Recreation is Always In Season!

2019 Summer Programs
www.tvrpd.org
Easy online registration!
Summer Adventure Camp
Come play with us! Spend the day with old friends and make new ones as you create fantastic works of art, participate in fun and engaging games, learn new sports skills, and travel to exciting destinations. Each week is planned based on a central theme. See below for themes and field trips. Summer Adventure Camp will utilize Park District facilities to facilitate all indoor and outdoor activities. Monday–Friday will be organized play and activities. Out-of-town field trips will be on Fridays every other week. Every Tuesday and Thursday are pool days (included with registration!)
Email c.torres@tvrpd.org for more information.

Age: 5–12
Registration: Begins April 1
Time: 
9:00 AM–3:00 PM (Camp)
6:00 AM–6:00 PM (Extended Camp)
Dates: 
Week 1 Summer Kick Off! (June 10–14)
Week 2 Sports Week (June 17–21)
Week 3 A Year in a Week (June 24–28)
Week 4 Party in the USA* (July 1–5)
*Closed Thursday July 4 in observance of Independence Day
Week 5 Splish Splash Week (July 8–12)
Week 6 Spirit Week** (July 15–19)
Week 7 Zoo Week (July 22–26)
Week 8 Great Outdoors Week (July 29–August 2)
Week 9 Summer Rewind! (August 5–9)
Cost: Campers Daily Option Weekly Option
6 hours or less $22 $92
6 hours or more $27 $117
T–Shirt $6
Field Trips: TBA
Includes: Breakfast and lunch provided as part of the TUSD Summer Meals Program.

Counselor in Training
TVRPD welcomes teenagers ages 13-15 to apply and become one of our Counselors in Training (CIT) This leadership role introduces teenagers how to lead activities and become role models to our campers alongside our staff. Every Tuesday and Thursday are pool days (included with registration!) If interested, please email c.torres@tvrpd.org or call the District Office at 661-822-3228 for more information.
Age: 13-15
Time: 
9:00 AM–3:00 PM (Camp)
6:00 AM–6:00 PM (Extended Camp)
Weeks 1–9 (June 10–Aug 9)
Cost: Junior Camp Leaders Weekly Option
6 hours or less $55
6 hours or more $60
Includes: Breakfast and lunch provided as part of the TUSD Summer Meals Program.
Tehachapi Tots
Tehachapi Tots is an enrichment, preschool program operated by the Tehachapi Valley Recreation & Park District. The Program serves children 18 months through 5 years of age. Enrollment is open to the public, and children are admitted to the program without regard to race, color, creed, or sex. Through fun filled activities, this program seeks to enhance your child’s social, physical, emotional, and intellectual development. Activities include supervised play, singing, games, story-time, discussion of themes, special events, motor movement, field trips, and much more! Program Philosophy: To present to children activities that will foster their growth and development, encourage their curiosity, expand their interest, and help them recognize all of their potential.

Tots Enrichment Enrollment begins June 3
This is the first class your child attends without a parent participating. This well-balanced enrichment program includes exposure to pre-phonics, math concepts, science, dramatics, motor movement, arts & crafts, and music, plus field trips! Children must be toilet trained. Bring a snack to all classes.

Ages: 3-5 MUST be completely potty-trained
Days/Times/Costs: Mondays and Wednesdays
   9:30 AM–12:00 PM $85/Month
   12:00 PM-2:30 PM $85/Month
   Full day 9:30 AM-2:30 PM $170/Month
Tuesdays and Thursdays
   9:30 AM-12:00 PM $85/Month
   12:00 PM-2:30 PM $85/Month
   Full day 9:30 AM-2:30 PM $170/Month
Monday-Thursday
   Full day 9:30 AM-2:30 PM $340/Month

Fee: Monthly fee + one-time $65 craft fee per tot per class
Location: Stephen Shy Activity Center

Parent & Me Enrollment begins June 3
This hour-long class is an introduction to the Tehachapi Tots program, and is an effort to begin adding structure and socialization to your child’s life. One parent and their child participate in activities together, including movement, music, storytelling and circle time. Please bring a snack for your child every class.

Ages: 18 months - 3 years
Days/Times/Costs: Mondays and Wednesdays
   9:45 AM–10:45 AM $40/month
Tuesdays and Thursdays
   9:45 AM–10:45 AM $40/month

Fee: Monthly fee + one-time $45 craft fee per tot per class
Location: Aspen Builders Inc. Activity Center Meeting Room

Challenger International Soccer Camp
The Challenger International Soccer Camp will feature a number of elements in the curriculum and will include an app-based platform iChallenge which will help players prepare before camp, during camp, and continue education and skills after camp ends. Challenger encourages children to become independent learners; to develop socially; and to better understand the meaning of respect, responsibility, integrity, sportsmanship, and leadership. Challenger’s innovative curriculum will engage, educate, and entertain your child.

Dates: June 17-21
Location: Meadowbrook Park
Registration: https://challenger.configio.com/pd/190395/tehachapi-valley?returncom=productlist
Contact: Sean Lines, slines@challengersports.com – 310-601-8003.
Age/Time/Cost: Ages Time Cost
Tiny Tykes 3-5 9:00 AM–10:30 AM $98
Half Day 5-14 9:00 AM–12:00 PM $129
Full Day 8-14 9:00 AM-4:00 PM $185
Included: Free ball, t-shirt, poster, plus campers registering 30 days or more prior to camp will immediately receive a replica game jersey (while supplies last)
**Lego Camp**

**Jedi Engineering with LEGO**
The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

- **Ages:** 5–6
- **Dates:** June 24–28
- **Time:** 9:00 AM–12:00 PM
- **Cost:** $125
- **Location:** Aspen Builders Inc. Activity Center Meeting Room

**Jedi Master Engineering**
The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects using LEGO® materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

- **Ages:** 7–11
- **Dates:** June 24–28
- **Time:** 1:00–4:00 PM
- **Cost:** $125
- **Location:** Aspen Builders Inc. Activity Center Meeting Room

**Chess Wizards Camp**

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You’ll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your vacation with Chess Wizards!

- **Date:** July 22–26
- **Time:** 9:00 AM–12:00 PM
- **Cost:** $155
- **Location:** Aspen Builders Inc. Activity Center Meeting Room

**Youth NFL Flag Football**

- **Age:** 5–13
- **Mandatory skill evaluations:** July 15:
  - 5:30 PM (9–10), 6:30 PM (11–13)
- **League Start/End:** August 5–October 5
- **Location:** Meadowbrook Park
- **Cost:**
  - Jan 1–May 30: $82
  - May 31–June 20: $87
  - June 21–July 11: $97
- **Includes**: NFL Themed Jersey and USA Football Membership
  - *$30 Head Coach Discount
  - *$10 sibling discount
  - *Age 5-6 and 7-8 Divisions: Trophy for participation (no playoffs)
  - *Age 9-10 and 11-13 Division: Championship shirt for Championship teams (playoffs)
  - *Pictures available for purchase separately—not included in registration

Presented by:

**SNOW ORTHODONTICS**

beauty with class
**Adult COED Volleyball**
League Start/End: June 11–July 27
Days: Tuesdays/Thursdays
*Each team plays two games per week
Times: 6:15, 7:15 or 8:15 PM
Location: Aspen Builders Inc. Activity Center
Cost: January 1–April 11 $375
April 12–May 23 $425
May 24–30 $475

**Adult 3-on-3 Basketball League**
League Start/End: June 10–July 31
Days: Mondays/Wednesdays
*Each team plays two games per week
Times: 6:15pm, 7:15pm or 8:15pm
Location: Aspen Builders Inc. Activity Center
Cost: January 1–May 9 $325
May 10–23 $350
May 24–30 $375

**Adult Softball Women’s**
Registration: January 1–July 25
League Start/End: August 6–September 26
Days: Tuesdays and Thursdays
Times: 5:30–8:30 PM
End of Season Tournament TBA
Location: West Park
Cost: January 1–May 2 $400 per team
May 3–June 27 $450 per team
June 28–July 25 $500 per team

**Adult Softball Men’s**
Registration: January 1 – July 25
League Start/End: August 6 – September 26
Days: Tuesdays and Thursdays
Times: 5:30–8:30 PM
End of Season Tournament TBA
Location: West Park
Cost: January 1–May 2 $400 per team
May 3–June 27 $450 per team
June 28–July 25 $500 per team

**Coming soon! CO–ED Softball begins in Oct**

**Clinical and Biochemical Benefits of Mindfulness**
This series will include an Introduction to Mindfulness, the Clinical Benefits of Mindfulness, the Biochemical Benefits of Mindfulness, Mindfulness of Thoughts, Mindfulness for Trauma, Mindfulness for Better Sleep. 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– August 15, 22, 29, Sept 5, 12 and 19
Time: 6:00-7:00 PM
Cost: $60
Location: TVRPD District Office
Instructor: Tanya Spencer
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. *Prerequisite: Swim 300, Tread Water, Brick Test.

Age: 15+
Dates: 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

Junior Lifeguard
Junior Lifeguard is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguard course does not certify participants in first aid, CPR or AED or as a lifeguard. Junior Lifeguard will introduce participants to:
- The skills needed for entry to the American Red Cross Lifeguarding course
- Communication and decision-making skills
- The basic responsibilities of a lifeguard
- The basic knowledge and skills required to be a lifeguard

Ages: 11–14
Dates: July 8–12
Time: 8:00 AM–1:00 PM
Location: Dye Natatorium
Cost: $110
Includes: Breakfast and lunch provided

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
Parent & Child Swim Lessons
To familiarize young children (6 months to 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-To-Swim Courses. Parent or other adult caregiver MUST accompany each child into the water and participate in EACH class. Swim diapers with plastic pants over the diapers are required for each child. Progression: Level 1, Level 2.
Ages: Level 1: 6 months – 1 ½ years
Level 2: 2-3 years
Location: Dye Natatorium
Dates: Session 1: June 24–July 5
*No Swim Lessons July 4 in observance of Independence Day
Session 2: July 15–26
Cost: $60
Time: 11:15 AM (45 min lessons max)

Preschool Aquatics – Swim Lessons
Ages: 4-5
Location: Dye Natatorium
Cost: $70
Dates: Session 1: June 10–21
Session 2: June 24–July 5
*No Swim Lessons July 4 in observance of Independence Day
Session 3 – July 15–26
Levels/Times: Sessions 1, 2, and 3
Level 1 8:15 AM, 8:55 AM, 9:35AM 5:00 PM, 5:40 PM
Level 2 8:15 AM, 8:55 AM, 9:35AM 5:00 PM, 5:40 PM
Level 3 8:15 AM, 8:55 AM, 9:35AM 5:00 PM, 5:40 PM
*For Learning Objectives in each level, visit www.tvrpd.org/programs/pool-programs.html

Learn to Swim – Swim Lessons
Ages: 5+
Location: Dye Natatorium
Cost: $70
Dates: Session 1: June 10–21
Session 2: June 24–July 5
Session 3: July 15–26
Levels/Times (45 min lessons max) Sessions 1, 2, and 3 Session 3 only
Level 1: Introduction to Water Skills 8:00 AM, 8:50 AM, 9:40 AM, 10:30 AM 5:00 PM, 5:50 PM
Level 2: Fundamental Aquatic Skills 8:00 AM, 8:50 AM, 9:40 AM, 10:30 AM 5:00 PM, 5:50 PM
Level 3: Stroke Development 8:00 AM, 8:50 AM, 9:40 AM, 10:30 AM 5:00 PM, 5:50 PM
Level 4: Stroke Improvement 8:00 AM, 8:50 AM, 9:40 AM 5:00 PM, 5:50 PM
Level 5: Stroke Refinement 10:30 AM 5:50pm
Level 6: Swimming and Skill Proficiency 10:30 AM 5:50pm
*For Learning Objectives in each level, visit www.tvrpd.org/programs/pool-programs.html

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

Open Recreation Swim
Dates: June 10–August 9
Days/Times Mon-Thurs 1:00 PM–4:30 PM
Fridays 7:00 PM–10:00 PM
Saturdays 1:00 PM–6:00 PM
Sundays 11:00 AM–5:00 PM
Location: Dye Natatorium
Cost: $5 Drop-In
$30 10-Visit Punch Card
$50 Monthly 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

Learn to Swim – Swim Lessons
**Concerts in the Park**  **FREE Event!**

**Ticket to Ride, Beatles Tribute Band**
The Beatles are returning to Tehachapi! Bring your picnic lunches and lawn chairs and get transported back to the 1960s with all the great Beatles hits everyone loves! This group will make you think you are actually watching The Beatles! Ticket to Ride has been touring internationally since 1999 and features some of the best Beatles impersonators in the country.

- **Date:** Sunday, June 16, 2019
- **Location:** Philip Marx Central Park
- **Time:** 2:00 PM

**Phil Salazar and the Kin Folk**
PSKF Band is a group of friends that have been recording and performing together or 33 years! They mix traditional music with rock, blues, country, jazz, Irish, pop, and bluegrass, just to name a few.

- **Date:** Sunday, July 14, 2019
- **Location:** Philip Marx Central Park
- **Time:** 2:00 PM

**The Novelists**
An elderly couple stands precariously on the railing of a 17-floor balcony…two teenagers unknowingly choose a murder scene for their parking date, a young man throws off the shackles of a bullish culture. These are just a sample of the scenes in which you’ll find yourself immersed when you listen to The Novelists. Equally comfortable acoustic or electric, The Novelists showcase cliffhanger storytelling, multiple lead singers, and their signature four-part harmonies. The Novelists have become a mainstay on the West Coast festival, college and house concert circuits and are planning several national tours throughout 2019. They’ve shared the stage with Big Bad Voodoo Daddy, John Prine, and Daryl Stuermer (Genesis).

- **Date:** Sunday, August 11, 2019
- **Location:** Philip Marx Central Park
- **Time:** 2:00 PM

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**Movies in the Park**  **FREE Event!**

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<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Movie</th>
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<tr>
<td>Thursday, June 6*</td>
<td>Meadowbrook Park</td>
<td>Small Foot</td>
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<td>*ALTA ONE NIGHT</td>
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<td>Thursday, June 20</td>
<td>Meadowbrook Park</td>
<td>Mary Poppins Returns</td>
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<td>Friday, July 5</td>
<td>Brite Lake</td>
<td>The Goonies</td>
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<td>Thursday, July 18</td>
<td>Meadowbrook Park</td>
<td>Hotel Transylvania 3</td>
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<td>Thursday, August 1</td>
<td>Meadowbrook Park</td>
<td>Jumanji (original)</td>
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<td>Tuesday, August 6**</td>
<td>Philip Marx Central Park</td>
<td>Incredibles 2</td>
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<td>** In collaboration with National Night Out</td>
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**Presented by:**

- **LEHIGH HEIDELBERG CEMENT Group**
- **Fiddlers Crossing**
- **Dignity Health**
- **AltaOne Federal Credit Union**
RUN AND RIDE WITH THE WIND 5K AND DUATHLON

Race Date: Saturday, June 15, 2019
Location: Tehachapi Glider Port
Race Day Registration: 7:00 AM
Race Starts: 8:00 AM
Registration Fee: Early Registration: January 1–March 27 $35 5K / $50 Duathlon / $70 Team
Registration: March 28–June 13 $40 5K / $55 Duathlon / $75 Team
Day of Race: $45 5K / $65 Duathlon / $85 Team
Includes: Championship timing, technical race shirt, great course, finisher’s medal & awesome swag! *Not guaranteed shirt size after May 23, or shirt day of registration.

ALL AMERICAN 5K

Race Date: Thursday, July 4, 2019
Location: Philip Marx Central Park
Race Day Registration: 6:00 AM
Race Starts: 7:00 AM
Registration Fee: Early registration $35, Day of $40
Includes: Championship Timing, refreshments, technical race shirts, great course, finisher’s medal and awesome swag! *Not guaranteed shirt size after June 13, or shirt day of registration.

ED GRIMES Memorial Pancake Breakfast

In honor of our beloved Mayor Ed Grimes, The Tehachapi Parks Foundation in partnership with the Tehachapi Warrior Boosters will be carrying on Ed’s legacy with the Ed Grimes Memorial Pancake Breakfast. Purchase tickets at the TVRPD District Office.
Date/Time: Thursday, July 4, 2019 at 8:00 AM
Location: Philip Marx Central Park, following the All American 5k
Tickets: $5.00 per person

OLDTIMERS PICNIC

Join TVRPD and the City of Tehachapi for the annual Tehachapi Oldtimers Reunion! Family, friends and the community are invited to eat, drink and celebrate some of Tehachapi’s longest living citizens. If you have lived in the Tehachapi area for at least forty years, or lived in the Tehachapi area over forty years ago, and want to become an “official” Oldtimer, please contact Donna Schmidt. All official oldtimers will have an opportunity to pre-register for the event to guarantee a meal. The public is welcome and food is sold on a first come, first serve basis.
Date: Sunday, August 4, 2019
Times: Check-in 10:30 AM
Lunch begins: 12:00 PM
Location: Philip Marx Central Park
Cost: $10 for Official Oldtimers
$15 for guests
Contact: Donna Schmidt
Email: OLDTIMERS@BAK.RR.COM
Or Call TVRPD 661-822-3228
MOUNTAIN GALLOP

Race Date: Saturday, August 17, 2019
Location: Aspen Builders Inc. Activity Center/West Park
Race Day Registration: 6:00 AM
Race Starts: 7:00 AM
Registration Fee:
   Early registration: $35 5k / $45 10k
   Day of: $40 5k/$50 10k
Includes:
   Championship timing, refreshments, technical race shirt, great course,
   finisher’s medal & awesome swag! *Not guaranteed shirt size after July 26, or shirt day of registration.

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

Watch for the Fall/Winter Brochure coming in September!

Adult Co-Ed Softball
Starts in Oct!

2019 Summer Programs
Thank you to our generous Sponsors for your record amount invested in our community!
Tehachapi Valley
Recreation & Park District

This product was produced with eco-friendly paper.