

Summer 2016

UPLAND *Today*

The News Magazine and Recreation Guide for the City of Upland.



Inside



Upland Foothill
Kiwans



Pavement Grant



Summer Aquatics

Upland Today is published quarterly by the City of Upland to inform residents of community news, recreation activities, and cultural events.





City Manager's Corner

TABLE of Contents

City News..... 2
 Hometown Upland..... 4
 Pet's Corner 8
 Library News and Events 10
 Directory 12
 Recreation Classes..... 13
 Senior Programs 22
 Trips and Tours..... 25
 Upland Facilities 29
 Registration 30
 Community Calendar..... 31

CITY COUNCIL & ELECTED OFFICIALS

To contact the City Council or Elected Officials, email: citycouncil@ci.upland.ca.us

- Ray Musser, Mayor
- Glenn Bozar, Mayor Pro Tem
- Gino L. Filippi, Councilmember
- Debbie Stone, Councilmember
- Carol Timm, Councilmember
- Dan Morgan, City Treasurer

CITY DEPARTMENTS

- Rod B. Butler, City Manager
- Brian P. Johnson, Police Chief
- Roberta Knighten, Community Services Director
- Paul Segalla, Fire Chief
- Jeannette Vagnozzi, Deputy City Manager
- Jeff Zwack, Development Services Director
- Rosemary Hoernig, Public Works Director/City Engineer
- Richard Adams, City Attorney

CONTACT NUMBERS AT CITY HALL

- Animal Services, (909) 931-4185
- City Clerk's Office, (909) 931-4120
- City Hall, (909) 931-4100
- City Manager's Office, (909) 931-4106
- Community Services, (909) 931-4280
- Development Services, (909) 931-4130
- Finance Department, (909) 931-4150
- Fire Department, (909) 931-4180 (Non-emergency)
- Human Resources, (909) 931-4177
- Library, (909) 931-4200
- Police Department, (909) 946-7624 (Non-emergency)
- Public Works Department, (909) 291-2930
- Recreation Division, (909) 931-4280

CITY HALL HOURS

Monday-Thursday: 8:00 a.m. - 6:00 p.m.
Friday: Closed

UPCOMING HOLIDAY CLOSINGS

- Memorial Day, Monday, May 30th
- Independence Day, Monday, July 4th
- Labor Day, Monday, September 5th

For more information, please visit the City's website at www.ci.upland.ca.us.

For suggestions and comments regarding Upland Today, please contact Upland Recreation and Community Services at (909) 931-4280.

The mission of the City of Upland is to preserve and enhance our strong sense of community, history, and standards of gracious living.

At Upland City Hall, making every dollar count is our unbending commitment to you, our residents and business owners. We came through some very tough financial times over the past few years, and though challenges remain, we know that financial sustainability is very much within our reach.

It begins by making sure that every member of our City Hall team understands our roles as financial stewards and how City operations are financed. We're also looking for their thoughts and insights on how we can operate more efficiently—an approach any good business would take as it prepares for a future very different than its past.

That is certainly the case with the business of running cities. The losses we endured during the Great Recession combined with aging infrastructure and rising costs have forced us to be more resourceful than ever before. From sharing best practices with other cities to asking our employees for their suggestions on how we can spend less money, raise more revenue, or better use technology, we're leaving no stone unturned in our commitment to operating at a higher level than ever before.

You expect nothing less of us.

Thank you for giving us the opportunity.

Rod B. Butler
City Manager

30TH Annual

4th of July

FIREWORKS SPECTACULAR CELEBRATION!

Upland High School, 565 W. 11th Street, Upland

5:30 p.m.

Gates Open

6:00 p.m. - 9:00 p.m.

Live performance by *Retro Station*

9:00 p.m.

Spectacular Fireworks

The City of Upland invites you to celebrate the spirit of Independence Day on **Monday, July 4th**. Bring your blankets and lawn chairs and spend the evening with us at Upland High School. This year's festivities will kick off at 6:00 p.m. - gates open at 5:30 p.m. - with a kid's zone, a snack bar hosted by Upland-Foothill Kiwanis, and music and fun for the whole family. Enjoy a live performance by *Retro Station* from 6:00 p.m. to 9:00 p.m. and a spectacular fireworks show at 9:00 p.m.

Pre-Sale Tickets: \$8 • Ticket Sales At The Gate: \$10
(2 Years & Under FREE)

Tickets Available At The Following Locations:

City of Upland Recreation Division, 651 W. 15th Street, Upland

City of Upland Finance Department, 460 N. Euclid Avenue, Upland

Marco's Pizza, 121 W. Foothill Boulevard, Suite B, Upland

Mountain View Chevrolet, 1079 W. Foothill Boulevard, Upland

A big THANK YOU to our premier sponsor, Mountain View Chevrolet, and the Upland community for its continued support of this event.



UPLAND *Community*

UPLAND-FOOTHILL KIWANIS— SETTING THE STANDARD FOR COMMUNITY SERVICE AND PRIDE

The City of Upland Recreation Division extends a special thank you to the Upland-Foothill Kiwanis for 50 years of service to our community.

The Upland-Foothill club is in District 15 of Kiwanis International, a volunteer organization built on a foundation of servant leadership with a “focus on changing the world by serving children, one child and one community at a time.” The work of our 70 local, highly diverse members not only answers that call for change, but also often exceeds it.

Upland-Foothill Kiwanis completes more than 50 service projects each year and sponsors some of the largest community events. Their summer calendar is full of fun made possible by the hard work of the group’s members, including Movies & Concerts in Magnolia Park. You have probably also seen Upland-Foothill Kiwanis in action at their annual Chili Cook-Off, the All-City Elementary School Track Meet, Memorial Park Easter Egg Hunt, and any event that includes a delicious pancake breakfast.

Current Lieutenant Governor Elect of District 15 Thom Vastine is pleased to be at the helm of an organization hinged on civic pride. He says the Kiwanis are proud of attracting many prominent members of the community, including Ralph Cavallo, chairman of the Upland Veterans’ Monument project.

Membership is open to anyone in the community with a passion for helping others. Start by attending a weekly meeting as a guest, where you will experience how the club functions and learn more about the special committees responsible for service projects and administration. You can also visit the Kiwanis’ website to learn about the history of the club, stay up to date on their latest happenings, or request more information about joining the club.

The Kiwanis International mission is carried out year after year by clubs in 80 countries who organize 150,000 service projects and raise \$100 million for communities, families, and events. Special family clubs also give children the opportunity to serve alongside the Kiwanis. Each age group has its own club—from K-Kids for primary school ages, to CKI clubs for university



students. Kids not only benefit from service projects, they also receive invaluable mentoring in leadership and community pride.

The only thing the Upland-Foothill Kiwanis love more than their “hands-on approach” to serving others is having fun. They pride themselves on nurturing a “positive, fun, and irreverent” atmosphere where the contributions of each member are valued. Come and see what all the fun is about on the first four Wednesday mornings of the month, at 7:00 a.m. in the Landecena Family Community Building, located at 1325 San Bernardino Road, Upland. For more information, please call (909) 981-5188 or visit www.ufkiwanis.org.

BIG YELLOW BUS PROGRAMS RAISES FUNDS FOR LOCAL STUDENTS

Upland Day is coming back to the Los Angeles County Fair on Thursday, September 22nd and you can help make it the best year yet.

Each year, our proud community partner, Fairplex, hosts the Los Angeles County Fair (LACF) and sets aside a day to honor Upland and its neighbor, the City of Montclair. Upland Day features a Business Expo, Community Days parade, high school marching band competition, and the Community Hero Award ceremony.

This event is all about celebrating the strength and spirit of our community. What

better way to honor that spirit than by giving Upland’s kids a chance to enjoy the festivities? The Big Yellow Bus Partnership Program raises funds to send more than 1,000 local students to the LACF as part of the FairKids Field Trip Program. At the fair, kids enjoy interactive fun and hands-on learning.

There are two ways to support the Big Yellow Bus Program. First, you can make a direct donation—it only takes \$3.50 per child. Donate online at www.lacf.com/communitydays/upland. Second, you can purchase a \$5 coupon later this fall. You’ll

get a great deal and a portion of the proceeds will benefit the program.



SUMMER FUN IN Upland



SUMMER FUN AT THE COOPER MUSEUM

The Cooper Museum Courtyard is located at 217 A Street, Upland.

For more information, please call (909) 982-8010, or visit www.coopermuseum.org.

The Cooper Museum Summer Concert Series

LOS DANDYS

Friday, June 10th
8:00 p.m. - 10:00 p.m.

Tickets: \$25, includes catered dinner with Genoveva's Mexican Restaurant

JOHN DENVER TRIBUTE WITH JIM AND ANNE CURRY

Friday, July 8th
8:00 p.m. - 10:00 p.m.

Tickets: \$20

GROOVE SESSION

Saturday, July 16th
8:00 p.m. - 10:00 p.m.

Tickets: \$20

SUZIE & THE CRUISERS

Saturday, August 13th
8:00 p.m. - 10:00 p.m.

Tickets: \$10

Open Mic Nights

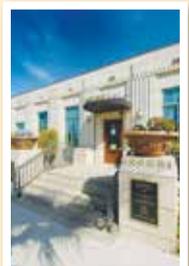
4th Friday of each month
May - September

8:00 p.m. - 11:00 p.m.

Don't miss this chance to perform on our courtyard stage, complete with sound system.

Cooper Kids Summer Program

Grade school kids, ages 6 to 11, are invited to join us for a summer of fun and learning. Come and enjoy a series of 12 classes on cool topics like history, science, culture, animals, and nature. Each class features fun lessons and "Make & Take" activities. The fee of \$5 per class includes all materials. Please contact the Cooper Museum for dates and times at (909) 982-8010, or www.coopermuseum.org.



BARK FOR LIFE

This summer, join in the fight against cancer at the Bark for Life Doggie Dash and Dawdle 5k and Summer Festival. The event promises a day of exercise, community, and fun for everyone on two or four legs.

The American Cancer Society's Relay for Life event brings people together to raise money for cancer research, and the Bark for Life is the opportunity to share that special experience with your beloved pups. Dogs have extraordinary caregiving qualities and this event celebrates their contribution to the lives of those touched by cancer. On Saturday, August 27th, from 8:00 a.m. to 1:00 p.m., you and your furry family are invited to dash or dawdle along the 5k course in McCarthy Park in Upland.

Entry fees: \$10 for individuals, \$15 for individuals plus one dog, \$10 per additional dog, and kids are free. Vendor and sponsorship opportunities are also available. For more information or to register, please visit www.relayforlife.org/barkinlandvalleyca. For more information, please contact Jenni Nickels at jenni.ebbesen@cancer.org, or (951) 300-1230.

NATIONAL NIGHT OUT

Join the Upland Police Department, the Upland Fire Department, and the City of Upland for National Night Out, on Tuesday, August 2nd. Lock your doors, turn on your outdoor lights, and spend the evening outside enjoying food, music, entertainment, and activities for the whole family. Your local fire and law enforcement professionals will be visiting neighborhood parties and they look forward to getting to know you while promoting safety and connection within our community.

For more information about locally scheduled events, or to host a National Night Out Party, contact the Community Resource Unit at the Upland Police Department at (909) 946-7624, or by email at mblanco@uplandpd.org. You can also stay up-to-date with all of the latest on the event by following the Upland Police Department on Facebook, Twitter, and the Next Door app.

The National Association of Town Watch (NATW) created the event 33 years ago and says, "Neighbors participate across thousands of communities from all 50 states, United States territories, Canadian cities, and military bases worldwide." For more information on the history of the National Night Out campaign, visit the NATW website at www.natw.org.

SCHOOLS' OUT, LET'S CELEBRATE

Saturday, June 11th, 7:30 p.m. - 9:30 p.m.
Gibson Senior Center, 250 N. Third Avenue, Upland
\$5/Seniors \$12/Adults \$7/Children

Don your beachcomber garb and show a surfer smile where cabaret entertainment meets beach blanket bingo! In partnership with the Upland Recreation Division, the bright young talent of New Vision Theatricals will introduce the City of Upland to the delights of summer through music and dance at the first of a series of themed cabaret programs. For more information and Early Bird discounted tickets, please visit www.eventbrite.com. Don't forget to mark your calendar for Saturday, August 27th when Cabaret New Vision sings Disney hits! For more information, please contact Amy Budds at (818) 835-6213.



**CALLING ALL
STAR WARS FANS**

Come to the August 3rd event dressed as your favorite Star Wars character and receive a free raffle ticket and an opportunity to win a cool prize. **MAY THE FORCE BE WITH YOU!**

2016 MOVIES & CONCERTS IN MAGNOLIA PARK

Magnolia Park, 651 W. 15th Street, Upland

The City of Upland Recreation Division is proud to present another summer of Movies & Concerts in Magnolia Park. Join us at Magnolia Park for six evenings of fun activities, toe-tapping music, and movies that will entertain the whole family. Don't forget to grab a tasty treat from the snackbar hosted by Upland-Foothill Kiwanis. Bring your blankets or low lawn chairs and relax under the stars. Concerts begin at 7:00 p.m., followed by the movie at approximately 8:45 p.m.

DATE:	BAND:	MOVIE:	SPECIAL EVENT:
July 13th	90 Proof	Hotel Transylvania 2	Fun at the Park Kick Off
July 20th	Flashover	Inside Out	Fun with Sand
July 27th	Sterling Sylver Band	Cinderella (2015)	Fun with Science
August 3rd	MLC Band	Star Wars: The Force Awakens	Fun-Lympics
August 10th	The Jimmy Dunn Band	The Good Dinosaur	Fun with Stuff
August 17th	Ravelers	Zootopia	Kid's Swap Meet & Craft Corner

Please note: Movie titles are subject to change.

6TH ANNUAL VIVA LAS VEGAS CASINO NIGHT FUNDRAISER

Saturday, June 4th
5:00 p.m. - 11:00 p.m.

Buffet Dinner
Opportunity Drawings
Silent Auction

Magnolia Recreation Center,
651 W. 15th Street
\$60 Per Person Ticket Donation



Make checks payable to The Upland Community Foundation, P.O. Box 794, Upland, CA 91785. To purchase tickets or make a donation online, please visit www.uplandcommunityfdn.org.

We are accepting donation items, services, and gift baskets for our opportunity drawings and the silent auction. To donate or for more information, please contact Lisa Monforte at (909) 985-5429, or text (909) 559-1073.



(No host bar sponsored in part by Last Name Brewing)

Donations from families, businesses, community groups, and proceeds from this event sustain the non-profit Adopt A Soldier Military Banner Program, which honors and recognizes about 300 local men and women serving the United States. Checks should be made payable to the Upland Community Foundation, P.O. Box 794, Upland, CA 91785, Reference: Military Banner Program. Or, you can pay online at uplandcommunityfdn.org. For more information, please call (909) 985-5429.

UPLAND SUMMER Lunch

Kids eat free! Come join us for food, fun & sun!

Free lunch will be served for kids and teens ages 18 and under.

Monday, June 13th - Thursday, July 28th

Meals are served Monday - Thursday

Sponsored by Nutrition Services

LUNCH LOCATIONS

Upland High School
10:15 a.m. - 11:15 a.m.
East Side off of Redding Way, 505 West 11th Street

Baldy View Elementary
10:30 a.m. - 11:30 a.m.
979 West 11th Street

Memorial Park
11:30 a.m. - 12:30 p.m.
Atwood Kitchen, 1200 East Foothill Blvd.



THE WORD ON HAZARDOUS WASTE IS OUT

In 2015, 5,538 residents visited the City's Household Hazardous Waste (HHW) Center to dispose of hazardous household items. We are proud of our residents' commitment to protecting the environment by properly managing and disposing of toxic and dangerous substances. The City encourages residents to continue this great work in 2016. Start by learning which items require special disposal procedures.

Take a look around your home for these items and bring them to the HHW Center: remnant fertilizer, pool chemicals, household cleaners, old gasoline, used oil and filters, old paint, and other home products found at the local hardware store. Did you know that the City also offers options for managing old pharmaceuticals and SHARPs? These items are accepted at the HHW Center if you use one of the free disposal containers provided by the City.

Spring and summer are perfect for cleaning out storage areas to get organized, protect your family and pets, or make space for your toys. Remember, old household products should never be buried, placed in trash, or flushed down the toilet as they are carried to wastewater treatment plants and landfills that are not designed to safely process or remove them.

The HHW Center is located at the City of Upland Public Works Yard, 1370 North Benson Avenue. Operating hours are most Saturday's, from 9:00 a.m. to 2:00 p.m. For more information on the HHW program, up-to-date scheduling, or lists of what can be thrown into the trash, green waste, and recycle bins, please visit the City website www.upland.ca.us.



BULKY ITEM PICK-UP INFORMATION

Contact Burrtec Waste Industries Customer Service at (909) 822-2396, Monday through Friday, 8:00 a.m. to 5:00 p.m., one week prior to your scheduled collection day to arrange pick-up.

Four free residential curbside collections of large or bulky items are allowed during a 12-month period. Limit of five items per collection. Includes electronic waste.

EXPERT OFFERS TIPS FOR DROUGHT CONDITIONS AND FICKLE FORECASTS

A group of conservation-minded residents joined the Public Works Department Water Conservation Division on March 12th for "Drought, El Nino and What to do with Your Landscape," presented by Tom Ash from Inland Empire Utilities Agency.



Mr. Ash covered maintaining a healthy landscape during current watering restrictions, defining plant and soil factors, and most important, explaining El Nino's impact on Southern California's weather. A central lesson was that this winter's rain was not enough to replenish local water supplies. We need to continue conserving as Governor Brown has extended current water restrictions through October 2016.

Upland Public Works believes these public sessions keep our community informed on important issues and plans to offer additional classes in the future. For more information, water saving tips, and rebates available for Upland residents and businesses, please contact the City of Upland Public Works Department at (909) 291-2930.

"LIGHT IT UP!" IN HISTORIC DOWNTOWN UPLAND

It's almost summer time, and everybody is out and about. Just around the corner is the perfect place to enjoy the warm weather while supporting local business.

Come and experience all of the great restaurants, entertainment, and shopping with your family and friends. Downtown Upland is also a perfect spot for evening outings. Recently completed energy efficient LED street lighting enhancements bring a brighter, more inviting atmosphere after the sun goes down.

We would love to spend some time with you in Downtown Upland during the warm summer days and nights. A great time is waiting right in your own backyard. For more information, please visit the Historic Downtown Upland website at www.historicdowntownupland.org.



PAVEMENT GRANT IS SMOOTHING THINGS OUT

The rubber doesn't just meet the road in Upland—it is the road. Keeping roads in good condition is an ongoing priority for the City. Unfortunately, limited funding makes it difficult to maintain them at a consistently high quality condition. In an effort to supplement limited funding, the City seeks outside help that not only improves Upland's roads, but also ensures their longevity.

The Department of Resources Recycling and Recovery (CalRecycle) Rubberized Pavement Grants help cities pay for street resurfacing that uses an asphalt recipe that includes crumb-size pieces of worn-out tires as a key ingredient. This alternative material produces longer lasting road surfaces. It also mitigates reflective cracking, provides a darker roadway surface to enable better striping contrast, and lowers road noise by as much as 4 to 6 decibels.

You probably can't tell by driving on streets like Mountain Avenue and the far westerly section of Foothill Boulevard, but take a closer look at the surface and you will see it is now comprised of the asphalt rubber blend.

The City Council first adopted Resolution No. 6313 on January 11th, approving applications for rubberized asphalt pavement grants. CalRecycle approved Upland's \$86,100 grant request in March, enabling the City to utilize grant funds for upcoming street rehabilitation projects on the following roadway segments:

- 13th Street, from Euclid Ave. to Campus Ave.
- 14th Street, from Euclid Ave. to Campus Ave.
- 22nd Street, from Mountain Ave. to Euclid Ave.
- Foothill Blvd., from Campus Ave. to Grove Ave.
- Arrow Highway, from Mountain Ave. to San Antonio Ave.

For more information, please contact the City of Upland Public Works Department at (909) 291-2930.



UPLAND POLICE EXPLORERS PROGRAM

The Upland Police Department offers local youth an opportunity to volunteer their time and become role models for other students. The Police Explorer Program is designed to give kids ages 14-21 a safe environment where they can learn valuable life skills and positive ethics. The Upland Police Department is also one of few to offer an entry-level recruitment process that successfully prepares students for the Explorer program.

The journey begins with mandatory In-house Candidate Training (ICT), a ten-week program that provides a glimpse into what it is like to be an Explorer. ICT consists of drill, hands-on training, and classroom lessons in basic law enforcement functions and ethics. Each week also includes physical fitness and nutrition training. At the end of 10 weeks, the students graduate and become members of the Upland Police Explorer Program.

The Explorer program continues in weekly sessions of more in-depth learning in areas like narcotics, crime scene investigations, K-9 units, and gang units. Explorers also get the opportunity to ride-along with police officers during shifts, and attend charity drives and City events.

In addition, the program teaches explorers work place ethics and life skills like academic time management, job applications, and interview techniques. The program's emphasis on professionalism and continuing education creates a drive for success.

The Upland Police Department has a long list of success stories from former explorers. Many go on to college, military careers, law enforcement careers, or professions in the private sector. No matter what Explorers choose to do after the program, the skills they acquire help them become productive, successful members of society. The goal is not simply to turn candidates into future police officers, but rather to guide them down the path of success, wherever it may lead.

The Police Explorers meet every Tuesday from 5:00 p.m. to 8:00 p.m. at the Upland Police Department, located at 1499 W. 13th Street, Upland. For more information, please call (909) 946-7624.



UPLAND'S CERT TEAM KEEPS OUR COMMUNITY SAFE

The Community Emergency Response Team (CERT) program is an all-risk, all-hazard training designed to help you protect yourself, your family, and neighborhood in an emergency situation. During a disaster, the number and scope of incidents can overwhelm conventional emergency services. While most untrained individuals will instinctively help others in need, one goal of the CERT program is to train them to do so effectively and efficiently, without placing themselves in unnecessary danger.

The program teaches citizens to: manage utilities and put out small fires; treat the three "medical killers;" provide basic medical aid; conduct safe search and rescue; organize effective spontaneous volunteer teams; collect disaster intelligence to support first responders.

This free program is offered three times a year to Upland residents age 16 and older. It consists of 24 hours of initial training, administered in the evening, twice a week for three and half weeks. The courses culminate in a Saturday afternoon disaster drill. There are two more opportunities to participate this year, in June or October. June CERT Course 1602 class dates: June 2nd, 7th, 9th, 14th, 16th, 21st, and 23rd from 5:30 p.m. to 10:00 p.m. and June 25th from 7:30 a.m. to 4:30 p.m. For more information, or to sign-up for the next session, please visit www.UplandCERT.com



COMMUNITY RESOURCE OFFICERS

In November 2015, Chief Brian Johnson created the Community Resource Officer (CRO) Team. These new officers serve as the conduit between community members and the police department, and liaisons with other City departments and governmental agencies. Currently, two full-time CROs are deployed to address crime, traffic, community concerns, and other quality of life issues. Chief Johnson plans to increase that number to four, providing full-time community relations to the various neighborhoods of our diverse community.

Since its creation, the CRO team has successfully placed 30 homeless people into various housing programs by working alongside City consultant, Doug Story, Homeless Outreach volunteer, Cindy Gavin, and members of our Clergy and Faith-Based Council. For example, CROs located multiple City drainage pipes used as encampments. They partnered with the Public Works Department to clear the areas and offered occupants alternative housing and assistance resources.

The officers also assist police department personnel in activities like arrests and serving search warrants. Recently CROs responded to a possible residential burglary in progress, capturing and booking one suspect after a brief foot chase. Search warrants written on cell phones recovered at the scene led to the arrest of a second suspect a few days later.



CHILDREN IN HOT VEHICLES

As summer approaches, Upland's first responders would like to remind you of the dangers of leaving children inside a locked vehicle. According to safety awareness organization Kids and Cars, the majority of parents are misinformed and half of childhood hyperthermia deaths are a result of a caregiver unknowingly leaving a child in a vehicle. In mere minutes, the body temperature of a child as old as 14 can skyrocket to fatal levels. It is critical to stay informed and aware to keep our children safe. Here are some important facts:

- Vehicle interiors can rise 20 degrees in just 10 minutes.
- Fatal body temperature for a child is 107 degrees.
- The temperature inside a car with cracked windows can still reach 125 degrees in minutes.
- Outside temperatures as low as 60 degrees can heat the interior of a car to dangerous levels.

For more information and tips for avoiding this tragic situation, please visit www.kidsandcars.org.

SPEND THE SUMMER WITH FRIENDS

The Friends of the Upland Animal Shelter are gearing up for some big and exciting changes. As the group prepares to take a more principal role in the operations of the Upland Animal Shelter, it is more important than ever for the animal lovers of the Upland community to reach out in support. There are many ways to support the Friends and the shelter. Consider donating whatever time and financial support you can to helping the abandoned animals of our community the chance to find a forever home.

Here are some easy ways to help this summer:

Become a Member: Join the Friends of the Upland Animal Shelter for as little as \$25 per year. A pledge of \$50 or more will earn you a 20 percent discount card for the 2nd Chance Thrift Store.

Make a Donation: Your one-time donations are tax deductible and a great way to teach kids the joy of saving up for a worthy cause. The Friends are gearing up to raise funds for their new venture into shelter management, and you can help them reach their goal of \$300,000!

Shop with Purpose: Visit the 2nd Chance Thrift Store at 1028 W. 9th Street, from 10:00 a.m. to 6:00 p.m. Find great deals on

gently used items for you, your pet, and your home. Be sure to check out the Antique Gallery. You can also help keep the shelves stocked by donating unwanted items.

Volunteer: Set aside some time this summer to help animals in need. The shelter always welcomes people willing to work with our dogs and cats, and even helps families interested in adopting them. You can help maintain the shelter, or if you have any special talents we would love to hear your ideas.

Adopt a New Best Friend: Visit the Upland Animal shelter at 1275 San Bernardino Road and give a furry friend a forever home.

Sponsor an Adoption: Help a friend or neighbor adopt a pet by donating the cost of spaying or neutering one or more animals.

Follow the Friends: Stay up to date with all the latest news from the Friends and the shelter. Join the mailing list at www.friendsofuplandanimalshelter.org, and follow the Friends on Facebook.

HELP FOR THE LITTLEST SHELTER PETS

One group of volunteers is making a big impact in the success of the Upland Animal Shelter. Families throughout Upland step up each year to help foster shelter animals in need of additional care. Now is the time to join the ranks of these special animal lovers.

For many people, summertime means vacation and relaxation. For the dedicated staff and volunteers at the Upland Animal Shelter it means a season of critical need. An annual influx of abandoned and surrendered animals begins in late spring and lasts through early fall. Many of these animals are too young to be adopted, some are even newborns, and the shelter is only able to care for these animals through the support of its network of foster families.

Brand new puppies and kittens are sometimes so small that they need to be bottle-fed in the absence of their mothers. Living in small shelter cages hinders their socialization and trust in people. Human hands delivering care in a safe environment

during their formative months does these animals a world of good and helps ready them to join a forever family.

Friends of Upland Animal Services is seeking volunteers over the age of 18 to join the foster care team. Participants provide temporary in-home care for animals with special needs until they are ready to return to the shelter for adoption. Foster families help the shelter provide the best possible care for all animals, and play an important role in its highly successful adoption rates. From 2014 to 2016, Upland Animal Services foster families took care of over 600 animals.

Interested volunteers must complete an application and possess: genuine concern for the welfare of the animals; willing compassion for special needs animals; and a commitment to follow all foster policies and directives as required by the foster coordinator. Approved applicants will attend foster care orientation to learn basic animal cleaning and feeding, signs



and treatment of feline upper respiratory infection, and the shelter's emergency procedures.

Lots of household types are eligible to participate, from grad students, to retirees, singles, families, couples, or roommates. As long as you can make a commitment to temporarily caring for animals, and have a suitable home, Upland Animal Service would love to talk to you about becoming a foster parent. For more information, please contact fosters@friendsofuplandanimalshelter.org.



FOLLOW THE FRIENDS FOR LOTS OF BENEFITS

Follow Friends of Upland Animal Shelter on the web and social media to be among the first to learn about community events, surprise sales, and special promotions.



www.friendsofuplandanimalshelter.org
www.facebook.com/FriendsOfUplandAnimalShelter



DON'T MISS THESE EVENTS...

ADOPT A NEW BEST FRIEND

Visit the Upland Animal Shelter, located at 1275 San Bernardino Road, Upland, and give a furry friend a forever home.

SECOND SATURDAYS AT 2ND CHANCE

Visit the 2nd Chance Thrift Shop, located at 1028 West 9th Street, Upland, from 10:00 a.m. to 6:00 p.m. for a new sale each Saturday. Follow the store on Facebook for the latest deals and upcoming events.



YOU CAN HELP "BUILD A DREAM" FOR KIDS THIS SUMMER

The Build A Dream Scholarship program gives children in need the chance to participate in recreational activities offered through the City of Upland Recreation Division. Families that cannot afford to pay for summertime fun like swimming lessons can apply for scholarships that cover the cost of enrollment.

Right now, the program needs your support. Contributions from our community sustain this program and currently there are more applicants than funds available. Individuals, families, service groups, businesses, and organizations are all encouraged to make a donation. No matter the amount, your gift will help make the sun shine a bit brighter for an Upland kid this summer.

If you are interested in applying, please review these guidelines: The Scholarship Program is available for City of Upland residents under the age of 18. Scholarships are limited to one class, up to \$100 per individual, and up to \$200 per household. Scholarships are awarded no more than once every two years. Applicants must meet the maximum gross income criteria established by the U.S. Department of Housing and Urban Development based on family size. Income verification is required for each application submitted. To be considered for approval, applications for each program, along with a \$5 fee, are due no later than one week before the start of the program. The Build-A-Dream Scholarship Committee will review the application, taking into consideration space and funds available.



MILITARY BANNER PROGRAM & COMMITTEE

We would like to thank Your Estate Specialist, La Rocque Better Roofs, Seng & Su Chiou, and Ken Graphics for their sponsorship of Upland's military banners for active service people.

TO SPONSOR A BANNER:

The cost is \$225 FOR EACH BANNER.

As a sponsor, you or your business will receive recognition in the Upland Today quarterly newsletter, acknowledgement at a City Council meeting, your name or your business name at the bottom of every banner you sponsor, a certificate of recognition and a letter stating the name of the military person you sponsored. The military family receives a letter stating that either you or your business sponsored their loved one's military banner.

Please mail your tax deductible donation check to:

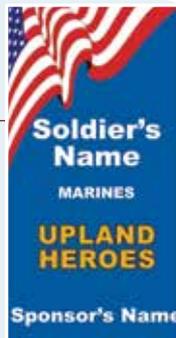
Upland Community Foundation
P.O. Box 794, Upland, CA 91785
Reference: Military Banner Program

To Apply For A Military Banner For Your Loved One, please contact Recreation and Community Services at (909) 931-4280.



NEW BANNER COMMITTEE MEMBERS WANTED

Contact (909) 985-5429 for more information.



HANDS-ONLY CPR INFO

Saving a life can be as easy as two steps with the Hands-Only CPR method.

For more information visit the American Heart Association at www.heart.org/ HandsOnlyCPR. To find an upcoming CPR class, please visit the City of Upland at www.ci.upland.ca.us.

UPLAND CHAMBER OF COMMERCE

For more information on the following events, please contact the Upland Chamber of Commerce at (909) 204-4465 or email realpeople@uplandchamber.org.

2016 POKER CLASSIC

Friday, October 14th, 7:00 p.m.

\$75 buy-in includes beverages and appetizers. Sponsorship opportunities are available.

UPLAND CHAMBER TOUR DE FOOTHILLS

Saturday, November 12th, 5:30 a.m.

This year's event will feature two legs, a bike ride and a walk. Riders can choose a family ride, or a 31-mile, 62-mile, or 100-mile ride. The walk is for all participants and follows the walking path on the Pacific Electric Trail. Both will start and finish in Downtown Upland. Sponsorship opportunities are available.

WHERE IN THE WORLD IS THE UPLAND CHAMBER?

Best of Eastern Canada (Montreal, Quebec City, Ottawa, Niagara Falls & Toronto): Sunday, August 14th through Sunday, August 21st

Imperial Cities (Prague, Vienna & Budapest): Monday, October 3rd through Thursday, October 13th

America's Music Cities (New Orleans, Memphis, Nashville): Sunday, April 23rd through Sunday, April 30th, 2017

THE UPLAND VFW WANTS YOU

Veterans of Korea, Vietnam, Iraq, and Afghanistan

Join Upland's VFW at the Commemorative Air Force Building, Cable Airport, 1749 W. 13th St., the second Wednesday of each month beginning at 7:00 p.m.



Share your experiences, advocate for veterans, and participate in our flag retirement program. For more information, please contact Charles Kelcher at (951) 529-6016.

CHILDREN ACTIVITIES @ the Library for children ages 0 to 12

All programs will take place in The Brodie Room unless noted otherwise. Storytimes will take place June 20th through July 22nd.

SUMMER READING CHALLENGE "READ FOR THE WIN" – FUN FOR THE WHOLE FAMILY!

Saturday, June 11th through Sunday, July 31st

Keep reading skills sharp this summer and have fun doing it by joining our annual Summer Reading Challenge. This year we will go green with online registration and tracking. Pre-registration begins Saturday, June 4th, when everyone in the family can log in and earn a special badge. There will be prizes to earn and games to play. We want to thank the Friends of the Upland Public Library for their continued support of putting on this great program. See you soon.

NOTEWORTHY PUPPETS

Sherlock Homerun: A Whodunit Puppet Musical

Saturday, June 18th, 11:00 a.m. - Noon

Carnegie Library

The Sports world is in turmoil over the theft of its most prized trophies. Someone has stolen "The Triple Crown," "The Boxing Ring" and "The Baseball Diamond" and it's up to Sherlock Homerun to solve the mystery!



DAVID COUSIN

Saturday, June 25th, 11:00 a.m. - Noon

On your mark, get set, Juggle! Holder of 5 world records for juggling, David Cousin will be bringing his comedy juggling show to Upland this summer. Are you ready?

ANNIE BANANNIE, BALLOON STORYTELLER - THE TORTOISE AND THE HARE - IN SPACE!

Saturday, July 2nd, 11:00 a.m. - Noon

Carnegie Library

The year is 2116. A freak genetic mutation on board the Earthsponsored space station Petaxia has produced a new class of super animals. Representatives of each new species compete for the honor of protecting Earth as members of the League of Incredible Creatures. Using balloons and audience volunteers, Annie Banannie leads this goofy adventure in her signature balloon storyteller style. Of course, the finale will include the Giant 6-foot Balloon!

MEET THE EXPERT: WORLD ELITE GYMNASTICS

Saturday, July 9th, 11:00 a.m. - Noon

Join us for a fun filled morning with World Elite Gymnastics. Learn about the sport of gymnastics, see a demonstration, and be part of the fun. This event is fun for the whole family.

MEET THE EXPERT: RED DRAGON KARATE

Saturday, July 16th, 11:00 a.m. - Noon

Join us for a fun filled morning and learn more about a great sport and the discipline of Karate.

PACIFICA ANIMA PERFORMER "ANIMAL CHAMPIONS"

Saturday, July 23rd, 11:00 a.m. - Noon

Carnegie Library

Join us to learn about each animal's special ability and what makes them a hero of the earth. Animal champions are ready to be discovered this summer at your library.

TEEN ACTIVITIES

@ the Library for teens ages 13 to 18

All programs will take place in the Carnegie Library unless noted otherwise.

TEEN SUMMER READING CHALLENGE – "READ FOR THE WIN"

Saturday, June 11th through Sunday, July 31st

Earn prizes this summer for reading! We're raffling off a Nook, a Nintendo DS, and a gift card pack. Don't miss out on all the fun and your chance to win some awesome prizes.

DOUBLE FEATURE

Thursday, June 23rd, 2:00 p.m. - 6:00 p.m.

Let's beat the heat while we watch Kicking and Screaming, and Stick It.

QUICK ART

Thursday, June 30th, 3:00 p.m. - 5:00 p.m.

Compete with your friends in several quick rounds of drawing contests. Prizes will be awarded in each round in numerous categories including silliest drawing, most creative, and best drawing! You don't have to be a talented artist to win this competition; just have fun!

LIVE ACTION PAC-MAN

Thursday, July 7th, 3:00 p.m. - 5:00 p.m.

Battle it out to be the winners of this Pac-Man inspired tournament!

IRON CHEF

Thursday, July 14th, 3:00 p.m. - 5:00 p.m.

Bring your friends and be the best team of chefs to win a prize. You won't want to miss this year's secret ingredient!

SUPER SMASH BROTHERS TOURNAMENT

Thursday, July 21st, 3:00 p.m. - 5:00 p.m.

Stop by to show off your Super Smash Brothers skills in this tournament. Prizes will be awarded to the top players! If you are not a fan of Smash Brothers, we'll have plenty of other games available for you to play with your friends.

BATTLE OF THE BANDS

Friday, July 29th, 6:00 p.m. - 9:30 p.m.

Come watch as local teen bands compete to be the winner of our 2nd annual Battle of the Bands! The grand prizes for teen summer reading program participants will be raffled off at the end of this event. There is no cover charge for this event, but a suggested \$2.00 donation-only cover charge will be accepted at the door to help raise money for future teen programs.



ADULT ACTIVITIES

All programs will take place in The Brodie Room unless noted otherwise.

“READ FOR THE WIN” THIS YEAR’S ADULT SUMMER READING CHALLENGE!

The Upland Public Library encourages you to sprint to the Library for “Read for the Win!” The Summer Reading Challenge will run from Saturday, June 11th through Sunday, July 31st, with activities and fun for the whole family. We will begin the Adult Summer Reading Challenge pre-registration on Saturday, June 4th with a Summer Reading Challenge themed “Read for the Win”. This year we will go green with online registration and tracking. For more information about our Summer Reading Challenge, please contact the Library at (909) 931-4205.

VETERANS RESOURCE CENTER

The Upland Public Library invites veterans to take part in a free one-on-one consultation with trained volunteers, many of whom were veterans themselves. Volunteer coaches will help veterans and their families sort through information regarding VA benefits from local, state, and federal sources. Library material and free computer access is also available for loan and use. For more information, please contact Norma Goniwicha, Technical Services Supervisor, at (909) 931-4225 or visit VRC@UplandLibrary.org

MARK YOUR CALENDARS

MOVIE NIGHT FOR GROWN-UPS

Wednesday, June 29th, 6:00 p.m. - 8:00 p.m.

Come and mingle with other adults in our wonderful community for a spectacular Classic Movie Night! The Library will be showing a classic sports film in honor of our Summer Reading Challenge.

UPLAND PUBLIC LIBRARY SUMMER GAMES

Friday July 29th, 2:00 p.m. - 5:00 p.m.

This event for the entire family is a fun-filled day to end our summer reading challenge with a bang! We'll have games, prizes, and tons of fun! Join us for this exciting end of the summer event.

MINUTE TO WIN IT

Saturday, July 30th, 1:00 p.m. - 2:00 p.m.

We've all seen the show and we've all said we can do that. Now here's your chance! Join us for a fun filled afternoon filled with Minute To Win It games. See you there!



The Seed Library
Upland Public Library has a Seed Lending Library! If you need seeds for your spring gardening, stop by and check them out.



Friends of the Upland Public Library
Help support the Upland Public Library. Join the Friends of the Upland Public Library and help support youth service's programs, adult literacy, and new book purchases. Membership forms are available at the library and on the City's website.



UPLAND PUBLIC LIBRARY SUMMER GAMES

Friday, July 29th, 2:00 p.m. - 5:00 p.m.

This is a fun-filled day to end our summer reading challenge with a bang! This is an event for the entire family. We'll have games we'll have prizes and we'll have fun. Join us for the fun end of the summer event.

LIBRARY LITERACY

All programs will take place at the Carnegie Library Literacy Center unless noted otherwise. For more information or to register, please contact Literacy Services at (909) 931-4211.

CONVERSATIONAL AND ADULT LITERACY ENGLISH TUTORING

The Upland Public Library can help you meet your goals: speak better, read better, write better, and get a better job. Tutoring is provided free of charge, up to two sessions per week. Students are matched with a tutor to study basic, conversational ESL instruction or Adult Literacy instruction. Instruction provided by volunteer tutors. Materials provided.

VOLUNTEER TRAINING OPPORTUNITY: BECOME AN ADULT LITERACY TUTOR

The Adult Literacy program provides free, private, one-on-one tutoring for low literate adults seeking assistance in improving conversational English literacy skills. Literacy tutors are matched with students based on schedule availability. Please contact the Carnegie Library Literacy Department for training dates to register for Tutor Training. Live scan fingerprinting is required for all volunteers.



CITY OF UPLAND *Directory*

CHAMBER OF COMMERCE

215 N. Second Avenue, Ste. D
Upland, CA 91786
(909) 204-4465

CONSERVATION HOTLINE

(909) 291-2999

GRAFFITI HOTLINE

(909) 931-4127

HOSPITALS

San Antonio Regional Hospital
999 San Bernardino Road
Upland, CA 91786
(909) 985-2811

HOUSING

Upland Housing Authority
1200 N. Campus Avenue
Upland, CA 91786
(909) 982-2649

**Inland Fair Housing and
Mediation Board**
(serving the City of Upland)
10681 Foothill Blvd., Ste. 101
Rancho Cucamonga, CA 91730
(909) 984-2254
(800) 321-0911

POST OFFICES

333 E. Arrow Highway
Upland, CA 91786
(909) 946-8134
560 N. Mountain Avenue
Upland, CA 91786
(909) 981-1109

PUBLIC SCHOOLS

Upland Unified School District
390 N. Euclid Avenue
Upland, CA 91786
(909) 985-1864

ELEMENTARY SCHOOLS

Baldy View Elementary
979 W. 11th Street
Upland, CA 91786
(909) 982-2564

Cabrillo Elementary
1562 W. 11th Street
Upland, CA 91786
(909) 985-2619

Citrus Elementary
925 W. 7th Street
Upland, CA 91786
(909) 949-7731

Foothill Knolls Elementary
1245 Veterans Court
Upland, CA 91786
(909) 949-7740

Magnolia Elementary
465 W. 15th Street
Upland, CA 91786
(909) 949-7750

Pepper Tree Elementary
1045 W. 18th Street
Upland, CA 91784
(909) 949-9635

Sierra Vista Elementary
253 E. 14th Street
Upland, CA 91786
(909) 949-7780

Sycamore Elementary
1075 W. 13th Street
Upland, CA 91786
(909) 982-0347

Upland Elementary
601 N. 5th Avenue
Upland, CA 91786
(909) 949-7800

Valencia Elementary
541 W. 22nd Street
Upland, CA 91784
(909) 949-7830

JUNIOR HIGH SCHOOLS

Pioneer Junior High School
254 W. 18th Street
Upland, CA 91784
(909) 949-7770

Upland Junior High School
444 E. 11th Street
Upland, CA 91786
(909) 949-7810

HIGH SCHOOLS

Hillside High School
1558 W. 9th Street
Upland, CA 91786
(909) 949-8400

Upland High School
565 W. 11th Street
Upland, CA 91786
(909) 949-7880

REFUSE COMPANY

**Burrtec Waste Industries -
for Commercial, Industrial and
Temporary Services, please call**
(909) 949-0500
(Commercial trash services are billed
through Burrtec)

TRAFFIC INFORMATION

(877) MY-IE511 or ie511.org

TRANSPORTATION

Cable Airport
1749 W. 13th Street
Upland CA 91786
(909) 982-6021

Metrolink
Upland Metrolink Station
300 East A Street
Upland, CA 91786
(800) 371-LINK (5465)

Omnitrans
(800) 966-6428
(909) 379-7100
(909) 384-9351 TDD

Dial-A-Ride
(909) 383-1680 TDD

Ontario International Airport
(909) 937-2700
(909) 937-2163 TDD

UTILITIES

**City of Upland - Residential Water,
Sewer, and Trash Service**
(909) 931-4150

Inland Empire Utilities Agency
6075 Kimball Avenue
Chino, CA 91708
(909) 993-1600

Southern CA Edison
1351 E. Francis Street
Ontario, CA 91761
(800) 655-4555
(909) 930-8591

Southern CA Gas Co.
155 S. G Street
San Bernardino, CA 92410
(800) 427-2200
(909) 335-7941

Time Warner Cable
(888) 892-2253

Verizon
(800) 483-4000



Sign Up for
Online Bill Pay  Easy
Secure
Convenient
www.ci.upland.ca.us

Get City Forms Online 
www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp

UPLAND Recreation & Community Services

2016 Summer AQUATICS

Stay COOL and make a SPLASH with the Upland Recreation Division!

All classes are held at the Upland High School Swimming Pool located at 565 W. 11th Street, Upland. (Adjacent to the gymnasium)

REGISTRATION INFORMATION

A detailed schedule is available at www.ci.upland.ca.us or at the Upland Recreation Division Office.

Beginning Monday, June 13th, registration will be taken at the Upland High School Pool Monday through Friday, 10:15 a.m. to 2:15 p.m. Registration will NOT be taken at the Upland Recreation Division Office.

All refunds must be requested at the pool office Monday through Friday from 10:15 a.m.-2:15 p.m. seven business days before each session starts. There are no make-ups offered for missed classes.

ONLINE REGISTRATION – Upland Residents Only
Begins Thursday, May 26th

ONLINE REGISTRATION – Open
Begins Friday, June 3rd

AQUATICS Sessions

Each two-week session meets Monday through Friday.

Classes Offered

Me and My Parent	2-4 yrs
Pre-Beginners	4 yrs +
Beginners	5 yrs +
Advance Beginners	5 yrs +
Intermediate	5 yrs +
Swimmers	5 yrs +

Session I:	6/13-6/24	\$70
Session II:	6/27-7/8	\$63
Session III:	7/11-7/22	\$70
Session IV:	7/25-8/5	\$70

Class Times Offered

10:00 a.m. - 10:35 a.m.
10:45 a.m. - 11:20 a.m.
11:30 a.m. - 12:05 p.m.
12:15 p.m. - 12:50 p.m.
1:00 p.m. - 1:35 p.m.
1:45 p.m. - 2:20 p.m.

Session IV Schedule

4:15 p.m. - 4:50 p.m.
5:00 p.m. - 5:35 p.m.
5:45 p.m. - 6:20 p.m.
6:30 p.m. - 7:05 p.m.
7:15 p.m. - 7:50 p.m.
8:00 p.m. - 8:35 p.m.



NEW Online Registration!

Save time and register online for our 2016 Summer Aquatics!

<https://apm/activecommunities.com/upland>

CAMPS and CLINICS

Youth Competitive Swim Camp \$80

Ages	Dates	Days	Time
8-16 yrs	8/8-8/12	M-F	10:00 a.m. - Noon

This camp will cover the four competitive strokes: butterfly, freestyle, backstroke, and breast-stroke. Starts, turns, and conditioning will also be covered. Swimmers must be at the intermediate level or higher. T-shirt included.

Youth Water Polo Camp \$80

Ages	Dates	Days	Time
8-16 yrs	8/8-8/12	M-F	1:00 p.m. - 3:00 p.m.

This camp will cover passing, dribbling, shooting, rules, and team concepts. Swimmers must be at the intermediate level or higher. Participants will be grouped according to ability. T-shirt included.



Water Aerobic Workout \$80

Ages	Dates	Days	Time
16 yrs +	8/8-8/12	M-F	6:00 p.m. - 6:50 p.m.

This shallow water aerobic workout is designed to be fun while toning and firming muscles, burning fat, and providing an awesome aerobic conditioning workout with less impact on the body. Swim experience not necessary.

Adult Swim Clinic \$80

Ages	Dates	Days	Time
16 yrs +	8/8-8/12	M-F	7:00-7:50 p.m.

Learn to swim or work on improving your strokes. Individuals will be grouped according to ability.

TABLE OF CONTENTS

Youth Dance	14
Youth Gymnastics.....	14
Youth Special Interests Classes ...	16
Youth Sports	17
Adult Classes	18
Adult Special Interest Classes.....	20
Senior Classes.....	22
Recreation Excursions	25
Senior Services & Activities.....	26
Facilities Map	28
Registration Information	30
Community Calendar	31

Interested in being a part of our exciting community events? Contact us at (909) 931-4280.

UPCOMING FALL/WINTER EVENTS

- ▶ Co-Ed Youth Elementary Basketball League
- ▶ Halloween Scary-A-Faire & Truck Or Treat
- ▶ Turkey Trot 5K Run/Walk
- ▶ Breakfast With Santa
- ▶ Home For The Holidays House Decorating Contest



YOUTH DANCE

BALLET I

Dancers will learn ballet terminology and movement with an emphasis on proper ballet technique. Leotard, tights, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 106	5-7 yrs	6/6-6/27	M	4:45-5:30 p.m.	\$42/4
DANCE 107	5-7 yrs	7/11-7/25	M	4:45-5:30 p.m.	\$31.50/3

BALLET/TAP I

Children will be introduced to tap and ballet through a series of exercises intended to cover basic dance movements and vocabulary. Leotards, tap, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 306	5-7 yrs	6/6-6/27	M	4:00-4:45 p.m.	\$42/4
DANCE 307	5-7 yrs	7/11-7/25	M	4:00-4:45 p.m.	\$31.50/3

DANCE WITH ME

\$35/4 SESSIONS

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Adult participation and full engagement required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 1306	2-4 yrs	6/7-6/28	Tu	9:30-10:00 a.m.
DANCE 1307	2-4 yrs	7/5-7/26	Tu	9:30-10:00 a.m.

HULA DANCE FOR YOUTH

\$96/11 SESSIONS

Children will learn Hulas suitable for youth starting with hand motions to Hawaiian songs sung in English and progress to using implements and chants. This is a fun and popular class for children of any age. Students are to wear exercise wear (no dresses or skirts) and socks or bare feet. Instructor: Aloha Hula Studio Staff Location: Aloha Hula Studio, 8637½ Baseline Road, Rancho Cucamonga

Activity #	Ages	Dates	Day	Time
DANCE 9	5-8 yrs	6/14-8/23	Tu	4:00-4:30 p.m.
DANCE 16	9-12 yrs	6/14-8/23	Tu	5:00-5:30 p.m.



TUTU CUTE! CREATIVE DANCE

Come explore movement as we play pretend! Children will be introduced to basic dance movement and vocabulary in a fun, safe, and nurturing environment. Tutus and costumes welcome. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 206	3-5 yrs	6/6-6/27	M	3:30-4:00 p.m.	\$42/4
DANCE 207	3-5 yrs	7/11-7/25	M	3:30-4:00 p.m.	\$31.50/3



YOUTH GYMNASTICS

Baldy View Gym Gymnastics, 916 Monte Vista Avenue, Upland

Gymnastics is a year round, ongoing program starting at the beginner level continuing through intermediate. Students enrolled in ongoing classes must pay for the upcoming month by the 1st of each month, in order to hold their spot. After this date, open enrollment will be in effect. A separate non-refundable insurance fee of \$25 per year is payable to Baldy View Gymnastics. No class 7/4 and 7/26-7/31. Instructor: Baldy View Gymnastics Staff

Beginning 1

Activity #	Age	Dates	Day	Time	Fee/Month
GYM 1	5 yrs +	Monthly	M	3:30-4:30 p.m.	\$42
GYM 2	5 yrs +	Monthly	Tu	3:00-4:00 p.m.	\$42
GYM 3	5 yrs +	Monthly	W	3:30-4:30 p.m.	\$42
GYM 4	5 yrs +	Monthly	W	6:00-7:00 p.m.	\$42
GYM 5	5 yrs +	Monthly	Th	3:00-4:00 p.m.	\$42
GYM 6	5 yrs +	Monthly	F	3:30-4:30 p.m.	\$42
GYM 8	5 yrs +	Monthly	Tu/Th	3:00-4:00 p.m.	\$58

CHEERLEADING/TUMBLING CLASS \$44/MONTH

This class teaches cheer jumps, stunts, pyramids, sharp arm positions, loud voices, tumbling specifically for cheer, and above all else, SAFETY! Gymnastics skills will be taught for all levels from beginner through advanced tumbling. This class will prepare participants for competitive cheer and tryouts, as well as enhance their needed gymnastics skills for cheerleading. If taken with another gymnastics course, the fee is \$26.

Activity #	Age	Dates	Day	Time
GYM 13	6 yrs +	Monthly	Sa	1:30-2:30 p.m.

CO-ED GYMNASTICS

\$42/MONTH

By request, we introduce Co-Ed Gymnastics!!! This class will include warm-ups, stretching and conditioning, as well as gymnastics on vault, bars, beam, floor, parallel bars, rope, and trampoline.

Activity #	Age	Dates	Day	Time
GYM 14	5 yrs +	Monthly	Tu	6:00-7:00 p.m.

PARENT & ME GYMNASTICS

\$40/MONTH

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. Parent participation is required. One parent per child.

Activity #	Age	Dates	Day	Time
GYM 9	24-36 mos.	Monthly	F	9:30-10:00 a.m.

TINY TUMBLERS GYMNASTICS

\$40/MONTH

This fun gymnastics experience is designed especially for toddler boys and girls. This class will help to enhance motor skills, coordination, flexibility, and balance development. Gymnastics skills will be taught on smaller sized equipment for our Tiny Tumblers.

Activity #	Age	Dates	Day	Time
GYM 16	3-5 yrs	Monthly	W	2:00-2:45 p.m.
GYM 17	3-5 yrs	Monthly	F	10:00-10:45 a.m.
GYM 18	3-5 yrs	Monthly	F	2:45-3:30 p.m.
GYM 19	3-5 yrs	Monthly	F	10:45-11:30 a.m.
GYM 20	3-5 yrs	Monthly	W	6:15-7:00 p.m.

PARENT PARTICIPATION

(Parent Participation is required.)

DANCE WITH ME **\$35/4 SESSIONS**

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Full engagement required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 1306	2-4 yrs	6/7-6/28	Tu	9:30-10:00 a.m.
DANCE 1307	2-4 yrs	7/5-7/26	Tu	9:30-10:00 a.m.

NEW

ELEMENTS OF PAINTING FOR KIDS **\$66/6 SESSIONS**

MyArtWorkz® Elements Of Painting explores the fundamentals of visual arts and provides an opportunity for preschoolers to explore various tools and techniques that can be applied to improve their arts activities. Participants will explore the concepts of color, shapes, textures, lines, space, and more. A \$20 supply fee is payable to the instructor at the beginning of the first class. Instructor: Creative Brain Staff Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
YSI 25	3-5 yrs	6/22-7/27	W	10:30-11:20 a.m.

GYMNASTICS **\$40/MONTH**

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. One parent per child. No class 7/29. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland

Activity #	Age	Dates	Day	Time
GYM 9	24-36 mos.	Monthly	F	9:30-10:00 a.m.

ICE SKATING **\$53/8 SESSIONS**

Learning to ice skate is good for you and your tot! You'll exercise body and mind in a fun, music filled environment. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 90	2-5 yrs	6/15-8/3	W	11:30 a.m.-Noon



Save Time & Register Online!
<https://apm.activecommunities.com/Upland/>

NEW

LET'S DO ART **\$66/6 SESSIONS**

MyArtWorkz® Let's Do Art provides young preschoolers with the environment and tools to explore art. Students will learn about shapes, colors, and the use of space. Each participant is encouraged to explore at their own individual pace using their fingers, crayons, and/or brushes. A \$20 supply fee is payable to the instructor at the beginning of the first class. Instructor: Creative Brain Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 24	1-3 yrs	6/22-7/27	W	9:30-10:20 a.m.

LIL' KICKERS INDOOR SOCCER **\$105/8 SESSIONS**

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 17	Bunnies, 18-24 mos	6/14-8/2	Tu	9:30-10:20 a.m.
YSPORT 63	Bunnies, 18-24 mos	6/18-8/13	Sa	10:55-11:45 a.m.
YSPORT 96	Thumpers, 25-35 mos	6/18-8/13	Sa	10:55-11:45 a.m.
YSPORT 20	Thumpers, 25-35 mos	6/16-8/4	Th	10:30-11:20 a.m.
YSPORT 84	Cottontails, 2.5-3.5 yrs	6/16-8/4	Th	9:30-10:20 a.m.

MULTI-SPORT BY TRIFYTT **\$69/6 SESSIONS**

Here is a great chance for kids to play their favorite sports...Soccer, T-Ball, and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	7/9-8/13	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	7/9-8/13	Sa	10:00-10:30 a.m.

PIANO FOR BEGINNERS **\$60/5 SESSIONS**

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25 material fee is payable to the instructor at the first class. Practice keyboard provided for class. No class 7/4. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 39	3-5 yrs	6/20-7/25	M	4:15-5:00 p.m.

T-BALL BY TRIFYTT **\$69/6 SESSIONS**

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFytt, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	7/13-8/17	W	5:00-5:30 p.m.

WEE CHEFS **\$25/4 SESSIONS**

Everyone knows that even the youngest children love to create in the kitchen. We have developed a class just for them! The Wee Chefs course will incorporate basic food preparation skills, measuring, safety in the kitchen, and the opportunity to learn easy and fun treats that can be made at home. At the end of each "hands-on" class, the "Wee Chefs" will enjoy their own tasty hand-made treats. A \$10 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 4	3-5 yrs	6/20-6/29	M/W	9:00-10:00 a.m.

TINY TOTS PLAYSCHOOL

Tiny Tots Community Building, 1200 E. Foothill Blvd., Upland

Open registration for our 2016-2017 Tiny Tots Program will begin on Wednesday, June 27th.

We offer 2-day and 3-day Playschool programs for the 3, 4, and 5 year old. For fall schedule and registration information, please contact the Upland Recreation Division Office at (909) 931-4280.

How do I register? New students may be enrolled at the Upland Recreation Division Office located at 651 W. 15th Street, Upland during office hours, Monday through Thursday, 8:00 a.m. to 6:00 p.m.

Is Tiny Tots academic? Yes. Although Tiny Tots is a recreation based socialization program, our curriculum includes academic goals for each specific class.

Who may attend Tiny Tots? All children who are toilet trained and are between the ages of 3 & 5 are invited to participate.

Can parents stay with their children in the classroom? Tiny Tots is not a parent-participation program. Parents may be invited by the instructor to help with parties or special events.

TINY TOTS BEACH CAMP **\$136/8-DAY CAMP**

The Tiny Tots Beach Camp is an introduction to the Tiny Tots fall playschool program. Tiny Tots students will be exposed to Pre-Kindergarten skills while having fun discovering sea life, playing beach games, and creating beach crafts. Please bring a small lunch and drink to each class. A \$10 supply fee is payable to the instructor at the first class. Instructor: Sandra Farley

Activity #	Age	Dates	Day	Time
TT 708	3-4 yrs	8/15-8/31	M/W/F	9:00 a.m.-12:15 p.m.



SUMMER FUN WITH LEARNING

ALGEBRA I **\$100/5 SESSIONS**

A credentialed instructor will lead this common core-based course in Algebra I. Algebra I will include variables and algebraic equations, integers, inequalities, and simplifying expressions. Students will gain a base knowledge of problem solving strategies. A great way to get a head start in Algebra! A \$10 supply fee is payable to the instructor at the first class. Instructor: Credentialed Click + Co. Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time
YSI 45	11-16 yrs	6/21-7/19	Tu	11:30 a.m.-1:30 p.m.

Save Time & Register Online!
<https://apm.activecommunities.com/Upland/>

BEACH BUDDIES **\$83/4-DAY CAMP**

Our California Coast is bustling with marine life including sea otters, dolphins, sea lions, pelicans, whales, and sharks. Learn to draw some of these amazing sea creatures and discover interesting facts about them. Bring them to life with color using chalk pastels and watercolor crayons. A \$5 supply fee is payable to the instructor at the first class. Instructor: CREATOR'Stough Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 45	11-16 yrs	6/21-7/19	Tu	11:30 a.m.-1:30 p.m.



CHINESE/MANDARIN FOR YOUTH

\$100/6 SESSIONS

Our method of instruction immerses young participants in the language of Chinese/Mandarin, making learning both fast and easy. Our experienced fluent instructors use relaxed conversations along with fun and engaging activities to help the participant learn to think and communicate in their new language. A \$20 supply fee is payable to the instructor at the first class. No class 7/2. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Age	Dates	Day	Time
YSI 76	5-12 yrs	6/18-7/30	Sa	11:00 a.m.-Noon



FASHION SEWING FOR INTERMEDIATES

\$195/7 SESSIONS

Our Fashion Sewing course is for students who are comfortable with operating a sewing machine without supervision and who are interested in learning the basics of garment construction from patterns. Over the seven course meetings, students will learn the fundamentals of constructing a top and bottom, creation of buttonholes, zippers, waistbands, collars, etcetera, and focus on the specific techniques necessary to make each garment a success. A \$20 supply fee is payable to the instructor at the beginning of the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill #A, Claremont

Activity #	Age	Dates	Day	Time
ASI 211	12 yrs +	6/14-6/23	Tu-F	4:00-6:00 p.m.
ASI 212	12 yrs +	7/12-7/21	Tu-F	4:00-6:00 p.m.



"FIZZ"-ICAL PHENOMENA AND CHE-MYSTERY

\$109/4-DAY CAMP

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. We will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Campers will explore acids and bases, reveal the secret recipe of slime, and travel down the organ trail. By the end of the week the Jr. Mad Scientists will concoct their own fizzy sweet treat to enjoy! A \$30 supply fee is payable to the instructor at the beginning of the first class. **Please note: Notify instructor of any food intolerance.** Instructor: Mad Science Staff. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 115	5-12 yrs	6/13-6/16	M-Th	9:00 a.m.-Noon

NEW

FUN WITH ANIMATION CAMP \$75/4-DAY CAMP

Enjoy the excitement of creating your very own Stop Animation Movie! Your child will learn the basic skills needed to create a full motion animated movie using common tools found in your own home. This class is geared to make a step-by-step production, simple enough for children to understand and love! Children will enter the program to learn animation and leave with knowledge to last a life time! Students must provide one USB Flash Drive with 2 GB of free space. Animated movies will be stored on the USB Flash Drive. A \$5 supply fee is payable to the instructor at the first class. Instructor: Mr. Jim Location: Magnolia Recreation Center, 51 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Facility
YSI 19	6-12 yrs	6/21-6/24	Tu-F	1:00-4:00 p.m.	Lounge
YSI 20	6-12 yrs	7/25-7/28	M-Th	1:00-4:00 p.m.	South Hall

NEW

FUN WITH SCIENCE “BUBBLES, BOUNCE, FOAM, AND FIZZ” \$15/1 SESSION

A variety of experiments will be done in class including fun activities with root beer floats, bubbles, bounce ball creations, and more! An \$8 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Date	Day	Time
YSI 75	5-11 yrs	6/15	W	3:00-5:00 p.m.

NEW

FUN WITH SCIENCE “DANGEROUS CREATURES” \$20/1 SESSION

Learn about snakes, dangerous fish, sharks, alligators, crocodiles, and bees. Our summer scientists will take home a craft and/or toy pertaining to each studied creature. A \$10 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
YSI 99	5-11 yrs	7/6	W	2:30-5:00 p.m.

NEW

FUN WITH SCIENCE “FLIGHT TIME & SCIENCE GAMES” \$15/1 SESSION

Summer scientists will create planes and helicopters and learn the differences between the two. Then, to wrap up today's fun-filled class, children will play a variety of science based educational games. A \$4 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
YSI 100	5-11 yrs	6/13	M	3:00-4:30 p.m.

GALAXY DEFENDERS \$109/4-DAY CAMP

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! A \$30 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Date	Day	Time
YSI 67	5-12 yrs	7/25-7/28	M-Th	9:00 a.m.-Noon

LITTLE CHEFS W/ MS. COOPER \$25/4 SESSIONS

Ms. Cooper's class offers “hands-on” recipes, basic food preparation skills, measuring and safety lessons in the kitchen and the opportunity to learn easy, fun and tasty treats that can be made at home. At the end of each class, the “Little Chefs” will enjoy their own tasty hand-made treats. A \$10 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 6	6-10 yrs	6/20-6/29	M/W	10:30-11:30 a.m.
YSI 7	6-10 yrs	7/26-8/4	T/Th	9:00-10:00 a.m.



NEW

LITTLE CHEFS COOKING CAMP \$30/1-DAY CAMP

We're cooking up delicious eats and sweets this summer in our Little Chefs Cooking Camp! Each camp will focus on a different and delicious fun theme, complete with a main dish, side item(s), and dessert, while learning a variety of skill sets. Get your taste buds ready for these tasty summer adventures! A \$25 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Camp	Activity#	Age	Date	Day	Time
Molto Italiano!	YSI 149	9-13 yrs	6/20	M	12:00-3:00 p.m.
Mexican Fiesta!	YSI 150	9-13 yrs	7/26	Tu	12:00-3:00 p.m.

NEW

LITTLE SCIENTIST PRESCHOOL LAB \$109/4-CAMP

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects, weather, plants, and soil. Experience fun hands-on experiments in this week long lab. Parent requested not to stay during class. Must be potty trained. A \$30 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, South Hall

Activity#	Age	Dates	Day	Time
YSI 66	3-5 yrs	8/8-8/11	M-Th	9:00 a.m.-Noon

MATH ACADEMY \$100/5 SESSIONS

A credentialed instructor will lead these common core-based math courses. Topics include grade level concepts of math, basic fact practice, and word problems. This class will help strengthen skills through repetition and reinforcement. A great way to prepare for the next grade! A \$10 supply fee is payable to the instructor at the first class. No class 7/4. Instructor: Credentialed Click + Co Staff Location: Magnolia Recreation Center, South Hall

Activity #	Grades	Dates	Day	Time
YSI 47	2nd & 3rd	6/20-7/25	M	9:00-11:00 a.m.
YSI 48	4th & 5th	6/20-7/25	M	11:30 a.m.-1:30 p.m.

PRE-ALGEBRA \$100/5 SESSIONS

A credentialed instructor will lead this common core-based course in Pre-Algebra. Pre-Algebra is for students wishing to prepare for a course, or those needing review in Pre-Algebra. Topics include a review of elementary mathematics and principles, introductions to signed numbers, beginning rules for algebraic evaluations, and algebraic equations. A \$10 supply fee is payable to the instructor at the first class. No class 7/4. Instructor: Credentialed Click + Co. Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time
YSI 44	10-14 yrs	6/20-7/25	M	2:00-4:00 p.m.

ROBOTS 101!

\$119/4-DAY CAMP

I am a RO-BOT! Join us for four days full of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns and even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. All campers will build and take home a brand new robot for their 2016 summer! A \$30 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 68	5-12 yrs	7/11-7/14	M-Th	9:00 a.m.-Noon



SEWING CAMP FOR KIDS

\$225/7-DAY CAMP

Sewing Camp For Kids is an intermediate level camp for kids who are comfortable with operating a sewing machine without supervision and who are interested in learning the basics of garment construction from patterns. Students will learn fashion illustration basics, design a mini collection (skirt and dress), make a dress form in the student's size, learn history of Fashion Design and Designers, participate in mini-challenges that pushes creativity and innovation, and capture fashion designs on camera on Photo Shoot Days. A \$30 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill #A, Claremont

Activity #	Age	Dates	Day	Time
YSI 12	8-12 yrs	6/14-6/23	Tu-F	9:00-11:00 a.m.
YSI 13	8-12 yrs	7/5-7/14	Tu-F	11:00 a.m.-1:00 p.m.
YSI 14	8-12 yrs	7/19-7/28	Tu-F	9:00-11:00 a.m.



SIGN LANGUAGE FOR YOUTH

\$100/6 SESSIONS

The use of Sign Language has expanded beyond the deaf and hard of hearing and is the only form of non-written and non-spoken communication that millions of people in the world have. In our Sign Language For Youth course, skills learned will focus on the basic principles of phrasing, sentence patterns, manual counting, spelling, semantics, and the development of expressive and receptive abilities. A \$20 supply fee is payable to the instructor at the first class. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Age	Dates	Day	Time
YSI 151	5-12 yrs	6/18-7/30	Sa	10:00-11:00 a.m.

KID'S SWAP MEET & CRAFT CORNER



Wednesday, August 17th

5:00 p.m. - 8:00 p.m.

Magnolia Park, 651 W. 15th Street, Upland
Activity # SE7 \$5 Per Space (Children may share a space)

Ages: 5-12 Years

Here we swap again! Kids, clean out your closets, drawers, under your beds, get your games and toys together and LET'S MAKE SOME MONEY! Please make sure that all items are in good condition and kid-friendly.

KIDS' CRAFT CORNER!

Kids will be able to sell their craft creations. Crafts MUST be home made by kids.

Each space is approximately 10'X10'. No EZ-Ups or canopies are permitted.

Pre-registration is required as space is limited. To register, please visit us online, stop by or phone the Upland Recreation Division Office at (909) 931-4280 no later than Tuesday, August 16th.

*Please remember...this event is for the kids. The registered child must be present at their selling area at all times. Rules and guidelines for this event are available online or at the Upland Recreation Division Office and must be followed.

SIMPLE SEWING

\$12/2 SESSIONS

Ok kids, what do you do the first time you are away from home and you get a hole in your pants or you lose a button? Simple Sewing will teach you how to thread a needle, tie knots, and complete simple hand stitching. After learning the basics, YSI 10 participants will make keychains and YSI 11 participants will create animal pillows. A \$6 supply fee is payable to the instructor at the first class. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 10	8 yrs +	6/21 & 6/23	T/Th	10:30-11:30 a.m.
YSI 11	8 yrs +	6/28 & 6/30	T/Th	10:30-11:30 a.m.



SPANISH FOR YOUTH

\$100/6 SESSIONS

Our method of instruction immerses young participants in the language of Spanish, making learning both fast and easy. Our experienced fluent instructors use relaxed conversations along with fun and engaging activities to help the participant learn to think and communicate in their new language. A \$20 supply fee is payable to the instructor at the first class. No class 7/2. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Ages	Dates	Day	Time
YSI 173	5-12 yrs	6/18-7/30	Sa	9:00-10:00 a.m.

SUMMER PET MANIA CAMPS

\$150/5-DAY CAMP

Our Pet Mania camps are animal learning and highly interactive sessions for children, which include classroom activities, projects, lots of love and affection, with generous amounts of hand-on activity with various animals present each day. Topics include: Care, feeding, handling, grooming, responsible pet ownership, and human animal education. Please bring lunch and two bottles of water each day. A portion of the registration fee will be donated to Friends of Upland Animal Shelter for adoption services. Instructor: Priceless Pets Staff Location: Upland Animal Services, 1275 San Bernardino Road, Upland

Activity #	Ages	Dates	Day	Time
Farm Animals				
YSI 94	K-2	6/27-7/1	M-F	8:30 a.m.-2:30 p.m.
YSI 124	3-6	6/27-7/1	M-F	8:30 a.m.-2:30 p.m.
Special Needs				
YSI 108	K-2	7/11-7/15	M-F	8:30 a.m.-2:30 p.m.
YSI 125	3-6	7/11-7/15	M-F	8:30 a.m.-2:30 p.m.
Exotic Animals				
YSI 109	K-2	7/25-7/29	M-F	8:30 a.m.-2:30 p.m.
YSI 130	3-6	7/25-7/29	M-F	8:30 a.m.-2:30 p.m.
Aquatics Animals				
YSI 101	K-2	8/8-8/12	M-F	8:30 a.m.-2:30 p.m.
YSI 131	3-6	8/8-8/12	M-F	8:30 a.m.-2:30 p.m.

WE ALL SCREAM FOR ICE CREAM \$25/4 SESSIONS

July is National Ice Cream Month! Let's celebrate this tasty frozen treat! This cool and exciting class will combine delicious ice cream with a variety of other ingredients to create wonderful summer taste sensations just in time for our warm mid-summer months. At the end of each class, participants will enjoy their own tasty hand-made treats. A \$10 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 9	7-11 yrs	7/26-8/4	T/Th	10:30-11:30 a.m.

WRITER'S ACADEMY

\$100/5 SESSIONS

A credentialed instructor will lead this common core-based course in writing for students in grades 2 through 8. Students will be introduced to the writing process at their level, including prewriting, drafting, revising, editing, publishing, and penmanship. Topics for grades 2&3 will include writing using a variety of methods focusing on beginning sentences to learning to put them together to write a paragraph. Topics for grades 4-8 will include writing using a variety of methods and focusing on paragraph writing becoming a short essay. A \$10 supply fee is payable to the instructor at the first class. Instructor: Credentialed Click + Co. Staff Location: Magnolia Recreation Center, South Hall

Activity #	Grades	Dates	Day	Time
YSI 116	2nd & 3rd	6/22-7/20	W	9:00-11:00 a.m.
YSI 117	4th & 5th	6/22-7/20	W	11:30 a.m.-1:30 p.m.
YSI 50	7th & 8th	6/21-7/19	Tu	9:00-11:00 a.m.

**WRITER'S ACADEMY
GRADES 9-12**

\$100/5 SESSIONS

A credentialed instructor will lead this common core-based course in writing for students in grades 9-12. Learn the writing process of drafting, revising, editing, and publishing. The four areas of writing will also be covered: narrative, persuasive, biographical, and informative. Grammar and spelling will also be emphasized. A \$10 supply fee is payable to the instructor at the first class. Instructor: Credentialed Click + Co. Staff Location: Magnolia Recreation Center, South Hall

Activity #	Grades	Dates	Day	Time
YSI 51	9th-12th Grade	6/22-7/20	W	2:00-4:00 p.m.



**SUMMER SPORTS
& CAMPS**

BASEBALL CAMP BY TRIFYTT \$125/5-DAY CAMP

Come and join TriFytt Sports and learn or improve the skills needed to become a skillful baseball player. Through fun and safe games with peers and coaches, athletes will be taught new baseball skills to help improve their game. Every participant will receive a TriFytt camp T-shirt and ball. Instructor: TriFytt Sports Academy Staff Location: Greenbelt Park, West Field, 15th Street and Benson Avenue, Upland

Activity #	Age	Dates	Days	Time
YSPORT 156	6-12 yrs	8/1-8/5	M-F	9:00 a.m.-Noon

BASKETBALL CAMP BY TRIFYTT \$125/5-DAY CAMP

Come and join TriFytt Sports this summer and learn or improve the skills and drills needed to become a Basketball player! Defense and offensive fundamentals are perfected in this fun and fast moving camp. Each athlete will also be given ideas and tips to help further their skill development as well as a TriFytt camp T-shirt and sports ball. Participants should wear appropriate clothing and running shoes, and bring a water bottle to each class. Instructor: TriFytt Sports Academy Staff Location: Western Christian School, 100 W Ninth Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 86	6-12 yrs	7/18-7/22	M-F	9:00 a.m.-Noon



NEW BASKETBALL SHOOTING LAB \$70/6 SESSIONS

Want to increase your shooting percentage? TriFytt Sports Academy has made this possible by bringing science to the art of shooting. Four shooting labs are open with top of the line equipment that provides instant feedback to enhance your shot to have the perfect arc. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: TriFytt Sports Academy, 9650 9th Street, Unit D4, Rancho Cucamonga

Activity #	Age	Dates	Day	Time
YSPORT 4806	3-5 yrs	6/24-7/29	F	4:00-4:45 p.m.
YSPORT 4906	4-6 yrs	6/24-7/29	F	5:00-5:45 p.m.
YSPORT 5006	7-10 yrs	6/24-7/29	F	6:00-7:00 p.m.
YSPORT 5106	11-14 yrs	6/24-7/29	F	7:00-8:00 p.m.
YSPORT 5206	14-18 yrs	6/24-7/29	F	8:00-9:00 p.m.

Upland Sports Corner

For registration information, please view the following websites:

American Little League: www.uplandamericanll.org

AYSO Soccer: www.ayso32.org

Pony League: www.eteamz.com/uplandpony

Foothill Little League: www.uflf.org

Hilltoppers Girls Softball: www.uplandhilltoppers.com

Upland Hurricanes Football: www.uplandjaaf.com

National Little League: www.uplandnational.com

Pop Warner Football: www.uplandpopwarner.com

A copy of the Sports Field Policy Handbook is available on the City of Upland website: www.ci.upland.ca.us

COMBINED MARTIAL ARTS

Combined Martial Arts will include kicking, punching, blocking, ground jujitsu and Katas, effectively covering all aspects of self-defense. Just as important, children will be encouraged to believe in themselves, creating self-esteem, respect and self-improvement. A Combined Martial Arts uniform is mandatory and may be purchased the first day of class for \$35. Instructor: Combined Martial Arts Academy Staff Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
YSPORT 6606	5-7 yrs	6/8-6/29	W	5:00-5:50 p.m.	\$30/4
YSPORT 6607	5-7 yrs	7/6-7/27	W	5:00-5:50 p.m.	\$30/4
YSPORT 6608	5-7 yrs	8/3-8/31	W	5:00-5:50 p.m.	\$37.50/5
YSPORT 6806	8-11 yrs	6/8-6/29	W	6:00-7:00 p.m.	\$30/4
YSPORT 6807	8-11 yrs	7/6-7/27	W	6:00-7:00 p.m.	\$30/4
YSPORT 6808	8-11 yrs	8/3-8/31	W	6:00-7:00 p.m.	\$37.50/5

"HEAD OVER HEELS" GYMNASTICS CAMP \$135/5-DAY CAMP

Enjoy rotations that include vaulting, bars, balance beams, and floor exercises. The fun won't stop there as we will also have time for games, contests, obstacle courses, crafts and snack each day. On the last day of camp, students will perform for family and friends and enjoy a pizza party for camp participants. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland

Activity #	Age	Dates	Day	Time
GYM 22	5 yrs +	8/8-8/12	M-F	9:30 a.m.-Noon

ICE SKATING FOR THE BEGINNER \$53/8 SESSIONS

No matter your age, learning to ice skate is fun and gets you into good physical condition without realizing that you're exercising. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 95	2-5 yrs	6/16-8/4	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	6/18-8/6	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	6/14-8/2	Tu	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	6/18-8/6	Sa	12:45-1:15 p.m.

SAFETY TIPS For The Pool, Lake Or Ocean

- Wear a life jacket or personal floatation device
- Enroll children in a water safety and swimming program.
- Learn basic life-saving skills.
- Make sure there is always adult supervision.
- Keep children within arms-reach at all times.

KARATE FOR KIDS

Karate For Kids emphasizes the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self defense. And of course, it's fun too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YFIT 5006	6-12 yrs	6/7-6/28	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5007	6-12 yrs	7/5-7/26	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5008	6-12 yrs	8/2-8/30	Tu	5:30-6:30 p.m.	\$42/5
YFIT 7006	6-12 yrs	6/4-6/25	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7007	6-12 yrs	7/2-7/30	Sa	9:00-10:00 a.m.	\$42/5
YFIT 7008	6-12 yrs	8/6-8/27	Sa	9:00-10:00 a.m.	\$38/4

LIL' KICKERS INDOOR SOCCER \$105/8 SESSIONS

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
Beginner:				
YSPORT 21	Hoppers, 3-4 yrs	6/15-8/3	W	10:30-11:20 a.m.
YSPORT 105	Hoppers, 3-4 yrs	6/18-8/13	Sa	10:55-11:45 a.m.
Advanced:				
YSPORT 83	Micro, 4-5 yrs	6/14-8/2	Tu	6:10-7:00 p.m.
YSPORT 24	Micro, 6-7 yrs	6/16-8/4	Th	6:10-7:00 p.m.
YSPORT 106	Micro, 4-5 yrs	6/18-8/13	Sa	11:05-11:55 a.m.
YSPORT 107	Micro, 6-7 yrs	6/18-8/13	Sa	11:05-11:55 a.m.

NEW LIL' KICKERS SUMMER CAMP

Beat the heat this summer and have some summer fun with Upland Sports Arena's Lil' Kickers Summer Camp! Join us for soccer, fun games, crafts, outdoor activities, snacks, and experience all of the fun and imagination of our Lil' Kickers classes! On the last day of the full day camp, children will enjoy a pizza party. Please note: All students enrolled in full day camps must bring a lunch and beverage to each class. Instructor: Upland Sports Arena Staff Location: The Upland Sports Area, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YSPORT 114	3-7 yrs	6/20-6/23	M-Th	9:00 a.m.-Noon	\$105/4-Day Half Day Camp
YSPORT 115	3-7 yrs	7/25-7/28	M-Th	9:00 a.m.-Noon	\$105/4-Day Half Day Camp
YSPORT 61	3-7 yrs	6/20-6/23	M-Th	8:30 a.m.-3:00 p.m.	\$175/4-Day Full Day Camp
YSPORT 62	3-7 yrs	7/25-7/28	M-Th	8:30 a.m.-3:00 p.m.	\$175/4-Day Full Day Camp

MULTI-SPORT BY TRIFYTT \$69/6 SESSIONS

Here is a chance for kids to play their favorite sports... Soccer, T-Ball, and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	7/9-8/13	Sa	9:00-9:45 a.m.

SOCCER CAMP BY TRIFYTT \$125/5-DAY CAMP

Through fun and safe games, athletes will learn new techniques and soccer skills, while also learning the benefits of sportsmanship, discipline, and teamwork. Participants should bring appropriate clothing, running shoes, sunscreen, and water bottle. Every athlete will be given a TriFytt camp T-shirt and sports ball. Instructor: TriFytt Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 85	5-9 yrs	6/20-6/24	M-F	9:00 a.m.-Noon

T-BALL BY TRIFYTT

\$69/6 SESSIONS

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFytt, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-5 yrs	7/13-8/17	W	5:30-6:15 p.m.
YSPORT 133	5-7 yrs	7/13-8/17	W	6:30-7:15 p.m.

TIGER CUB KARATE

Taught by black belt instructors, Tiger Club Karate will emphasize the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self-defense. And of course, it's fun, too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YFIT 6706	4-6 yrs	6/7-6/28	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6707	4-6 yrs	7/5-7/26	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6708	4-6 yrs	8/2-8/30	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6906	4-6 yrs	6/3-6/24	F	5:00-5:30 p.m.	\$26/4
YFIT 6907	4-6 yrs	7/1-7/29	F	5:00-5:30 p.m.	\$32.50/5
YFIT 6908	4-6 yrs	8/5-8/26	F	5:00-5:30 p.m.	\$26/4
YFIT 6606	4-6 yrs	6/3-6/28	Tu/F	5:00-5:30 p.m.	\$48/8
YFIT 6607	4-6 yrs	7/1-7/29	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6608	4-6 yrs	8/2-8/30	Tu/F	5:00-5:30 p.m.	\$52/9

"TUMBLE IN THE JUNGLE"

GYMNASTICS CAMP

\$135/5-DAY CAMP

Enjoy different obstacle courses that will include balance beams, bars, mini-trampolines, cheese mats, cartwheel mats and a mini-vault. The fun won't stop there as we will also have time for some fun games, contests, crafts, and snack each day. On the last day of camp, students will perform for family and friends and enjoy a pizza party for camp participants. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland

Activity #	Age	Dates	Day	Time
GYM 21	3-5 yrs	7/18-7/22	M-F	9:30 a.m.-Noon

Healthy Upland

Let's Move Fun-lympics Games



Saturday, August 6th • 8:30 a.m. - Noon

Magnolia Park, 651 W. 15th Street, Upland

Ages: 5 years & up • \$10 per team – 3 to 5 people per team. Pre-registration is required.

Prizes!

In the spirit of the Olympics, Healthy Upland - Let's Move Upland and our Premier Sponsor Kaiser Permanente will be hosting our inaugural Fun-lympics Games. The Let's Move Upland Fun-lympics Games is a team event, giving your family and/or friends an opportunity to play together in a friendly competition. Each team will compete to complete physical activities and brain power challenges.

Checkpoints (all children and adult friendly) will require low impact exercise, skills, and problem solving games. Points are accumulated along the way and winning doesn't mean being the first team back to the finish line!

Teams are encouraged to dress up. 50 bonus points will be given to each team dressing up in spirit clothes.

To register, please contact the Upland Recreation Division at (909) 931-4280.

MUSIC FOR ALL AGES

GUITAR FOR BEGINNERS \$60/5 SESSIONS

What a great way to begin to learn the guitar! In this group class, you will learn simple melodies and develop basic guitar techniques. This class covers a variety of styles including Classical, Jazz, Pop, Rock and more. At the end of the session, students will know basic chords, basic note-reading skills and be able to play a number of songs. A \$20 material fee is payable to the instructor for the first class. Practice guitar provided for class. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 32	6-11 yrs	6/15-7/13	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	6/15-7/13	W	5:45-6:45 p.m.

PIANO FOR BEGINNERS \$60/5 SESSIONS

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Parent participation is required for MUSIC 39. No class 7/4. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 39	3-5 yrs	6/20-7/25	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	6/20-7/25	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	6/20-7/25	M	5:45-6:30 p.m.



ADULT DANCE

BALLROOM DANCE FOR BEGINNERS

\$65/6 SESSIONS

Join us and learn the basics to dance the like the stars!!! Students will learn to lead and to follow in various dances, while adding fun and excitement to their lives with a life-long rewarding activity and stress reliever. This class will cover the basics of Fox Trot, Swing, Cha Cha and Waltz. Singles and couples are welcome. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 46	16 yrs +	6/10-7/15	F	7:00-8:00 p.m.
DANCE 47	16 yrs +	7/22-8/26	F	7:00-8:00 p.m.

BALLROOM DANCE FOR INTERMEDIATES

\$65/6 SESSIONS

Are you ready for the next step in Ballroom Dance? Enjoy our continuation of Ballroom Dance For The Beginner. Additional steps will be added and another Latin dance (Rumba, Samba, Tango or Salsa) will be introduced with each new session. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 83	16 yrs +	6/10-7/15	F	8:00-9:00 p.m.
DANCE 84	16 yrs +	7/22-8/26	F	8:00-9:00 p.m.



BELLY DANCE

\$40/4 SESSIONS

Belly Dancing is a great way to tone and shape your body, while improving coordination and posture. This class is for beginner to intermediate students who want to try something different or improve what they have previously learned. Basics will be taught, as well as more advanced movements. Students will learn to play finger cymbals, dance with a veil, and learn choreography. Occasional performance opportunities will be offered throughout the year. Hip scarves and finger cymbals are available for purchase from instructor. Instructor: Shahira Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
DANCE 59	14 yrs +	6/3-6/24	F	6:30-7:30 p.m.
DANCE 60	14 yrs +	7/8-7/29	F	6:30-7:30 p.m.
DANCE 61	14 yrs +	8/5-8/26	F	6:30-7:30 p.m.

EAST COAST SWING FOR BEGINNERS & INTERMEDIATES \$65/6 SESSIONS

Dance to the music of big band sounds. Burn some calories in this energetic class and have fun, too! Learn the basic single and triple rhythms with turns, kicks, and hand changes. Leading and following will be emphasized. Intermediate students will learn timing changes and more intricate steps. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 22	16 yrs +	6/10-7/15	F	6:00-7:00 p.m.

HULA FOR ADULTS

\$96/11 SESSIONS

Learn hand motions, body movements, and foot-steps associated with graceful Hawaiian dancing. Start with some of the most popular Hulas and progress from there. It's never too late to learn the Hula – this is a fun and popular class for adults of any age. Students are to wear exercise wear (no dresses or skirts) and socks or bare feet. Instructor: Aloha Hula Studio Staff Location: Aloha Hula Studio, 8637½ Baseline Road, Rancho Cucamonga

Activity #	Age	Dates	Day	Time
DANCE 17	16 yrs +	6/14-8/23	Tu	6:30-7:00 p.m.

LATIN DANCE FOR

BEGINNERS & INTERMEDIATES \$65/6 SESSIONS

Be competent on the dance floor by learning the basics of these Latin dances: Rumba, Cha Cha, Salsa, and some Tango or Samba. Students with previous experience will learn additional fun steps, as well as some styling techniques. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 57	16 yrs +	7/22-8/26	F	6:00-7:00 p.m.



ADULT HEALTH & FITNESS

BODY CONDITIONING

\$50/20 SESSIONS

Body Conditioning is an exercise program for men and women, structured to allow a "work at your own pace" routine. This 1-hour session includes warm-up, stretching, calisthenics, low to high impact aerobics and cool down exercises done to "easy listening" music. Please wear comfortable clothing and tennis shoes and bring a mat or towel for floor workout, water bottle, and your own 1/2-3 lb. weights (optional) to each class. No class 7/14 and 8/11. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	6/14-8/25	T/Th	6:00-7:00 p.m.

CROSSFIT KINNIFF FITNESS BOOTCAMP

Come join the fun and see what CrossFit is all about! This CrossFit inspired bootcamp will help you take your fitness to the next level! Certified trainers will use functional movements, including kettlebells, to help you get in the best shape of your life. All fitness levels are welcome. Please wear comfortable clothing and bring a water bottle to each class. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 69	Adult	6/14-6/30	T/Th	6:00-7:00 p.m.	\$75/6
FIT 70	Adult	7/5-7/28	T/Th	6:00-7:00 p.m.	\$100/8
FIT 71	Adult	8/2-8/30	T/Th	6:00-7:00 p.m.	\$110/9

ICE SKATING FOR THE BEGINNER

\$53/8 SESSIONS

No matter your age, learning to ice skate is fun and gets you into good physical condition without realizing that you're exercising. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
ASPORT 18	15 yrs +	6/16-8/4	Th	6:30-7:00 p.m.

PILATES

\$57/6 SESSIONS

Pilates is a gentle, yet powerful method of full body and mind conditioning, focusing on increased strength and flexibility, abdominal and limb toning and neurological stimulation. Pilates provides a well rounded and low chance of injury method, due to slow and precise movement. With consistency, results can become apparent very quickly. For some students, improvement and progress is often times immediate. Classes take place in a relaxed and intimate environment. Modifications providing alternate levels of difficulty make this class possible for all fitness levels to participate. Please wear comfortable clothing and bring an exercise mat or towel and water bottle to each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Date	Day	Time
FIT 42	Adult	7/8-8/12	F	9:00-10:15 a.m.
FIT 43	Adult	8/19-9/23	F	9:00-10:15 a.m.

PILATES FUSION

\$57/6 SESSIONS

Challenge your body, mind, and spirit as you experience the advantages of Yoga and Pilates in one class. Strengthen and tone your body and mind with articulate Pilates movements, as empowering Yoga poses are added to the mix. This fusion of methods creates positive muscle development, neurological stimulation, core strength, enhanced spinal health, and fortified well-being, all while having fun. Please wear comfortable clothing and bring a Pilates stability ball and water bottle to each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 44	Adult	7/6-8/10	W	9:00-10:15 a.m.
FIT 45	Adult	8/17-9/21	W	9:00-10:15 a.m.



TAI CHI/CHI GONG

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Chi Gong is the development of internal energy (chi). Improve breathing, calmness, balance and coordination, while increasing strength and flexibility gradually. Yang style Tai Chi uses slow rhythmic movements to achieve greater health. Please wear comfortable clothing and bring a water bottle to each class. No class 7/4. Instructor: Robert Zailo Location: Magnolia Recreation Center, 651 W. 15th Street or McCarthy Park, 20th Street and San Antonio Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
Location: McCarthy Park					
FIT 29	Adult	6/13-7/25	M	8:00-9:00 a.m.	\$42/6
FIT 39	Adult	8/1-8/29	M	8:00-9:00 a.m.	\$35/5
FIT 37	Adult	6/15-7/20	W	8:00-9:00 a.m.	\$42/6
FIT 38	Adult	7/27-8/31	W	8:00-9:00 a.m.	\$42/6
Location: Mag. Rec. Center, North Hall					
FIT 11	Adult	6/13-7/25	M	6:00-7:00 p.m.	\$42/6
FIT 12	Adult	8/1-8/29	M	6:00-7:00 p.m.	\$35/5

ADULT SPECIAL INTERESTS

CPR/AED

\$25/1 SESSION

This course will teach lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for the adult, child and infant victim. Participants will learn to recognize the signs of sudden cardiac arrest, heart attack, and stroke, relieve foreign body airway obstruction, perform cardiopulmonary resuscitation, and use of an automated external defibrillator. A two-year certification will be provided upon completion of this course. A \$25 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge.

Activity #	Age	Date	Day	Time
ASI 168	13 yrs +	6/28	Tu	6:00-9:30 p.m.
ASI 169	13 yrs +	8/16	Tu	6:00-9:30 p.m.

DOG OBEDIENCE—BEGINNER NOVICE

\$125/6 SESSIONS

This class is designed for all dogs 4 months or older. All basic obedience exercises will be taught, such as heeling (walking on the leash without pulling or tugging), automatic sit when you come to a stop, the "come" command, sit and down stays up to a leash length away, and the "sit for examination". Behavioral problems such as jumping, digging, barking, chewing, house breaking, and dashing from doors or gates will be addressed. Please bring proof of vaccination to the first class. Please do not bring your dog to the first class. No class 7/2. Instructor: Live Oak Dog Obedience Staff Location: Baldy View Park, 11th Street between Mountain Avenue & San Antonio Avenue, Upland OR Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location
ASI 4	14 yrs +	6/30-8/4	Th	6:30-7:30 p.m.	Magnolia Park
ASI 3	14 yrs +	6/18-7/30	Sa	10:00-11:00 a.m.	Baldy View Park
ASI 9	14 yrs +	7/15-8/19	F	6:30-7:30 p.m.	Magnolia Park
ASI 110	14 yrs +	8/25-9/29	Th	6:30-7:30 p.m.	Magnolia Park
ASI 5	14 yrs +	9/10-10/15	Sa	10:00-11:00 a.m.	Baldy View Park

DOG OBEDIENCE—PUPPY PRE-SCHOOL

\$125/6 SESSIONS

Puppy Pre-School & Socialization is for puppies 8 – 24 weeks. This course is a great beginner course for puppies and their owners to get a great start. Puppy Pre-School is invaluable in avoiding future behavior problems, and in building a relationship with the other members of the family. Training and various types of socialization result in a confident, well-adjusted adult dog. All puppies MUST be current on all vaccinations and have a completed health check up from a licensed veterinarian before entering the class. First meeting is held without the puppies. Instructor: Live Oak Dog Obedience Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time
ASI 86	14 yrs +	6/30-8/4	Th	7:30-8:30 p.m.
ASI 107	14 yrs +	8/25-9/29	Th	7:30-8:30 p.m.



FASHION SEWING FOR INTERMEDIATES

\$195/7 SESSIONS

Our Fashion Sewing course is for students who are comfortable with operating a sewing machine without supervision and who are interested in learning the basics of garment construction from patterns. Over the seven course meetings, students will learn the fundamentals of constructing a top and bottom, creation of buttonholes, zippers, waistbands, collars, etcetera, and focus on the specific techniques necessary to make each garment a success. A \$20 supply fee is payable to the instructor at the beginning of the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill #A, Claremont

Activity #	Age	Dates	Day	Time
ASI 211	12 yrs +	6/14-6/23	Tu-F	4:00-6:00 p.m.
ASI 212	12 yrs +	7/12-7/21	Tu-F	4:00-6:00 p.m.

Do you have a special skill, hobby, or trade and would like to teach a class or workshop?

Please contact the Upland Recreation Division at (909) 931-4280.



NEW LET'S COOK! INTERNATIONAL CUISINE \$35/1 SESSION

We may not all speak the same language throughout the world, but we all have one thing in common—Food! It's the one thing that connects people globally. Come with us as we explore the ingredients, cooking methods, and cultural influence of various cuisines around the world. In this hands-on class, students will work cooperatively to prepare recipes, practice new techniques, and gain experience in the kitchen while learning from one-another. A \$15 supply fee is payable to the instructor at the beginning of class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

Activity #	Age	Dates	Day	Time
Cuisine: Destination Italy				
ASI 223	16 yrs +	6/25	Sa	12:00-3:00 p.m.
Cuisine: Destination Mexico				
ASI 224	16 yrs +	7/23	Sa	12:00-3:00 p.m.
Cuisine: Destination West Africa				
ASI 225	16 yrs +	8/27	Sa	12:00-3:00 p.m.



NEW SEWING BASICS FOR ADULTS \$95/4 SESSIONS

Our introductory course is designed for those with no sewing experience or those who haven't sewn since an introductory level home economics course. Learn the fundamentals of operating a sewing machine, basic stitching techniques, what types of needs are suitable for different fabrics, how to adjust the machine tension for different fabrics, and so much more. A \$10 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill #A, Claremont

Activity #	Age	Date	Day	Time
ASI 206	16 yrs +	6/4-6/25	Sa	11:00 a.m.-12:30 p.m.
ASI 207	16 yrs +	7/9-7/30	Sa	11:00 a.m.-12:30 p.m.

NEW SPANISH FOR ADULTS \$100/6 SESSIONS

Spanish For Adults is an introductory course for students who have either never studied the language before or for those in search of a refresher course from a high school Spanish course. In a relaxed atmosphere, empathetic teachers will create effective practice activities and present new information slowly and clearly in an organized manner that is repeated and practiced often, helping to learn practical language skills. A \$20 supply fee is payable to the instructor at the first class. No class 7/2. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Age	Dates	Day	Time
ASI 56	16 yrs +	6/18-7/30	Sa	10:00-11:00 a.m.

WATERCOLOR \$32/4 SESSIONS

Discover your inner artist and expand your creativity while producing your own colorful paintings. Have fun while you learn the theory and techniques of watercolor in this easy to understand class. Students will leave class with completed projects. Basic supplies provided. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 23	Adult	6/15-7/6	W	5:00-6:00 p.m.
ASI 24	Adult	7/13-8/3	W	5:00-6:00 p.m.
ASI 65	Adult	8/10-8/31	W	5:00-6:00 p.m.



SENIOR DANCE AND FITNESS

NEW ARTHRITIS EXERCISE

Although it may initially seem hard to start or maintain an exercise program when you are tired or your joints ache, this may be just what you need to ease pain and improve your energy level, as exercise plays an important role in managing arthritis symptoms. With music and guidance, students will learn effective chair and standing exercises created for strength, mobility, and balance, in a fun, social, and supportive atmosphere. No class 7/19. Instructor: Joanne Dinsmore Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 1506	50 yrs +	6/7-6/28	Tu	12:00-1:00 p.m.	\$12/4
FIT 1507	50 yrs +	7/5-7/26	Tu	12:00-1:00 p.m.	\$9/3
FIT 1508	50 yrs +	8/2-8/30	Tu	12:00-1:00 p.m.	\$15/5

BALLET FOR BEGINNERS \$12/4 SESSIONS

Ballet For Beginners will focus on core training as well as classical ballet movements. The ballet barre will be used for every class but most predominately in the early classes where the students will work on carriage, balance and core strengthening. All courses will focus on the needs and abilities of the student. Instructor: Carolina Goss Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 9506	50 yrs +	6/9-6/30	Th	12:00-1:00 p.m.
DANCE 9507	50 yrs +	7/7-7/28	Th	12:00-1:00 p.m.
DANCE 9508	50 yrs +	8/4-8/25	Th	12:00-1:00 p.m.

COUNTRY WESTERN LINE DANCE FOR THE BEGINNER

Country Western Line Dance is for active adults seeking a social atmosphere in which to pursue a healthy physical activity. It allows you to interact with others while exercising your body and mind. Standard line dances known around the world will be taught, as well as more contemporary dances. Rhythmic styles include Swing, Two-Step, Cha Cha, Waltz, and Square. The Beginner class is an introductory class for those with little or no dance experience. This class will teach fundamental steps such as Brush, Fan, Splits, Struts, Hip Bumps, Hitch, Jazz Box, Pivot, Slides, Sailor Step, Vine, and Weave. Standard dances learned include Swingin' Thing, Candida, Cab Driver, Electric Slide, I Feel Lucky, and Rita's Waltz. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 7006	50 yrs +	6/17 & 6/24	F	10:30 a.m.-11:15 p.m.	\$10/2
DANCE 7007	50 yrs +	7/8-7/29	F	10:30 a.m.-11:15 p.m.	\$20/4



COUNTRY WESTERN LINE DANCE FOR THE ADVANCED BEGINNER

For those line dancers with previous line dance experience and are comfortable with the level of dances including Cut A Rug, Cowgirl's Twist, All My Ex's Live In Texas, Boot Scootin' Boogie, Juke Joint Jumpin, Rio, and Kansas City. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 4006	50 yrs +	6/17 & 6/24	F	9:30-10:15 a.m.	\$10/2
DANCE 4007	50 yrs +	7/8-7/29	F	9:30-10:15 a.m.	\$20/4

EASY YOGA

Great stretches for the body, focus for the mind, and peace for the spirit. Instructor: Joanne Dinsmore Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 6506	50 yrs +	6/3-6/24	F	1:30-2:30 p.m.	\$20/4
FIT 6507	50 yrs +	7/1-7/29	F	1:30-2:30 p.m.	\$25/5
FIT 6508	50 yrs +	8/5-8/26	F	1:30-2:30 p.m.	\$20/4

HULA DANCE

Come have fun while learning the fundamentals of Hula. Participants will learn basic hand, body, and foot motions related to graceful Hawaiian dancing. Exercise both mind and body while learning choreographed routines. Instructor: Donna Tovar Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 4906	50 yrs +	6/1-6/29	W	12:00-1:00 p.m.	\$15/5
DANCE 4907	50 yrs +	7/6-7/27	W	12:00-1:00 p.m.	\$12/4
DANCE 4908	50 yrs +	8/3-8/31	W	12:00-1:00 p.m.	\$15/5

ROCK THE WALK

Join the Rock The Walk class and experience a fun and exciting way of getting your cardio. This class includes "Energy Bursts" which are 2-3 minute faster music intervals where we kick-up our walking pace a notch, then move it back down to a different 60's and 70's music beat. You will utilize exercise stretch bands and one-pound hand weights during class. Meet new friends and be healthy all while you are indoors in a safe and temperature controlled environment. Please wear comfortable clothing and tennis shoes and bring a stretch band, 1-pound hand weights, and water bottle to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 121	50 yrs +	6/7-6/28	Tu	9:00-9:45 a.m.	\$20/4
FIT 122	50 yrs +	7/5-7/26	Tu	9:00-9:45 a.m.	\$20/4
FIT 123	50 yrs +	8/2-8/30	Tu	9:00-9:45 a.m.	\$25/5

SENIORCISE \$22/MONTH

Designed for those with Seniorcise experience and for those looking to have fun in a social atmosphere, while getting fit by exercise and dance. Build upper and lower body strength, increase flexibility, and energize your body through mat work, weights and simple choreographed dance/exercise routines featuring good music sounds from Broadway Musicals and the Big Band Era. Please wear comfortable clothing and bring two pound weight and water bottle to each class. Students may register for Monday & Wednesday for \$33 per month. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 5506	50 yrs +	6/6-6/27	M	9:00-10:00 a.m.
FIT 5507	50 yrs +	7/11-7/25	M	9:00-10:00 a.m.
FIT 5508	50 yrs +	8/1-8/29	M	9:00-10:00 a.m.
FIT 6406	50 yrs +	6/1-6/22	W	9:00-10:00 a.m.
FIT 6407	50 yrs +	7/6-7/27	W	9:00-10:00 a.m.
FIT 6408	50 yrs +	8/3-8/24	W	9:00-10:00 a.m.

SENIOR TAP FOR ADVANCED \$28/MONTH

Advanced Tap is designed for those that have completed the Intermediate course and are ready to move on to the Advanced level. Get your tap shoes ready, as we're headed for a lot of fun! Students should have permission from the instructor to enroll for this level of senior tap. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3206	50 yrs +	6/6-6/27	M	11:15 a.m.-12:45 p.m.
DANCE 3207	50 yrs +	7/11-7/25	M	11:15 a.m.-12:45 p.m.
DANCE 3208	50 yrs +	8/1-8/29	M	11:15 a.m.-12:45 p.m.

SENIOR TAP FOR BEGINNERS \$24/MONTH

An introductory course for those with little or no tap experience. This course is designed to teach the fundamentals of tap through floor technique and choreographed routines with music geared to make you want to tap your feet! Definitely a fun way to build coordination and rhythm, while relieving stress and staying shape. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3706	50 yrs +	6/1-6/22	W	1:15-2:15 p.m.
DANCE 3707	50 yrs +	7/6-7/27	W	1:15-2:15 p.m.
DANCE 3708	50 yrs +	8/3-8/24	W	1:15-2:15 p.m.

SENIOR TAP FOR INTERMEDIATES I \$26/MONTH

Intermediate Tap I is a slower paced tap course designed for those with some previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized and learn something new to get your feet tappin! Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 8606	50 yrs +	6/6-6/27	M	10:00-11:15 a.m.
DANCE 8607	50 yrs +	7/11-7/25	M	10:00-11:15 a.m.
DANCE 8608	50 yrs +	8/1-8/29	M	10:00-11:15 a.m.

SENIOR TAP FOR INTERMEDIATES II \$28/MONTH

Intermediate Tap II is a faster paced tap course designed for those with several years of previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized and learn something new to get your feet tappin! Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 2906	50 yrs +	6/1-6/22	W	10:00-11:30 a.m.
DANCE 2907	50 yrs +	7/6-7/27	W	10:00-11:30 a.m.
DANCE 2908	50 yrs +	8/3-8/24	W	10:00-11:30 a.m.

TAI CHI/CHI GONG \$24/4 SESSIONS

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Chi Gong is the development of internal energy (chi). Improve breathing, calmness, balance and coordination, while increasing strength and flexibility gradually. Yang style Tai Chi uses slow rhythmic movements to achieve greater health. Please wear comfortable clothing and bring a water bottle to each class. Instructor: Robert Zailo Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 1406	50 yrs +	6/9-6/30	Th	1:30-2:30 p.m.
FIT 1407	50 yrs +	7/7-7/28	Th	1:30-2:30 p.m.
FIT 1408	50 yrs +	8/4-8/25	Th	1:30-2:30 p.m.

ZUMBA GOLD \$28/4 SESSIONS

Join the Zumba Gold Program designed mainly for the 50 + age group. Our choreography is for the active older or de-conditioned adult and easy to learn which ensures your success. The benefits are body strengthening, loosening of joints, range of motion, balance and alertness, allowing for a healthier mind and body. Please wear comfortable clothing and bring a water bottle to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3606	50 yrs +	6/9-6/30	Th	8:45-9:45 a.m.
DANCE 3607	50 yrs +	7/7-7/28	Th	8:45-9:45 a.m.
DANCE 3608	50 yrs +	8/4-8/25	Th	8:45-9:45 a.m.

Students may register for additional Senior Tap classes or one day Seniorcise offered by Suellen Lassetter, paying 1/2 the fee for the entire extra class.



ART FOR 50+ BEGINNERS

Think you're not an artist? Relax! Come and join us for some creative fun and find your hidden talent. We will work in several mediums: Acrylics, pastels and mixed mediums, including collage. This class is open to beginners through intermediates. Please bring preferred supplies to each class. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 48	50 yrs +	6/2-6/30	Th	12:30-2:00 p.m.	\$35/5
ASI 49	50 yrs +	7/7-7/28	Th	12:30-2:00 p.m.	\$28/4
ASI 50	50 yrs +	8/4-8/25	Th	12:30-2:00 p.m.	\$28/4

ART FOR 50+ INTERMEDIATES

If your eyes light up when you see a box of paints or a sketch pad and you remember the class you took in high school or as an adult, then we invite you to join us! Together, we can build on the foundation of your beginner art experience. Please bring preferred supplies to each class. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 19	50 yrs +	6/7-6/28	Tu	9:30-11:30 a.m.	\$32/4
ASI 39	50 yrs +	7/5-7/26	Tu	9:30-11:30 a.m.	\$32/4
ASI 40	50 yrs +	8/2-8/30	Th	9:30-11:30 a.m.	\$40/5

COMPUTER I \$35/4 SESSIONS

Computer I is designed for seniors who have no computer experience. Interested in learning how to make, save, and print colorful documents such as flyers and invitations? Curious about the Internet? Ever wanted to send and receive email and photos, shop online, or follow your favorite celebrity? If so, come join us. First, we'll learn computer basics. Then, we'll cover as many of the mentioned topics as time permits. Each class moves at its own easy pace. No class 7/4. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	6/20-7/18	M	10:00-11:00 a.m.
ASI 25	50 yrs +	8/8-8/29	M	10:00-11:00 a.m.

COMPUTER II \$35/4 SESSIONS

Must take Computer I first. Welcome back continuing students! In this class we'll advance our computer skills and techniques by building upon all we learned in the first class. Don't miss out! Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 31	50 yrs +	8/8-8/29	M	11:30 a.m.-12:30 p.m.

AARP DRIVER SAFETY PROGRAM

\$15/Members & \$20/Non-Members
Gibson Arts & Crafts Room

REFRESHER COURSE:	FULL COURSE:
Tues., July 5th	Mon., June 6th & Tues. June 7th
Tues., September 6th	Mon., August 1st & Tues., August 2nd
12:00 p.m. - 5:00 p.m.	12:30 p.m. - 5:00 p.m.

This defensive driving course is designed for persons 55 and older who are seeking to sharpen their driving skills, prevent accidents, and to keep older drivers on the road safely. Participants will receive a DMV certificate entitling them to a discount on their auto insurance. Reservations and pre-payment required. Checks are to be made payable to AARP. No cash please. All registration MUST be completed at the Gibson Senior Center.



TRIPS AND TOURS

NEW TASTE OF TEMECULA \$56 PER PERSON

First stop today is at the Thornton's Winery, the gateway to Southern California's Temecula Valley Wine Country, offering old world style with new world tastes. Thornton's specializes in sparkling wines and champagnes. You tour will show you how the two are produced and offers samples of these fine Southern California wines. Next, enjoy time spent in Old Towne Temecula for lunch, shopping on your own, and a stop at the original retail and tasting room at the Temecula Olive Oil Company for free tastings of their olive oils and balsamic vinegars. From there, step out onto Main Street where you will find specialty shops, galleries, and antique stores. Last stop on the way home is at Tom's Farms in Corona, a California destination since 1971.

Activity	Age	Date	Depart	Return
#30	21 yrs +	Wed, June 8th	9:30 a.m.	6:00 p.m.

SUN & SAIL IN SANTA BARBARA \$79 PER PERSON

Climb aboard Santa Barbara's original amphibious tour vehicle, "The Land Shark", for a 90-minute narrated land and sea adventure. Enjoy exquisite views of the Santa Barbara coastline, the American Riviera, and the Santa Ynez Mountains as seen only from our boat at sea. Enjoy a visit at Stearn's Wharf, where you can take a short stroll out over the Pacific Ocean and savor the sensory experiences of California's oldest working wharf. Enjoy the fresh ocean breeze while watching local fishing boats off-load their morning catches and delight in a wealth of colorful shopping amidst commanding, panoramic views of the mountains and the coastline. Lunch will be on your own today along Cabrillo & State Streets at Stearn's Wharf where you will have a choice of many restaurants to choose from along with time for browsing and shopping before our return trip home.

Activity	Age	Date	Depart	Return
#11	5 yrs +	Wed, Aug 24th	8:00 a.m.	7:30 p.m.

DANISH DAYS IN SOLVANG \$46 PER PERSON

Spend your day just north of Santa Barbara, at the Danish Capital of America. This quaint town of Solvang blends Old World Architectural styles with both Old and New World tastes, along flower-lined streets, which create a walk-able village. Enjoy the showcase of unusual quality imports and collectibles from over 200 merchants, Danish folk dancing, parades, the aroma of chocolate, coffee and beer gardens, and bakeries-a-plenty as you travel the streets of Solvang. Spend time on your own or with friends where the good life and simple pleasures are remembered.

Activity	Age	Date	Depart	Return
#41	7 yrs +	Sa, Sept 17th	7:30 a.m.	8:00 p.m.

APPLE DAYS IN JULIAN \$37 PER PERSON

Julian is a historic gold mining town located approximately an hour east of San Diego. It is the premier mountain retreat in the county and is unique in that it has four seasons. Although famous for apples and their superb apple pie, one can enjoy all year round. Specialty shops line the streets with several choices for lunch on your own today. Then, stop in at one of the local wineries, take a horse-drawn carriage through town or just sit and relax. We will also stop in at the famous Dudley's Bakery in Santa Isabel before arriving into Julian. The day is yours...enjoy!

Activity	Age	Date	Depart	Return
#42	7 yrs +	Th, Oct 20th	8:00 a.m.	6:00 p.m.

George M. Gibson Senior Center

250 N. 3rd Ave., Upland • (909) 981-4501

Lectures are held in the Gibson Arts & Crafts Room

GIBSON LECTURE SERIES *Pre-registration required.*

UIC VEIN SCREENINGS

Friday, June 17th

9:00 a.m. - 11:00 a.m.

Do you experience leg discomfort, leg pain, varicose veins, skin discoloration, and/or restless leg syndrome? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Experts from the Uic Vein Institute will be here to answer all of your questions. Walk-ins welcome. Presented by Uic Vein Center.

COME LEARN THE ABC'S OF HEARING

Thursday, June 30th & Thursday, August 25th

9:00 a.m. - 11:30 a.m.

This educational hearing health talk will give you a more thorough understanding of the different types of hearing loss and potential side effects, treatments, and treatment outcomes. Get information regarding hearing aids, or other hearing related topics. Hearing screenings will also be available. Presented by Connect Hearing.

UPLAND CA MULTIPLE MYELOMA SUPPORT GROUP

First Friday of the month

10:00 a.m. - 1:00 p.m.

Have you or someone you love been diagnosed with Multiple Myeloma? This support group offers interaction with other Multiple Myeloma patients, families and caregivers who are going through the same experience. Learn about new up to date information and treatment options. For more information, please contact Carlene Pratt, Chairperson at Carlene_Pratt@yahoo.com.

SUMMER FUN

COLORFUL CREATIONS!

1:00 p.m. - 2:30 p.m.

Gibson Game Room

\$5 Per Person

Once a month, we will get together to exercise our creative side. Each month, we will create something different and new.

USA SIGN

Thursday, June 9th

Paint and paper mache a wood sign to hang on your favorite door in the house!

LIGHTHOUSE

Thursday, July 14th

Build a super cute lighthouse out of terra cotta pots.

VASE PAINTING & FLORAL ARRANGEMENTS

Thursday, August 11th

Learn how to marblize art on vases and create a flower arrangement to take home.



MONTHLY POOL TOURNAMENTS



Held the last Monday of each month
1:00 p.m. - 4:00 p.m. • \$5 Per Person

Sign-ups are taken at the front desk. Please arrive no later than 11:30 a.m. so you may enjoy lunch before the tournament. Great prizes for 1st and 2nd place. Open to men and women.

Special events are held in the Gibson Dining Room

GIBSON SPECIAL EVENTS

SENIOR ART EXHIBIT

Friday, July 15th

6:00 p.m. - 8:00 p.m.

No Cost

All are invited to attend this FREE art exhibit showcasing the creative talents of the art students who attend our "Art For 50+" class. Mediums such as acrylics, pastels, and mixed will be displayed for your viewing pleasure. The public is welcome and encouraged to attend.

GIBSON ANNIVERSARY HOEDOWN CELEBRATION!

Friday, July 22nd

1:00 p.m. - 4:00 p.m.

\$5 Per Person

Yee Haw! Get ready to party with the energetic and FUN Retro Station Band for our 19th Anniversary Celebration. Enjoy bar-b-que chicken, baked beans, potato salad, and ice cold watermelon. Put on those dancing shoes and bring your appetite...you're sure to have a great time! Tickets go on sale Friday, June 24th.

ALOHA SUMMER LUAU & DANCE

Saturday, August 13th

12:00 p.m. - 4:00 p.m.

Gibson Dining Room

\$5 Per Person

Dress in your favorite Hawaiian attire and join us for an afternoon of dancing, island-style entertainment, lunch, raffle prizes, friends, and fun! Tickets go on sale Tuesday, July 13th.

GIBSON DESSERT SOCIAL

Thanks to our generous sponsors and wonderful volunteers, the Gibson Senior Center is able to provide the sweet treats for each "Dessert Social" event.

3:30 p.m. - 5:00 p.m.

Meet in the Senior Center lobby

\$2 Per Person (Except when noted otherwise)

Please remember that tickets are always required for entry. The deadline for purchasing tickets is the Thursday prior to the event – No exceptions.

STRAWBERRY SHORTCAKE & SUNSHINE

Tuesday, June 28th

What's better than strawberry shortcake and a great game of BINGO? Don't miss out on this seasonal favorite.

PEACH COBBLER CONFECTION

Tuesday, July 26th

Wow, we're having peach cobbler! What a treat for this warm summer afternoon. Let's enjoy a great game of Bingo, too!

WE ALL SCREAM FOR ICE CREAM!

Tuesday, August 23rd

I scream, you scream, we all scream for ice cream. Ice cream sundaes, that is! How about some Bingo afterward?



Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m. • Closed Saturdays and Sundays
The Gibson Senior Center will be closed on May 30th, July 4th, and September 5th

GIBSON WORKSHOPS

Workshops are held in the Gibson Arts & Crafts Room

CLUTTER CHAOS

Every Tuesday
1:00 p.m. - 2:30 p.m.

Are you a pack rat who saves everything because somebody might need it someday? Join Christine Kobayashi to discuss the reasons people hold onto stuff and what to do about it.

ALZHEIMER'S ASSOCIATION LECTURES

Pre-registration required.

Lectures are held in the Gibson Arts & Crafts Room

10:00 a.m. - 11:30 a.m.



PARTNERING WITH YOUR DOCTOR

Thursday, June 9th

Learn how to prepare and become an active partner in the healthcare of someone with dementia.

BRAIN FITNESS

Thursday, June 23rd

Learn the ten habits of a highly affected brain.

SAVVY CAREGIVER – A SIX PART SERIES

Thursdays: July 14th, July 28th, August 4th, August 18th, September 8th, and September 22nd

9:30 a.m. - 11:30 a.m.
(Please note time change.)

A six-part program that provides caregivers the basic knowledge, skills, and attitudes needed to care for a family member who has been diagnosed with Alzheimer's Disease or another dementia. Please note change in time.

DR. RATKOVIC'S WELLNESS LECTURES

Pre-registration required.

Lectures are held in the Conference Room

12:30 p.m. - 1:30 p.m.
Seating begins at 12:15 p.m.

RESOLVING LOWER BACK PAIN

Tuesday, June 21st

LEG STRENGTH & BALANCE TESTING

Tuesday, July 19th

SOLUTIONS FOR LEG NEUROPATHY &

RESTLESS LEG SYNDROME

Tuesday, August 16th

THE SUNSHINE CONNECTION

Let Us Fill Your Day With A Little Sunshine!

GIBSON'S CHEERY CHATTERS

Gibson Senior Center staff and volunteers will make phone calls to brighten the day and "keep in touch" with seniors who would like to receive a friendly call a few times a month. Also, let us know your birth date and any special dates so we may send you a card.

FROM OUR LIBRARY TO YOU

The Upland Public Library will deliver library materials to homebound residents. This program is available to all Upland residents who cannot get to the Library because of illness, age, infirmity or disability.

COMMUNITY CONNECTIONS TRANSPORTATION SERVICES

Community Connections is a Transportation Mileage Reimbursement Program available for seniors and individuals with disabilities who no longer drive. To qualify you must have your own volunteer driver. We serve 16 cities including Upland.

For information, please contact (909) 621-9900.

NOW AT THE SENIOR CENTER

MOBILE FRESH

Every Friday, 11:00 a.m. - Noon
Gibson Senior Center Parking Lot

Promoting Healthy Lifestyles...a program of Family Service Association.

Aiming to promote healthy eating habits and ease of access to quality produce, we are rolling out MOBILE FRESH, our new grocery store on wheels. This innovative program aims to combine the convenience of a corner store with the selection and freshness of a farmers market. Cash, Debit/Credit and EBT accepted.



DVD RENTAL

Looking to sit back and relax in your favorite chair with a good movie? You've come to the right place! All DVD rentals are checked out at the front desk and are to be returned within three days.

PUZZLES

Located in the Dining Room Lobby
Grab a chair and enjoy a wide range of themed jigsaw puzzles with various skill levels. Create a masterpiece alone or share with friends.

ONGOING SERVICES & ACTIVITIES

The following senior services and activities are offered free of charge unless otherwise indicated.

CRAFTS

Knitting & Crocheting
Tuesdays, 12:30 p.m. - 2:30 p.m.

DANCE & EXERCISE

(Please register in advance.)

Yoga - FIT 61 (Sign-ups are limited)

Tuesdays & Thursdays
10:00 a.m. - 11:45 a.m.

Yoga Wellness Class - FIT 62

Mondays, 1:00 p.m. - 2:30 p.m.

GAMES

Billiards

Center's Operating Hours

Bingo

Wednesdays, 1:30 p.m. - 4:15 p.m.

Ping Pong

Monday-Friday, 2:45 p.m. - 4:45 p.m.

Pinochle

Wednesdays, 12:00 p.m. - 3:00 p.m.

Puzzles

Center's Operating Hours

SENIOR PROGRAMS

Blood Pressure

2nd & 4th Tuesday of each month 11:00 a.m. - 1:00 p.m. Walk-ins welcomed. Please call regarding availability. Schedule subject to change.

Inland County Legal Services

Call (909) 980-0982 Ext: 4735 for an appointment.

HICAP Counseling

1st & 3rd Friday of each month
9:00 a.m. - 12:00 p.m. Call (909) 981-4501 for appointment.

Nutrition Program

Monday - Friday, 11:30 a.m. - 12:30 p.m. \$3 suggested donation. \$6 for non-seniors, accompanied by a senior.

SENIOR CLUBS

AARP (Only calls about the Club)

Patty Scammacca, (909) 985-5888

Fun After 50

Annette Wiese, (909) 949-9777

SPECIAL INTEREST GROUPS

Bible Study

Wednesdays, 10:00 a.m. - 11:30 a.m.

Harmonichoir

1st & 2nd Thursdays
10:00 a.m. - 11:30 a.m.

To register, please contact the Gibson Senior Center at (909) 981-4501.

The Gibson Senior Center only accepts checks, VISA, MasterCard and American Express. Thank you.

UPLAND FACILITY Rentals

PARK RESERVATIONS

Many of the City's parks are available to rent for your next get together. Because dates fill up quickly, reservations are a must. All parks that can be reserved offer restrooms, outdoor BBQs, picnic areas, and playgrounds. Those parks that can't be reserved are limited to a first come, first served basis.

Upland residents may make reservations up to 12 months in advance. Non-residents may reserve parks up to 6 months in advance.

Parks can not be reserved on the following holidays and holiday weekends: Easter, Memorial Day, 4th of July, Labor Day, Halloween, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

For more information or to reserve, please contact the Upland Recreation Division at (909) 931-4280.

FIELD RESERVATIONS

Lighted fields are available at Memorial Park and Greenbelt Park only. Fields are available on a limited basis and must be reserved in advance. Please contact the Upland Recreation Division at (909) 931-4280 to reserve.



OTHER AVAILABLE LOCATIONS

Looking for the perfect place to hold your next party, family reunion, wedding reception or meeting without spending a bundle? Look no further than the City of Upland. The City offers a variety of rooms at six different facilities. Each facility includes the use of tables and chairs. For more information or to check availability, please contact the Upland Recreation Division at (909) 931-4280.

Magnolia Recreation Center, 651 W. 15th Street North Hall

This spacious room includes a warming kitchen perfect for caterers. Dining capacity: Up to 150 people.

Lounge

Ideal for meetings, classes or baby showers. Accommodates up to 25 people.

George M. Gibson Senior Center, 250 N. 3rd Avenue

Please note that the Senior Center is available on a limited basis.

Dining Room

Can accommodate up to 150 people.

Arts and Crafts Room

Can accommodate up to 30 people.

Game Room

Can accommodate up to 25 people.

Carnegie Library, 123 E. D Street

Great Room

Charmingly elegant, this room is perfect for a wedding reception or party. Can accommodate table seating for up to 80 people and a seated audience of up to 90 people.

Landecena Community Building 1325 San Bernardino Road

Perfect for banquets, weddings or meetings. Can accommodate up to 125 people.

San Antonio Heights

Railroad Company Waiting Station

Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque mural reflecting the legacy of William G. Kerckhoff. For more information or to check availability and pricing, please contact the Upland Recreation Division at (909) 931-4280.

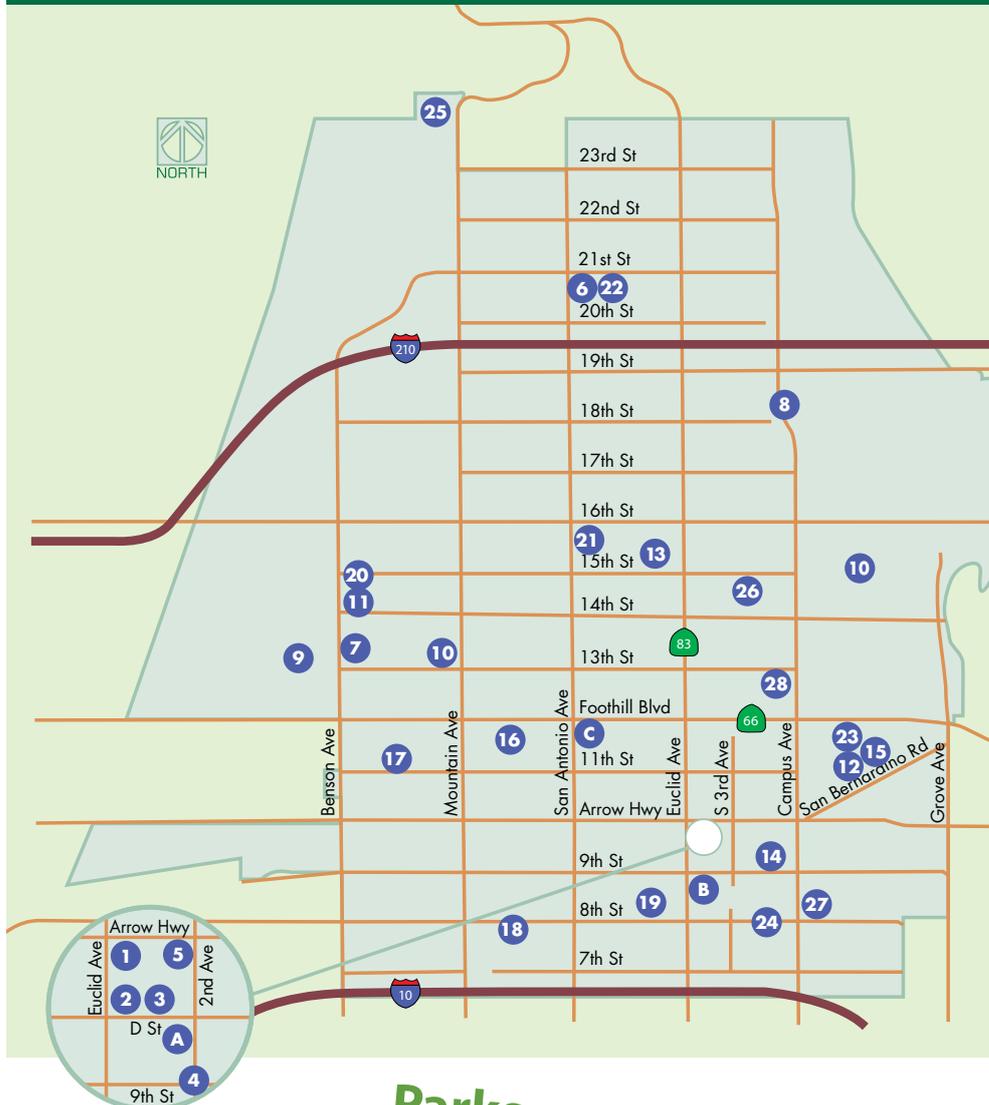
Historic Downtown Upland Gazebo

The Gazebo, centrally located at 2nd Avenue and 9th Street at the heart of Historic Downtown Upland, is available for community performances and events. A fee of \$25/hour with a minimum 3-hour reservation and facility deposit of \$50 is required. Please be advised that all reservations are reviewed by the Upland Police Department to determine if security services are required. If so, a fee will be quoted by the Police Department.

For more information or to check availability, please contact the Upland Recreation Division at (909) 931-4280.



UPLAND Facilities



- 1 City Hall**
460 N. Euclid Ave.
- 2 Upland Library**
450 N. Euclid Ave.
Sun., Fri., 1:00 p.m. - 5:00 p.m.
Mon., Thurs., 10:00 a.m. - 7:00 p.m.
Tues., Wed., 10:00 a.m. - 8:00 p.m.
Sat., 10:00 a.m. - 5:00 p.m.
- 3 Carnegie Building**
123 E. D St.
- 4 Historic Downtown Upland Gazebo**
2nd Ave. & 9th St.
- 5 Fire Department-Station 1**
475 N. 2nd Ave.
- 6 Fire Department-Station 2**
2046 N. San Antonio Ave.
- 7 Fire Department-Station 3**
1350 N. Benson Ave.
- 8 Fire Department-Station 4**
1825 N. Campus Ave.
- 9 Fire Department-Station 5**
1275 N. Airport Dr.
- 10 Police Department**
1499 W. 13th St.
- 11 City Yard**
1370 N. Benson Ave.
- 12 Animal Services**
1275 San Bernardino Rd.
(inside Memorial Park)
Mon., Tues., Fri., 12:00 p.m. - 5:30 p.m.
Wed., Thurs., 12:00 p.m. - 7:00 p.m.
Sat., 10:00 a.m. - 3:30 p.m.
Sun., 10:00 a.m. - 3:30 p.m.
- 13 Magnolia Recreation Center/Recreation Office**
651 W. 15th St.
(inside Magnolia Park)
- 14 George M. Gibson Senior Center**
250 N. 3rd Ave.
- 15 Landecena Community Building**
1325 San Bernardino Rd.



Park Amenities

	Reservable Areas	Amphitheater	Ballfields	Basketball	BBQ	Dog Park	Fitness Trail	Horseshoes	Open Grass Field	Picnic Tables	Picnic Shelters	Playground	Restrooms	Snack Bar	Soccer Field	Skate Park	Volleyball
16 Baldy View Park—11th St. between Mountain and San Antonio Ave.	0				•	•				•	•	•	•	•			
17 Cabrillo Park—11th St. between Benson and Mountain Ave.	3		•	•						•	•	•	•	•			
18 Citrus Park—8th St. between Mountain and San Antonio Ave.	1	•		•					•	•	•	•	•	•			
19 Fern Reservoir Park—8th St. between Euclid and San Antonio Ave.	0								•	•	•	•	•	•			
20 Greenbelt Park—15th St. between Mountain and Benson Ave.	0	•		•					•	•	•	•	•	•			
21 Magnolia Park—15th St. between San Antonio and Euclid Ave.	2			•					•	•	•	•	•	•			
22 McCarthy Park—20th St. and San Antonio Ave.	1		•	•		•	•		•	•	•	•	•	•			•
23 Memorial Park—Foothill Blvd. between Campus and Grove Ave.	3	•	•	•					•	•	•	•	•	•			•
24 Olivedale Park—8th St. between Campus and Sultana Ave.	2		•	•					•	•	•	•	•	•			
25 San Antonio Park—24th St. and Mountain Ave.	1	•		•					•	•	•	•	•	•			
26 Sierra Vista Park—15th St. between Campus and Euclid Ave.	2			•					•	•	•	•	•	•			
27 8th Street Reservoir Park—8th St. and Campus Ave.	0	•												•			
28 13th Street Reservoir Park—13th St. and Campus Ave.	0			•					•	•							

Other Destinations

A Chamber of Commerce
215 N. Second Ave., Ste. D
(909) 204-4465

B Metrolink Station
300 E. "A" St.

C Upland High School
565 W. 11th St.
(909) 949-7880



HOW TO REGISTER ■ GENERAL REGISTRATION

1. MAIL IT IN...



To Upland Recreation Division,
PO Box 460, Upland, CA 91785. Make
checks payable to City of Upland. Please
do not send cash.

2. WALK IT IN...



To the Upland Recreation Division
Office located inside Magnolia Park,
651 W. 15th Street, Upland.
Monday through Thursday,
8:00 a.m. - 6:00 p.m.

3. PHONE IT IN...



Using your VISA, MasterCard
or American Express,
Monday through Thursday,
8:00 a.m. - 6:00 p.m.
(909) 931-4280

4. ONLINE...



At our website using your VISA, MasterCard
or American Express at
<https://apm.activecommunities.com/Upland/>
Note: Not all classes may be registered online.

5. FAX IT IN...



If paying with a VISA, MasterCard or
American Express to (909) 931-4283.

Classes begin in **JUNE**. See specific dates under class description. Open enrollment will be in effect for all classes and activities throughout each quarter. All registration is done on a first come, first served basis. Classes may fill prior to the first meeting or may be canceled if minimum enrollment is not met. Therefore, pre-registration is vital.

Potential customers who have a disability are invited to contact the City of Upland Recreation Division to discuss any special accommodations or adaptations which are necessary for participation in our programs. Requests need to be made a minimum of 30 days prior for trips and 14 days prior for all other activities by contacting the Upland Recreation Division Office at (909) 931-4280, Monday - Thursday, 8:00 a.m. - 6:00 p.m.

FEES

While every attempt is made to adhere to the dates, times and locations listed in our brochure, all classes are subject to change and cancellation.

CONFIRMATIONS AND RECEIPTS

You must enclose a self-addressed stamped envelope to receive confirmation on your registration.

PHOTO RELEASE

By participating in these programs, you are giving permission to the City of Upland to photograph you or your child(ren) for use in future City publications and you or your child(ren) will not receive compensation for such use.

PRORATES, REFUNDS AND MAKE-UPS

- Fees are not prorated.
- No make-ups for missed classes unless class is not held due to fault of instructor or the Upland Recreation Division.
- Refunds must be requested before second class meeting.
- A partial refund will be given for refunds requested prior to the second class. After the second class, no refunds will be given under any circumstances.

TRIPS & TOURS

- Registration: First registered, first boarded will be in effect.
- Departure/Return: Magnolia Park, 651 W. 15th Street, Upland. Please be in the parking lot 15 minutes prior to departure time. All return times are approximate.
- Multi-Sponsored Trips: Some of our trips and tours are co-sponsored with other cities. First registered, first boarded is not in effect with multi-sponsored trips.
- Refund Policy: Refunds for trips will be made only if there is a waiting list and your reservation can be resold. All trips go rain or shine.
- Traveler's Insurance: Cancellation insurance is available that will protect your sizable investment for any extended trip costing \$100 or more. It is the participant's responsibility to purchase the insurance.

**CLASSES BEGIN
IN JUNE**





JUNE

CABARET MEETS BEACH BLANKET BINGO

Saturday, June 11th, 7:30 p.m. - 9:30 p.m.

Gibson Senior Center, 250 N. Third Ave., Upland

Don your beachcomber garb and show a surfer smile where cabaret entertainment meets beach blanket bingo! For more information, please view page 4 or contact Amy Budds at (818) 835-6213.

11TH ANNUAL CHILI COOK-OFF

Saturday, June 18th, 6:00 p.m. - 9:00 p.m.

Upland City Hall Courtyard, 460 N. Euclid Avenue, Upland

Proceeds to benefit Inland Valley Recovery Services' programs-healing individuals, family, and the community since 1962. For more information, please contact Ellen Davis at (909) 932-1069.

JULY

2016 4TH OF JULY FIREWORKS SPECTACULAR CELEBRATION

Monday, July 4th, 9:00 p.m. Gates open at 5:30 p.m.

Upland High School, 565 W. 11th Street, Upland

The City of Upland is proud to present its 30th Annual 4th of July Fireworks Spectacular Celebration, complete with a Fireworks Sky Concert, live music by *Retro Station*, a Kid's Zone, food, and family fun! Tickets go on sale Wednesday, June 1st. For more information, please contact the Upland Recreation Division at (909) 931-4280.



AUGUST

UPLAND HOST LIONS COMMUNITY DAY IN THE PARK

Friday, August 5th, 4:00 p.m. - 8:00 p.m.

Memorial Park - Atwood Kitchen, Upland

Enjoy a dinner of grilled fish/steak and corn and one another's company. Proceeds from the event will go back into the community. For more information, please contact Michael Stewart at (909) 921-2330.

BARK FOR LIFE'S DOGGIE DASH & DAWDLE & SUMMER FESTIVAL

Saturday, August 27th, 8:00 a.m. - 1:00 p.m.

McCarthy Park, 20th Street & San Antonio Avenue, Upland

Join us for our Doggie Dash & Dawdle 5K & Summer Festival including a fun run/walk event for dogs and their owners to raise funds and awareness for the American Cancer Society's fight against cancer. For more information, please view page 4 or contact Jenni Nickels at (951) 300-1230.

SEPTEMBER

UPLAND DAY AT THE L.A. COUNTY FAIR

Thursday, September 22nd, 12:00 p.m. - 10:00 p.m.

Los Angeles County Fairgrounds, 1011 W. McKinley Avenue, Pomona

The Fairplex, home of the Los Angeles County Fair, has long been a proud partner throughout the community. Join LACF as they honor the cities of Upland and Montclair with a Community Days parade, high school marching band competition, Community Hero awards ceremony, and Business Expo. Upland Chamber of Commerce members interested in participating in the Business Expo may contact the Upland Chamber at (909) 204-4465.

ONGOING EVENTS

MOVIES & CONCERTS IN MAGNOLIA PARK

Wednesday, July 13th - Wednesday, August 17th

Magnolia Park, 651 W. 15th Street, Upland

Concert begins at 7:00 p.m., followed by a movie at approximately 8:45 p.m. Join us for special events and fun for the whole family! Bring a blanket or low lawn chair and relax for the evening with friends and family. For more information, please view page 5 or contact the Upland Recreation Division at (909) 931-4280.

HISTORIC UPLAND WALKING TOURS

2nd Saturday of each month, 10:00 a.m.

Meets on steps of The Cooper Regional History Museum, 217 "A" Street, Upland.

Join us for an in-depth look at Upland's history, downtown businesses, and people that define the City of Gracious Living. Tours are approximately two hours and one mile in length over flat surfaces. The tour is free. There is a \$5 suggested donation for The Cooper Regional History Museum. For more information or to confirm walking tour date, please contact (909) 982-8010 or visit www.coopermuseum.org.

THURSDAY FARMER'S MARKET

Every Thursday, 5:00 p.m. - 9:00 p.m.

Historic Downtown Upland, 2nd Avenue & 9th Street, Upland

Turn your Thursday evening into a fun-filled time with family, friends, and neighbors. Enjoy vendors, food, music, produce, a Kid's Zone, and more! For more information, please visit www.historicdowntownupland.org.

WHERE IN THE WORLD IS THE UPLAND CHAMBER?

To find out more information regarding once in a lifetime travel experiences, please contact the Upland Chamber of Commerce at (909) 204-4465.

Follow Us | Like Us





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INCORPORATED IN 1906

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