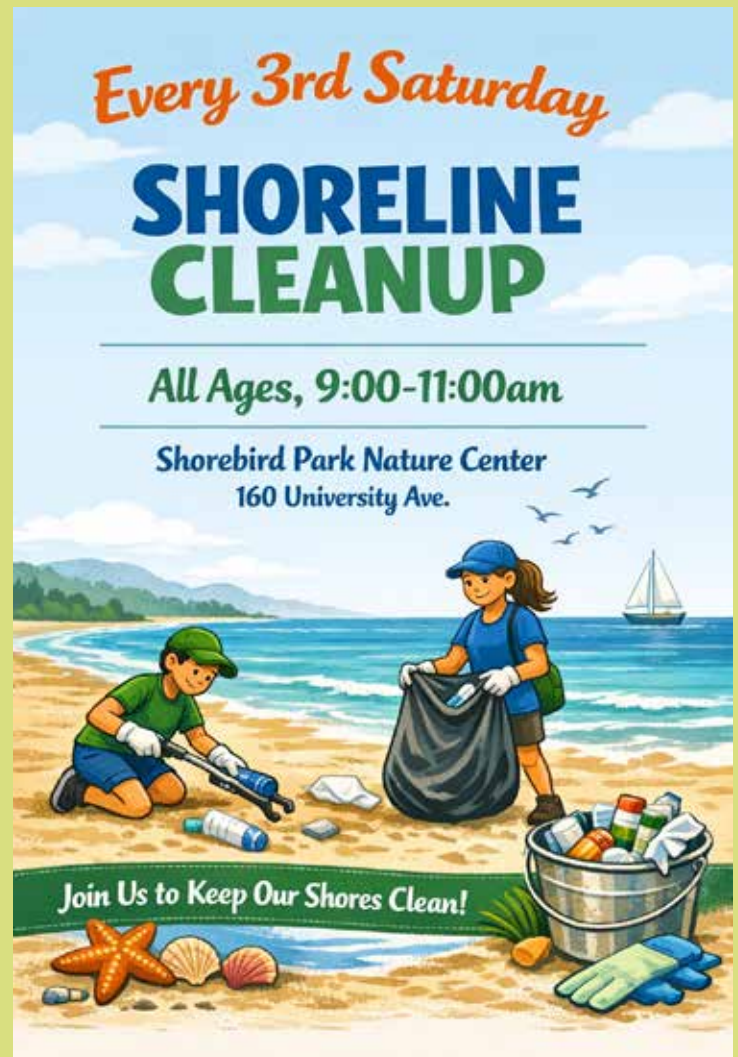


**Parks
Make
Life
Better!**

rec.berkeleyca.gov

Upcoming Special Events

-
- Aug 4** **Stop the Violence – National Night Out Block Party**
Tuesday, 3-7pm
McGee Ave Baptist Church
-
- Aug 7** **Movies in the Park: Super Mario Galaxy**
Friday, 8:15-11pm
Grove Park
-
- Aug 21** **Movies in the Park: Spongebob Movie**
Friday, 8-11pm
Codornices Park
-
- Sep 19** **California Coastal Cleanup Day**
Saturday, 9am-12pm
Shorebird Park Nature Center
Brickyard Cove
-
- Oct 24** **Floating Pumpkin Patch**
Saturday, 10am-12pm, 1-3pm, 4-6pm
West Campus Pool
-
- Oct 30** **Halloween Parade and Costume Contest**
Friday, 4-6pm
Frances Albrier
-
- Oct 31** **Halloween Howl Dog Parade and Costume Contest**
Saturday, 10am-12pm
James Kenney
-



RECREATION OFFICE

1720 8th Street
Berkeley, CA 94710
Recreation@berkeleyca.gov
510-981-5150
M-F, 8:30AM-4:30PM
Closed on Holidays & 2nd Fridays

COMMUNITY CENTERS

Frances Albrier
2800 Park Street, Berkeley, CA 94702
510-981-6640

James Kenney
1720 8th Street, Berkeley, CA 94710
510-981-6650

Live Oak
1301 Shattuck Ave., Berkeley, CA 94705
510-981-6690

**MLK Jr. Youth Services Center/
Young Adult Project**
(Closed for construction)
1730 Oregon Street, Berkeley, CA 94703
510-981-6670

Willard Clubhouse
2726 Hillegass Ave., Berkeley, CA 94705
510-981-6730

**Shorebird Nature Center &
Adventure Playground**
160 University Ave., Berkeley, CA 94710
510-981-6720

POOLS

West Campus Pool
2100 Browning Street, Berkeley, CA 94702
510-981-5125

King Pool
1700 Hopkins Street, Berkeley, CA 94703
510-981-5105

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510-981-5148

AFTER SCHOOL PROGRAMS

Frances Albrier Performing Arts Afterschool Program

Grades TK–5th

Aug 12–Dec 18, M–F, 1:30–6pm

Frances Albrier

Talented instructors teach youth the fundamentals of dance and drama: stage presence, public speaking, timing, and teamwork. Youth will put together four performances during the school year. Participants will also participate in traditional recreational games and sports. Daily snacks will be provided. Assistance with homework will be available. Call 510–981–6641 for details.

James Kenney Afterschool Program

Grades TK–5

Aug 12–Dec 18, M–F, 1:30–6pm

James Kenney

There is just the right amount of balance of structure and fun in this exciting program. Youth participate in a wide variety of fun and challenging activities ranging from homework and reading and environmental programs to art activities and sports, and games. Each day offers something new and exciting! Call 510–981–6650 for details.

Shorebird Nature Center Afterschool Program

Grades 1–5

Aug 12–Dec 18, M–F, 2:30–6pm

Shorebird Park Nature Center

Participants will build a sense of community while enjoying Adventure Playground, organized games, arts and crafts, a daily snack, and homework time.



Therapeutic Recreation Afterschool Program

Grades K–5

Aug 12–Dec 18, M–F, 1:30–6pm

James Kenney

There is just the right amount of balance of structure and fun in this exciting program. The Therapeutic Recreation Program provides inclusive services to youth with special needs, in grades K–5. Each day offers something new and exciting! Call 510–981–6656 for details or email dfinnie@berkeleyca.gov.

Teens Afterschool Achievers

For details, see page 15.

HOLIDAY CAMPS



Adventure Playground and Nature Center Camp

Ages 5-12

Nov 23-25, M-W, 9am-3pm

Shorebird Park Nature Center

Participants will have many opportunities to explore so much of what the Berkeley Waterfront offers. Kids will enjoy using tools and playing with recycled materials in Adventure Playground, as well as gain a greater sense of nature appreciation as they explore the rocky shores and docks of the marina with experienced staff.

Rebound Basketball

Thanksgiving Camp

Nov 23-25

Ages 5-8, M-W, 9am-12pm

Ages 8-14, M-W, 1-4pm

Live Oak Park

Rebound Winter Camp

Dec 21-23, Dec 28-30

Ages 5-8, M-W, 9am-12pm

Ages 8-14, M-W, 1-4pm, Live Oak Park

Basketball Day Clinic emphasizes skills through fun activities as well as games at the end of the day. Please be sure your child wears proper sports clothes and shoes, and bring a water bottle and snacks. A Ribbon award is included at the end of the program.

Rebound Chess Camp

Ages 5-14

Nov 23-25, Dec 21-23, Dec 28-30

M-W, 9am-12pm, Live Oak Park

Chess camp promotes the growth and development of skills in concentration, logic, decision making, planning, and self-discipline. Participants will play in training games with other participants. Participants should bring a water bottle and snacks. A Ribbon award is included at the end of the program.

School's Out Super Fun Camp

Grades TK-5th

9am-3pm

Oct 5: Frances Albrier

Oct 30: Frances Albrier

Nov 23-25: Live Oak

Dec 21-24: James Kenney

Dec 28-31: James Kenney

Join us for a day of FUN for your day off of school! We have a lot to offer with super fun games, creative art projects, sports, and much more! Pre-registration is required. All participants should wear weather appropriate clothing and bring a sack lunch. AM and PM Extended Care is available. Call 510-981-5150 for more information. Must register for Core Program to enroll in Extended Care.



SPECIALTY CLASSES

Athena Coding

Minecraft Coding and Design Studio

Ages 6–12

Sep 16–Nov 4, Wed, 3:30–4:30 pm

Live Oak

Minecraft isn't just the world's most popular game; it's also an excellent tool for teaching a wide array of subjects. At Athena, we've developed a project-based approach to a variety of important topics using Minecraft Educational; our course will cover: Personalized Game Design, Animation and storytelling, Programming in Python and Javascript, Architecture and design, The fundamentals of electrical circuitry using Minecraft's patented Redstone circuit system, Logic gates, multi-system mechanisms, Modding and more! At the end of this course, students take home a 3D printed design.

Laptop, iPad, or Chromebook required. Rentals can be provided for a \$40 fee.

Roblox Game Design and Coding with Lua

Ages 7–12

Sep 16–Nov 4, Wed, 4:40–5:40pm

Live Oak

Bring your game ideas to life in Roblox! We'll guide you through the lifecycle of game development; you'll sketch out an idea, design your game, and complete a finished product! You'll use the Lua programming language to create in Roblox's 3D studio while mastering real-world programming concepts. Whether you're completely new to coding or a designmaster, Roblox's game design engine offers some incredibly fun challenges.

We offer a unique and collaborative approach to programming and game design that will allow kids to develop their creativity while fostering an interest in practical skills.

PC or Mac Laptop required (chromebooks are not compatible). Rentals can be provided for a \$60 fee.

Hollywood Filmmaking

Ages 8–12

Sep 17–Nov 5, Thu, 3:30–4:30pm

Live Oak

From the writer's room to the silver screen, we'll guide you as you turn your idea into an amazing script, and then we'll help you bring it to life! All students are divided into production teams; together, they'll brainstorm their ideas, and then collaboratively draft a script with a part for everyone. As students work, we'll hold group workshops, where we help them with their script formatting, character design, dialogue and more! Then we move onto filming! Students will act out their own scripts, starring in the parts they themselves wrote. They'll also take turns behind the camera, shooting with iPads. We'll give guidance to students as they star in, film, and edit their movies with experienced advice on special effects and green-screen editing, shot composition and panning, lighting and sound effects. Each movie will be shown at the end of the class and a copy sent home!



Junior Alchemist: Chemistry for Kids!

Ages 6–12

Sep 17–Nov 5, Thu, 4:40–5:40pm

Live Oak

Want to master the secrets of the universe? Create a volcanic eruption to rival Pompeii?

Pass secret messages to your friends in invisible ink? Learn how to do these and much, much, more! Junior Alchemists is designed to not only pique an interest in scientific inquiry, but to introduce students to a deeper understanding of its development and application. We allow them to see the basic principles of science in the world around them. The course is focused on a number of experiments; they are tons of fun, visually appealing, and can safely be reproduced at home for friends and family.

SPECIALTY CLASSES

Brick Tech LEGO®

Fly, Drive Build: STEM with LEGO® Material Workshop

Ages 5-10

Sep 26, Sat, 9am-12pm

Live Oak

Fuel your fall fun with a 3-hour LEGO® Fly, Drive, Build workshop! Students will build planes, cars, and motion-themed creations while learning how things move through space. Great for hands-on learners and vehicle lovers alike—no experience needed, just a love for speed and imagination!

Boo! Spooky Haunted House LEGO® Workshop

Ages 5-10

Oct 31, Sat, 9am-12pm

Live Oak

Boo! Join us for a 3-hour Halloween LEGO® workshop filled with spooky fun! Kids will create haunted scenes, ghostly builds, and monster-inspired creations while learning design and building skills. A perfect way to celebrate the season through imagination, teamwork, and a little Halloween magic—no experience needed!

City Creator with LEGO® Material Camp

Ages 5-10

Nov 23-25, M-W, 9am-12pm

Live Oak

This fall, design a LEGO® city in just 3 hours! Students will build autumn-themed structures, roads, and parks while exploring creativity and engineering basics. Perfect for budding city planners and imaginative builders—no experience needed, just a passion for creating something awesome!



Ultimate LEGO® Trains Adventure Workshop

Ages 5-10

Dec 19, Sat, 9am-12pm

Live Oak

Take a 3-hour ride into LEGO® train-building fun this fall! Kids will construct locomotives, tracks, and autumn-inspired scenery while exploring movement, structure, and creativity. A great short-format workshop for curious builders who love trains!

Play-Well TEKologies

Amusement Park Workshop using LEGO® Material

Ages 5-10

Oct 5, Mon, 9am-12pm

Live Oak

It's time to create the LEGO® amusement park of your dreams! Build swings, gravitrons, or other fast spinning rides with the guidance of an experienced Play-Well instructor. Complete the scene with ticket booths and food stands, and get ready for the grand opening!

SPECIALTY CLASSES

Play-Well TEKnologies

Stem + Pokémon using LEGO® Material

Ages 5-10

Nov 23-25, M-W, 9am-4pm
Live Oak

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then join Ash and Pikachu to explore the vast world of Pokémon as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, and take a ride!

Dragonfly Designs

Sparkle & Shine: Jewelry Making for Beginners

Ages 5-7

James Kenney: Sep 14-Oct 19

Live Oak: Oct 26-Dec 7
Mon, 3:30-4:30pm

Spark your child's confidence through creativity! In this joyful beginner's jewelry class, young makers will explore vibrant colors, textures, and patterns as they learn foundational beading techniques. Each project supports early childhood development—from fine motor skills to pattern recognition—all while encouraging imaginative expression. Children leave not just with beautiful, wearable art, but with the self-assurance that comes from making something all their own.



Creative Closet: Fashion and Accessory Design

Ages 7-10

Sep 9-Oct 21, Oct 28-Dec 16
Wed, 3:30-4:30pm
Live Oak

Design stylish accessories like headbands, no-sew purses, beaded pieces, and wearable art using colorful, upcycled materials. Students develop personal style while learning design fundamentals and creative problem-solving. This hands-on class builds confidence, self-expression, and craftsmanship without the need for sewing.

Art Lab: Science Meets Creativity

Ages 5-7

James Kenney: Sep 10-Oct 22
Live Oak: Oct 29-Dec 10
Thu, 3:30-4:30pm

Where creativity and curiosity collide! Students engage in hands-on experiments that blend art and science—like watercolor reactions, sun prints, and texture explorations—while learning about color theory, cause and effect, and simple chemistry concepts. Each session encourages exploration, critical thinking, and creative discovery.

SPECIALTY CLASSES

Cooking

Sourdough Baking – Introduction Workshop from Starter to Finish

Ages 14+

Oct 11, Sun, 1:30–4pm, Live Oak

Delve into the art and science of sourdough baking in this hands-on workshop that aims to demystify the sourdough process and make it more approachable for at-home bakers! Gain insight into the science behind fermentation and gluten development and discover the secrets to achieving that perfect rise and flavor. Learn not only how to make a traditional rustic sourdough boule, but also how to apply your knowledge of the sourdough method to make other sourdough goodies like focaccia, pizza dough, baguettes, and other baked goods! Master starter cultivation, dough preparation, shaping, and baking techniques. Take home a starter culture and your own ready-to-bake boule!

9th Street Lab Woodworking

Woodworking Essentials

Ages 6–12

Session 1: Sep 10–Oct 1

Session 2: Oct 8–29

Thu, 3:30–5pm, James Kenney Park

The 9th Street Lab is based on the idea that youth have a natural and innate sense of imagination and curiosity of the world. The Lab provides an environment and opportunity that amplifies youth's creativity and imagination to grow and develop while they learn practical and lifelong skills. All of this takes place with hands-on workshops and activities where builders work as individuals and as a group. Join us this Fall for woodworking or reverse engineering classes that enable curiosity and imagination.

YOUTH CLASSES

Mixed Martial Arts

Ages 5–13

Ongoing, Th, 4–5pm

Live Oak

This is a beginners to intermediate class that teaches a variety of martial arts from basic Taekwondo Palgwe forms, Olympic style Taekwondo sparring, basic boxing combinations and a handful of practical self defense techniques. All sparring is light to medium contact and will require some protective gear. This class covers from white belt to green belt. Uniform required.

Wado Kai Karate

Ages 7–17

Ongoing, TuTh, 4:30–5:30pm

Sa, 9:45–10:45am

Live Oak

Wado Kai is a traditional style of Japanese Karate that teaches the fundamental skills of stances, kicks, punches and blocks. With an emphasis on skill development, coordination, fitness and self-confidence students will participate in katas-forms, partner drills and light sparring. Black belts are certified with Japan Karatedo Federation of Wado-Kai.



AQUATICS



Pool Drop-in Passes

All drop in program participants must purchase a swim pass prior to attending. A premium pass is required to attend Berkeley Aquatic Masters and Senior Exercise Class. Purchase a pass online or call 510-981-5150 ext. 0.

For operating hours please visit the [City of Berkeley Aquatics](#).

Daily Pass Premium	\$8 resident \$10 non-resident
Monthly Pass Premium	\$75 resident \$90 non-resident
10-Swims Pass Premium	\$94 resident \$113 non-resident

Lap Swim

Swim time in an organized lane environment. Note: During certain times, instructional/coached programs will have priority in lane assignment and space.

Independent Exercise (Dive Tank)

This provides time to exercise in the 10-12 ft. deep pool without an instructor. The diving board will not be available for use at this time.

Independent Exercise (Shallow)

This provides time to exercise in shallow section of the lap pool without an instructor. The diving board will not be available for use at this time.

Family Swim (Shallow)

Time for families to swim together in the shallow section of the lap pool. Parent or guardian must supervise their children at all times. Children under 7 years and less than 42" in height must be accompanied in the pool by parent or guardian, who must remain within arm's reach at all times. No more than 2 children who are under 7 years old or less than 42" in height, per adult. No balls, flotation devices, snorkels, fins or masks that cover the nose allowed.

Community Swim

All areas of the pool are open for play. Lap swim lanes are not available. Children under 7 years or under 42" tall, must be accompanied on deck and in the pool by a parent or guardian, 18 years or older. A swim test must be passed to be admitted to the deep area of the pools. No flotation devices, fins, snorkels or masks that cover the nose allowed.

Community Swim Group Use Policy All groups with 10 or more children must submit a written request for a Public Swim date at least 5 days prior to their planned arrival at the pool. Groups will be notified by staff of their approved date(s). Please submit all requests to aquatics@berkeleyca.gov. IMPORTANT NOTE: Groups that drop-in without prior notice may not be allowed entry if pool is at or near capacity.

Senior Exercise Class

Requires Premium Pass

An instructor led movement class designed especially for seniors, set to lively music.

Berkeley Aquatic Masters

Requires Premium Pass

Year-round swim team providing structured, coached workouts for adult competitive and fitness swimmers, and triathletes. New swimmers welcome, no tryouts required.

AQUATICS

American Red Cross Swim Lessons

Weekday (Mon–Thurs): West Campus Pool

Session 1: Sep 14–24

Session 2: Sep 28–Oct 8

Session 3: TBD

Session 4: TBD

Weekend (Sun): King Pool

Session 1: Sep 13–Oct 4

Weekday morning, weekday afternoon and weekend sessions are available at both the West Campus and King pools.

Scholarships are available to ensure Berkeley residents of all ages have access to Recreation programs. [Apply for scholarships.](#)

Preschool Level 1 (Ages 3–5)

Swimmers gain confidence in the pool environment and learn to move in the water safely. Some skills include: floating and kicking with support, blowing bubbles and water safety skills. No prior experience necessary.

Preschool Level 2 (Ages 3–5)

Swimmers build on skills from the previous level and will practice floating, kicking and bobbing with support, and more water safety skills.

Preschool Level 3 (Ages 3–5)

Swimmers will increase their proficiency and build on previous skills, gaining independence in the water while learning critical water safety skills.

Learn-to-Swim Level 1 (Ages 6–17)

Introduction to Water Skills: Swimmers gain confidence in the pool environment and learn floating and kicking with support, blowing bubbles and water safety skills. No prior experience necessary.

Learn to Swim Level 2 (Ages 6–17)

Fundamental Aquatic Skills: Participants will learn independent locomotion skills on front and back, and develop a foundation for swimming strokes.

Learn to Swim Level 3 (Ages 6–17)

Stroke Development: Participants will learn front crawl and elementary backstroke, develop further stroke skills and are introduced to deep water.

Learn to Swim Level 4 (Ages 7–17)

Stroke Improvement: Participants work to improve upon previously learned skills and learn breaststroke, back crawl, sidestroke, and butterfly.

Learn to Swim Level 5/6 (Ages 8–17)

Stroke Refinement/Advanced Skills: Refinement of all six strokes. Practice turns and additional areas of special interest such as personal water safety, diving or fitness swimming.

American Red Cross Lifeguard Training

Ages 15+

Sep 28, 4:45–6pm

Oct 3–5, 9am–6:30pm

Oct 11–12, 9am–6:30pm

Nov 16, 4:45–6pm

Nov 21–25, 9am–6:30pm

King Pool

This course prepares participants for the job of Lifeguarding by providing the skills and knowledge to prevent, recognize, and respond to emergencies in an aquatic environment. Participants will learn lifesaving techniques, including in-water rescues, CPR, AED, and First Aid. Upon completing the course, participants will receive an American Red Cross Certification required to become a Lifeguard.



AQUATICS

Barracudas Swim Team

Ages 5-17

Year-round youth swim team and stroke development. Levels include: Beginner, Advanced Beginner, Intermediate, and Advanced. Prospective participants must try out for the Berkeley Barracudas to be eligible for registration. We offer tryouts every Friday from 3:00 – 4:00 pm at King Pool; try-outs are held on a drop-in basis and do not require pre-registration. After the tryout is completed successfully, you will be placed in one of our four levels based on skill level and will be able to register for sessions when registrations open up.



Fall Sessions 1-4

Aug 12-Dec 11

Beginners/Advanced

Beginners Group 1: 4-5pm

Advanced Beginners

Group 2/Intermediate/Advanced: 5-6pm

Minimum Swimming Requirements

Beginners Level:

Must be able to swim 4 laps (25 yards each), one of each stroke: Butterfly and Backstroke (Level 3 Proficiency), Breaststroke, Freestyle (Level 5 Proficiency).

Advanced Beginners Level:

Must be able to swim 8 laps (25 yards each), two of each stroke: Butterfly, Backstroke, Breaststroke, Freestyle (Level 5 Proficiency) .

Swimmer must be able to tread water for 2 minutes.

Intermediate Level:

Must be able to swim 300 IM (12 laps, 25 yards each), three of each stroke: Butterfly, Backstroke, Breaststroke, Freestyle (Level 5 Proficiency).

Swimmer must be able to tread water for 2 minutes without using hands.

Advanced Level:

Must be able to swim 400 IM (16 laps, 25 yards each), four of each stroke: Butterfly, Backstroke, Breaststroke, Freestyle (Level 6 Proficiency).

Swimmer must be able to tread water for 2 minutes without using hands.

SHOREBIRD NATURE CENTER



Nature Journaling Club

Ages 6+

Ongoing, Sa, 10am–12pm

Shorebird Park Nature Center

Aug 22: Information Overload

Sep 26: Bay View

Oct 24: Under the Docks

Dec 26: Leaf Investigations

Join Nature Center staff to develop closer connections with nature while sketching and watercoloring the wildlife at the Berkeley Waterfront! Learn various nature journaling techniques and practices while observing local wildlife.

BAY Interpretive Training Docent Program (BAY IT)

Ages 18+

Ongoing, 9:30am–12:30pm

Sep 1: SF Bay History

Sep 15: Fish

Sep 29: Birds

Shorebird Park Nature Center offers docent training to teach local school children about San Francisco Bay ecology, focusing on birds, fish, marine mammals, and tidal invertebrates. Docents can participate in individual training sessions.

1st Saturday Naturalist Open House

All Ages

Ongoing, 1st Saturday of the month, 10am–2pm

Shorebird Park Nature Center

The Shorebird Park Nature Center is excited to invite you to our open house events. Come explore our space, meet local wildlife, use a microscope or learn about all our program options. Each month will highlight a different environmental theme!

Adventure Playground

All Ages

Sa, Su, 11am–5pm (Starting Nov 1, 11am–4pm)

160 University Ave.

Visitors to Adventure Playground can enjoy playing on the many kid-designed and built forts, boats, and towers, riding the zip line or creating with hammers, saws, paint, and recycled materials.

Group Reservations available during the week for school groups and weekends for birthday parties.

Berkeley Marina Education Programs

Grades K–8

TuThF, 9:30am–12:30pm

Shorebird Park Nature Center

The Shorebird Park Nature Center offers science and nature field trips for kindergarten–8th grade classes. Includes Low-Tide Discovery, Birds, Fish, and Marine Ecology programs.

Interested teachers can contact naturecenter@berkeleyca.gov for availability and registration details for the 2026 school year.

PRE-K/TK

Together Wee Move

Ages 4 & under

Select Thursdays, 9:30am-12pm

Various Tot Lots

Join us as we take the excitement outdoors and into the community — and invite families to come explore the fun! Children can enjoy age-appropriate toys and activities that help build motor skills while encouraging social play and interaction. One adult per three children. See scheduled Thursdays to locate us in a park near you! No registration required. For more info, call 510-981-7554.

Note: Programs will not be held at our centers. Please check the park schedule for dates and locations.

Tots Martial Arts

Ages 3-5

Ongoing, Tu, 4-5pm, Live Oak

A play based martial arts class for 3-5 yrs. Students focus and stay engaged while developing balance, coordination, and discipline. Participants will learn blocks, stances, and exercises while navigating through a fun and safe obstacle course.



Music Together

All Ages

Ongoing, Tu, 9:30-10:30am

Live Oak

What will you and your child find in a Music Together class?

You will find high-energy movers and quiet observers all intently involved in their own way in the exciting musical happenings around them, whether it's a rousing Israeli wedding dance, or the glorious sounds of Big Ben's bells and chimes played on resonator bars. Music Together classes provide a true family music experience, as siblings can attend the mixed age classes together. Moms, dads, aunts, uncles, grandparents and best buddies are all invited to attend.

All registration for East Bay Music Together through provider: Contact info to info@eastbaymusicttogether.com and the website to eastbaymusicttogether.com.

TEENS

Afterschool Achievers

Grades 6–8

Aug 12–May 28, M–F, 3–6pm

Frances Albrier

We foster a safe, supportive, and inclusive environment where every student is valued, respected, and empowered. Our focus is on academic and personal growth, and we give back to the community through meaningful monthly service projects throughout Berkeley. Participants may have an opportunity to receive a monthly stipend with full participation.

Leadership for Life Academy

Grades 9

Sep 8–Nov 12, TuTh, 3:30–5:30pm

Berkeley High School

This program is designed to help facilitate the transition to high school and focuses on developing leadership skills and civic engagement. We emphasize effective communication skills, life skills training, critical thinking, conflict resolution, nutrition, violence prevention, community service projects, and many more important topics.

Youth Commission

Grades 6–12

Every 2nd Monday of the Month

6:30–7:30pm

Frances Albrier

Identifies the needs of youth, reviews and recommends youth services and programs.

TEEN EVENTS

Teen Night: The After Spot

Grades 6–12

Sep 4–Nov 20, F, 6–9pm

Frances Albrier

Hey Teens! Tired of the same old Friday night routine? The City of Berkeley Teen Program has the Perfect solution for you. Introducing Teen Night, the ultimate hangout spot exclusively for you. It's where the fun begins on Friday nights!

Teens Take a Trip: Six Flags Discovery Kingdom

Grades 6–12

Oct 24, Sa, 10am–7pm

Pickup & Drop off Frances Albrier

The City of Berkeley Teen Trips are designed to give local teens a chance to explore the world outside of their own neighborhood—to learn, have positive social interactions with others, and to have fun! Trips are scheduled throughout the year and include destinations such as, the beach, amusement parks, bowling, water rafting, and many more! The cost of trips provides transportation and admission only (unless otherwise noted). Please bring additional spending money. Call 981-6674 for more information, and tickets are nonrefundable.

YOUTH SPORTS



BASKETBALL

Rebound Basketball Academy

Sep 12–Oct 17, Oct 31– Dec 12
Saturdays
Live Oak Park

Participants should wear sports clothing and bring a bottle of water. Fun games will be played in each class. A Ribbon award is included at the end of the program. See all classes below.

Rebound: Parent and Me

Ages 2–3.5
9:15–9:40 am

This parent-child class develops gross motor skills and coordination pertinent to the game of basketball.

Rebound: First Shots

Ages 3.5–5
9:45–10:15 am

The fundamentals of basketball are learned in a fun recreational environment.

Rebound: Basketball Skills & Games

Ages 5–7
10:25–11:10 am

Learn and practice basic basketball skills such as dribbling, passing, and shooting in each class. The class includes age-appropriate activities and emphasizes basketball skills.

Rebound: Basketball Scrimmages & Team

Ages 8–14
11:15 am–12:10pm

The class emphasizes the basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give participants a strong foundation while moving to the game level. Classes also emphasize developing sports skills, improving self-esteem, and fair play.

Rebound Holiday Break Camps

See page 5.



Youth Baseball

Aug 18–Sep 24, Sep 29–Nov 5, Nov 10–Dec 17
TuTh, 4:30–5:30pm, San Pablo Park

Youth Baseball Classes are back for Fall 2026!

This program is for young athletes that have an interest in developing their skill. All of our youth sports programs are open to all genders. Programs are designed to focus on participation and fair play. Our goal will be to teach the fundamentals of hitting mechanics, infield/outfield fielding, and base running all while having fun. No experience is needed to participate, and players of all abilities are encouraged to join. For more information call 510-981-6690.

YOUTH SPORTS

SOCCER

Just4Kicks: Parent and Me

Ages 2.5-5

Sep 17-Nov 5, Th, 4-4:40pm

Live Oak

This beginner-friendly class invites young children and their caregivers to play and learn together through simple soccer games, music, and movement. Toddlers build motor skills, coordination, balance, and listening skills in a fun, supportive setting, while parents participate alongside them to boost confidence, social development, and a love of physical activity.

Just4Kicks: Kinder + K-1

Grades K-1

Sep 16-Nov 4, W, 4-4:40pm

Live Oak

This program introduces young players to the fundamentals of the game in a fun, supportive environment. Children learn basic skills like dribbling, passing, shooting, and teamwork through engaging games and age-appropriate activities. The focus is on building coordination, confidence, listening skills, and sportsmanship while fostering a love for soccer.

Just4Kicks: Ages 7-12

Ages 7-12

Sep 16-Nov 4, W, 4:40-5:20pm

Live Oak

This program introduces young players to the fundamentals of the game in a fun, supportive environment. Children learn basic skills like dribbling, passing, shooting, and teamwork through engaging games and age-appropriate activities. The focus is on building coordination, confidence, listening skills, and sportsmanship while fostering a love for soccer.



ABSC First Touch Soccer

Ages 3-7

Aug 18-Oct 6, Oct 13-Dec 1

Tu, 3-4pm

James Kenney Park

Our knowledgeable and patient trainers work on developing skills such as dribbling, passing, trapping, defending, shooting, throw-ins, as well as speed and agility. Our goal is to create a strong emphasis on teamwork.

Super Soccer Stars

Ages 2-3, Ages 3-5, Ages 6-10

Sep 20-Nov 22, Su

Willard Park

Soccer fundamentals are taught in a fun, non-competitive environment. Our philosophy uses positive reinforcement and a low child-to-coach ratio to build confidence and skills. Progressive lessons are crafted with age-appropriate activities and a unique, age-specific curriculum to improve soccer skills, self-confidence, and social skills at your child's own pace.

AYSO! Play Camps

Ages 6-12

Nov 23-25, M-W, 9am-12pm (Half day)

9am-3pm (Full Day)

Live Oak

AYSO PLAY! Camps are an ideal way to offer children wider access to the world's fastest-growing youth sport while enhancing their soccer skills. Led by certified and trained AYSO coaches, campers will engage in small group instruction with activities centered around daily themes such as dribbling, passing, attacking, and defending, built around AYSO's six philosophies. With single day, half-day and full-day options available, these camps welcome participants of all ages and skill levels. Be the next Alex Morgan or Landon Donovan to PLAY! AYSO.

YOUTH SPORTS

MULTI-SPORTS

Genforward Sports

Sep 13–Oct 4, Oct 25–Nov 15, Su
Strawberry Creek

GenForward Shoot and Shine Sunday Basketball Classes bring fun, energy, and confidence-building play to Berkeley's youngest athletes. Designed for all skill levels, each scrimmage-based session helps kids learn by doing while building teamwork, communication, and creativity. Through imaginative "sun-and-under stove games," players explore essential basketball skills like spacing, dribbling, passing, and shooting in an inclusive, supportive environment.

SKATE

Skate Like a Girl

Ages 5–13
Oct 6–27, every Tuesday, 6–7:30pm
Berkeley Skate Park

Sk8 School is a series of (4) lesson-based skateboarding classes that provide youth an opportunity to develop new skills on and off their skateboards while making new friends along the way. Whether you are brand new to skateboarding or looking to progress your skating, this is a program for you! All Gender Skate School.

FRISBEE

Spiders Ultimate Frisbee Class

Ages 8–12
Aug 5–Nov 18, W, 3–4pm
San Pablo Park

Ultimate Frisbee is a safe, engaging sport that builds skills your child can use on any team. Each week, players learn through play with professional frisbee athletes—practicing throwing, catching, and the fundamental X's and O's of the game. Sessions emphasize sportsmanship, teamwork, and social-emotional growth. Kids have a blast playing alongside friends and the Spiders, Oakland's professional Ultimate Frisbee team.

BOXING

Youth Boxing

Ages 9–17
Sep 9–Nov 30, MWF, 3:30–6:30pm
James Kenney

Participants will learn the fundamentals of boxing through this exciting class. Bring handwraps, workout clothing, tennis shoes, boxing gloves (optional), and lots of water! An additional \$2 for handwraps if purchased at class. We are certified through USA Boxing.



YOUTH SPORTS

TENNIS

Life Long Tennis Academy

Ages 4+

Ongoing, Live Oak & James Kenney Parks

Whether you are a beginner or a seasoned player wanting more technical development, Life Long Tennis accommodates all players based on their skill level.

Hit Elite Tennis and Pickleball

Ages 4-10

Various class times, Willard Park

At Hit Elite, our mission is to foster a love for the game while nurturing the growth of aspiring tennis and pickleball enthusiasts. Whether you're a beginner looking to master the basics or an advanced player aiming for new heights, we're here to guide you every step of the way.



ADULT CLASSES

Aikido

Ages 14+

Ongoing, M, 6:15–7:45pm

Sa, 9:30–11:30am

Live Oak

People from all walks of life include Aikido in their training due to its focus on non-lethal, effective, and efficient methods for subduing opponents, making it one of the most popular martial arts for self-defense studied by civilians, police, and military around the world. Aikido focuses on methods of disarming, taking down, and controlling a skilled opponent. No prior martial arts experience necessary.

Beginning Yoga

Ages 18+

Ongoing, Tu, 6:30–8pm,

Live Oak

Yoga is the study and practice of integrating the mind, body and breath to achieve greater health, mental clarity, and vitality. Through a series of postures, breathwork, relaxation and meditation, students will learn how to reduce stress, feel more energized, and enhance the overall quality of their lives. This course is designed for beginners but all levels are welcome. Please bring your yoga mat!

Hatha Yoga

Ages 18+

Ongoing, Sa, 9:30–11am

Live Oak

Stretch and strengthen the body with Yoga! We use traditional yoga postures, breath, and exercise to improve strength, alignment, flexibility, balance and mental relaxation. Beginners are always welcome. Bring a mat, small props are available. Email Betsy with questions, betsyday1@yahoo.com. Fees: \$52 (month) / \$15 (drop-in).

Iaido

Ages 10+

Ongoing, W, 5:45–7:15pm, Live Oak

Iaido originates from Japanese sword techniques that emerged between the 14th and 16th centuries. Its primary objective is to master the art of drawing the sword swiftly to overcome an aggressor in an instant. As a “Way” or discipline, iaido not only trains the physical skills but also nurtures a spiritual understanding of the interconnectedness between life and death, as well as the harmony between movement and stillness. The connection to kendo (Tue/Thu at Live Oak) is very close, and provides practitioners with a comprehensive and complementary training experience.

Kendo

Ages 6+

Ongoing, TuTh, 5:45–7:15pm, Live Oak

Kendo is the modern martial art of Japanese swordsmanship. Kendo offers lifelong opportunities to strengthen and deepen character through the study of “the way of the sword.” Every person has their own unique reasons for wanting to practice kendo. Whether your primary interest is competition, physical exercise, mental or spiritual training, Japanese culture, attaining a specific rank, making friends, or participating in a family activity, you can meet your goals at our dojo.

Wado Kai Karate

Ages 16+

Ongoing, Tu, Th 7–9pm, Sa, 9:45–10:45am

Live Oak

Wado Kai is a traditional style of Japanese Karate that teaches the fundamental skills of stances, kicks, punches and blocks. With an emphasis on skill development, coordination, fitness and self-confidence students will participate in katas—forms, partner drills and light sparring. Black belts are certified with Japan Karatedo Federation of Wado-Kai.

ADULT CLASSES



Sirius Puppy Training

All Ages

**Ongoing, Th, 6–9pm, Sa, 9am–12pm
Live Oak**

Off-leash puppy training class: socializing your pup, modifying your pup's play style, building confidence in shy or standoffish pups and mastering off-leash control with distractions. Register at: www.siriuspup.com/schedule

Disco Fitness with Radiant Heart Living

Ages 18+

**Ongoing, TuTh, 6–7pm
Willard Clubhouse**

Disco Fitness is a fitness party for all levels. It is a functional fitness movement and dance class for everyone. Focusing on having fun while working on mobility, flexibility, balance, and strength, classes are designed to move and work the entire body for your overall health and well-being.

Please email Cynthia with any questions at cynthia@radiantheartliving.net.

Adult Boxing

Ages 18–70

Sep 9–Nov 30, MWF, 3:30–6:30pm

James Kenney

Shape up fast and burn fat with this extreme conditioning workout! Bring handwraps, workout clothing, tennis shoes, boxing gloves (optional), and lots of water! Additional \$2 for hand wraps. We are certified through USA Boxing.

Aqua Zumba

Ages 18+

**Aug 1–31, Su, 9–10am
West Campus Pool**

A low-impact water exercise course designed to improve muscular strength, flexibility, balance, and cardiovascular fitness. These non-swimming exercises will involve dance steps and variations to upbeat World Music. It's a fun, yet challenging water-based body toning workout. This is just a class – it's a party in the pool! Bring your swimsuit and a party attitude.

Zumba

Ages 16+

**Ongoing, TuTh, 9:30–10:30am
Live Oak**

Zumba is a high energy Latin-inspired dance fitness class. It mixes a number of dance styles, including, but NOT limited to: Salsa, Merengue, Reggaetón and Cumbia.

Bring a water bottle, comfortable clothes and shoes. Be prepared to have fun and burn a lot of calories! \$10 per class.



DROP-IN SPORTS

Open Gym Basketball

Ages 18+, W, 8-10pm, James Kenney

Show off your skills! Winners stay on after three games. Open to 18+, no registration needed. A great way to play, stay active, and connect!

Women's Basketball

Ages 18+

Ongoing, M, 7:30-9:30pm, James Kenney

Open gym basketball for women 18 years and older! Practice your basketball skills and play in a friendly environment for all skill levels.

Volleyball

Ages 18+

Ongoing, W, 6-8pm, James Kenney

Open gym volleyball for adults! Practice your volleyball skills and play in a friendly environment for all skill levels.

Weight Room

Ages 18+

Ongoing, M, W, F, 6-9pm, James Kenney

Basic cardio and free weight equipment is available. All equipment and machinery are first come, first served. Participants must sign waiver upon each entry.

Family Open Gym

All Ages

M, 6-7:30pm, 8-10pm

James Kenney

Gym will be open for all families to have fun playing together using our gym equipment.



THANK YOU

TO OUR SPONSORS

**THANKS TO ALL THE RESIDENTS AND GROUPS THAT
SPONSORED A FAMILY IN OUR ANNUAL
ADOPT-A-FAMILY HOLIDAY GIFT PROGRAM.**

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