Recreation is Always In Season!

2019 Spring Programs
www.tvrpd.org
Easy online registration!
Corporate Games
TVRPD Corporate Games aims to promote a healthy lifestyle through activity, teamwork, participation and fun. This 8-day Olympic-style competition between businesses and employee-based organizations provides an opportunity for a fun, out-of-office experience that will build employee morale. Corporate Games have something to offer every type of person that encourages participation and healthy activity for all abilities. Get your team of employees together & prepare for our 1st ever games in 2019!

Game Dates: March 16–23
Registration/Costs: January 1–February 24 $400
February 25–March 11 $450
Teams: Businesses or employee-based companies with teams of 6–10 people competing in an 8 day Olympic-style competition.
Winner: Receives 1-Year FREE advertisement in our program brochure, Race shirts, Movies in the Park and on TVRPD website.

Adult Basketball League
Registration: January 1–March 8
League Start/End: March 25–May 23
Days*: Monday–Thursday *Each team plays 2 nights per week
Location: Aspen Builders Inc. Activity Center
Cost: December 31–February 14 $515 per team
February 15–March 7 $565 per team
March 8 $615 per team
Mandatory Coaches/Referees meeting: Monday, March 25 at 5:30 PM

Youth Baseball–T–Ball/Coach Pitch
T-Ball Lower Division: Ages 3–4
Coach Pitch Upper Division: Ages 5–6
League Starts/Ends: April 8–June 1
Location: Meadowbrook Park
Cost: January 1–February 8 $78
February 9–March 7 $82
March 8–22 $87
Includes: Team Shirt/ Hat, Medal
*Sweatshirt Not Included. Must be purchased at time of sign up, they will not be ordered during season.
$30 Head Coach discount, $10 Sibling discount
*Pictures available for purchase
Mandatory Coaches Training: TBA
Mandator Parent Meeting: TBA

Easter Egg Hunt FREE Event!
Date: Saturday, April 20
Location: Meadowbrook Park
Time: 2:00 PM
Age Groups: 0–2 years, 3–5 years, 6–7 years, 8–10 years
Includes: Photos with the Easter Bunny after hunt
**Brite Lake Fishing Derby**

All participants 16 years of age and older must have a valid California Sport Fishing License in their possession. Children under the age of 16 are not required to have a California License. Campsites are available: Please contact 661-822-3228. Please note that all campsites are available on a first-come first-serve basis.

*No reservations.*

**Date:** Saturday, April 20  
**Location:** Brite Lake  
**Time:** 6:00 AM–1:00 PM  
**Weigh in:** 1:05 PM  
**Cost:**  
- $20 Adults, $15 Children, $60 Family (of 4)  
- Each additional family member: +$5  
- Includes T-Shirt

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**COED Youth Volleyball**

**Age:** 3rd–12th Grade Division  
**League Start/End:** April 27–June 1 (2 games per week; 1 weeknight game and 1 Saturday game)  
**Location:** Aspen Builders Inc. Activity Center  
**Cost:**  
- December 31–January 31: $77  
- February 1–28: $82  
- March 1–24: $92  
**Includes:**  
- T-shirt  
- $30 Head Coach discount  
- $10 Sibling discount  
- Championship shirts for championship teams (playoffs)

*Pictures available for purchase separately. Not included in registration. Mandatory Skill Evaluations and Coaches Meeting: March 26-28*

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**Warrior Challenge**

TVRPD in partnership with Warrior Boosters Football

There will be 30+ obstacles over 3 miles. Obstacles will include bucket carries, low crawl, tire flips, monkey bars, swimming (only for participants 15 and over) and many more. There will be a burpee option to opt out of any obstacle. This is a family-friendly event and all proceeds will go to the Warrior Boosters for the Warrior Football team.

**Ages:** 9+  
**Date:** Saturday, May 18  
**Race Day Registration:** 8:00 AM  
**Race Begins:** 9:00 AM  
**Cost:**  
- Pre-Registration through May 16: $40  
- Race day: $50  
**Location:** Philip Marx Central Park  
**Includes:**  
- T-shirt, hat, finishers medal and race swag  
- *Must register before April 26 to be guaranteed a shirt and hat.*

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**Memorial Day Ceremony** **FREE Event!**

Join us in honoring our fallen. There will be a guest speaker and laying of the wreaths. After the presentation, The American Legion Auxiliary along with Tomo-Kahni DAR will be providing free hot dogs and drinks.

**Date:** Monday, May 27  
**Location:** Phillip Marx Central Park  
**Time:** 10:00 AM
American Red Cross Lifeguard Certification
Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.
Age: 15+
Dates: Spring Class 1: March 9, 10
       Spring Class 2: May 4, 5
Times: TBA
Location: Dye Natatorium
Cost: $38 pre-course online module
       $150 Lifeguard Certification Class
Recertification: May 12
Cost: $38 pre-course online module
       $90 Recertification Class

Marti’s Water Aerobics
This class is perfect for those looking to get in shape with a low-impact workout. Enjoy the sounds of upbeat music and a positive environment when you come for this 1-hour class. Born in the rural town of Tehachapi, California, Marti Sprinkle is a certified water aerobics instructor with over 25 years of experience. She is certified through American Exercise Association (AEA) and is also a member of Aquatic Therapy and Rehabilitation Institute (ATRI). She holds specialty certificates for Total Joint Replacement, Hip and Back.
Ages: 16+
Dates: April 1–August 31
Days: Mondays & Wednesdays
Times: 7:00–8:00 PM
Location: Dye Natatorium
Cost: $5 Drop–In; $30 10–Visit Punch Card
      $55 Monthly Unlimited Swim Pass

Kathleen’s Deep-Water Aerobics
A 50-60-minute workout for all ages and fitness levels! Let the water reduce the stress on your joints while still gaining the benefits of increasing your heart rate, increasing lung capacity, muscle strength and flexibility. This is for people who have tried aerobics or not! Men and women alike. Kathleen Kline brings her 10+ years of experience back to Tehachapi where she has moved her “land classes” into the pool. “This is where I can help encourage you while helping you get in shape and have a good time while doing it,” Kathleen says encouragingly.
Ages: 16+
Dates: April 1–August 31
Days: Tuesdays & Thursdays
Times: 7:00–8:00 PM
Location: Dye Natatorium
Cost: $5 Drop–In; $30 10–Visit Punch Card
      $55 Monthly Unlimited Swim Pass

Lap Swim
Dive in and enjoy TVRPD's 6-lane, 25-yard pool. All swimmers are expected to abide by TVRPD Lap Swim Etiquette, share lanes and circle swim when necessary. Patrons using the pool during lap swim must be swimming laps. Fins and kickboards available upon request.
Ages: 14+
Dates: April 1–August 31
Days/Times*: Monday–Friday: 5:00–7:00 AM & 12:00–1:00 PM
       Monday–Thursday: 8:30–9:30 PM
       Saturday: 11:00 AM–2:30 PM
*Lap Swim hours are subject to change.
Location: Dye Natatorium
Cost: $5 Drop–In; $30 10–Visit Punch Cards
      $55 Monthly Unlimited Swim Pass

Private Swim Lessons
Age: 4+
Dates: April 1–August 31
Time: By appointment
Cost: $20 per 30-minute Lesson
(Minimum 5 lesson commitment)
Location: Dye Natatorium
Parent & Tot / Mommy & Me Play and Sign Classes

This class will empower parents and children to communicate clearly with one another and experience the profound bonding that results. Participants learn and practice signs in a playful setting and learn how to make signing a part of daily life. Topics include: food, drink, family, pets, clothing, transportation, manners, and bedtime. This is a 6-week course. Class is limited to 15 students.

- Ages: 0-5 years
- Days/Times: Fridays, 9:30-10:30 AM
- Class Start/End: January 11, 18, 25, February 1, 8, 15
- Location: Aspen Builders Inc. Activity Center
- Instructor: Mikayla McLaws
- Cost: $60, Includes Practice DVD

It’s Signing Time!

This class is based on the award-winning Signing Time and Rachel and the Tree Schoolers DVD Series. In addition to learning ASL vocabulary, participants will expand their problem-solving skills, learn the value of courage and kindness, and much more! Each week, students will receive a signing tip and learn more about Deaf culture. This class is structured similar to the classroom, but with activities, games, and story time. This is a 6-week course. Class is limited to 10 students.

- Ages: 5-8 years
- Days/Times: Tuesdays, 4:00-5:00 PM
- Class Start/End: January 8, 15, 22, 29, February 5, 12
- Location: Aspen Builders Inc. Activity Center
- Instructor: Mikayla McLaws
- Cost: $60, Includes Practice DVD

Potty Time Workshop (For parents)

This workshop helps parents in their potty-training journey. In this workshop, we will NOT be potty-training children. We will talk about how to prepare for it and what decisions need to be made. Parents will learn helpful strategies for potty-training and will hopefully come out of the class with tools and encouragement for the journey! Class is limited to 20 students.

- Class Options: February 9 or April 13
- Time: 10:00 AM-12:00 PM
- Location: Aspen Builders Inc. Activity Center
- Instructor: Mikayla McLaws
- Cost: $40, Includes 2 workshop tickets & the Potty Time Pack (Board Book and DVD)

Instructor Bio:

Mikayla McLaws, founder of Luv2Sign Academy, began learning American Sign Language as a young child. Her best friend in junior high was Deaf and she learned enough ASL to be able to communicate with her and interpret for some classes and sports activities. From that was established a beautiful friendship and a deeper study of her friends’ language and culture. Needless to say, American Sign Language has always been an important part of her life. She graduated in 2016 with a Bachelor’s of Science in Recreation Management and then shortly after, her son was born. She began signing with her son and was able to communicate with him before he could speak. Mikayla is now a Certified Signing Time Instructor and is thrilled to be able to bring this beautiful language to many children and families in Tehachapi.

SMILE! ...you could be in the brochure!

The Tehachapi Valley Recreation & Park District reserves the right to use images and/or photographs of anyone in any activity, park, or public place in present and/or future printed publications or on the district’s web pages for promotional purposes, unless told otherwise at the time image or photo is taken.

Contributed photos may also be used, at the discretion of the district.

If you would like to contribute a photo, please submit them to our email: recreation@tvrpd.org
Six-Week Stress and Pain Management Mindfulness Series
This series will include an Introduction to Mindfulness, Mindfulness for Stress Reduction, Pain Management, Neuroplasticity, Managing Difficult Emotions, and Mindful Eating. Each class includes a topic discussion, mindfulness tools to use in daily life, and a guided meditation. Feel free to wear comfortable clothing and bring an exercise mat if you wish to lie down during the meditation.

Day: Thursdays, February 14, 21, 28 and March 7, 14, 21
Time: 6:00-7:00 PM
Cost: $60
Location: TVRPD District Office, 490 D Street, Tehachapi
Instructor: Tanya Spencer

Six-Week Conditions of the Heart Mindfulness Series
This series will include an Introduction to Mindfulness, the Electromagnetic Heart Field, Heart Sensing, Heart Healing, The Story, and The Breath. Each class includes a topic discussion, mindfulness tools to use in daily life, and a guided meditation. Feel free to wear comfortable clothing and bring an exercise mat if you wish to lie down during the meditation.

Day: Thursdays, April 25, and May 2, 9, 16, 23, 30
Time: 6:00-7:00 PM
Cost: $60
Location: TVRPD District Office, 490 D Street, Tehachapi
Instructor: Tanya Spencer

Watch for the Summer Brochure coming in April!

Plus:
Concerts in the Park,
Adult Softball,
Sports & much more!
Thank you to our generous Sponsors for your record amount invested in our community!
Tehachapi Valley Recreation & Park District
490 West D Street • 661-822-3228 Office
Hours: 8:00 AM – 6:00 PM, Closed: Friday through Sunday
www.tvrpd.org facebook.com/tvrpd

TVRPD Facility Locations:
Brite Lake • 22902 Banducci Road
Dye Natatorium Pool • 400-B South Snyder
Philip Marx Central Park • Mojave and "E" Street
Steven A. Shy Activity Center • 311 East D Street
Meadowbrook Park • 21750 Westwood Blvd
Meadowbrook Dog Park • 21750 Westwood Blvd
Pump Track • 21750 Westwood Blvd
West Park • 490 West D Street
Aspen Builders Inc. Activity Center • 410 West D Street
Ollie Mountain Skate Park • 410 West D Street
TVRPD District Office • 490 West D Street

TVRPD Facility/Park Pavilion Rentals:
Meadowbrook Park • 21750 Westwood Blvd
West Park • 490 West D Street
Brite Lake • 22902 Banducci Road
For more information and reservations:
www.tvrpd.org, 661-822-3228

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