

Summer 2015

# UPLAND today

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



## UPLAND VETERANS' MONUMENT

*Inside*



Upland's Streetcar Depot



Upland Veterans' Monument



Fireworks Sizzle at Upland's July 4th Celebration

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

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### CITY COUNCIL & ELECTED OFFICIALS

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

**Rick Mayhew**, Fire Chief

**Stephanie Mendenhall**,  
Administrative Services Director

**Jeff Zwack**, Development Services Director

**Rosemary Hoerning**,  
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

Independence Day, Saturday, July 4th

(City Offices will be closed on Thursday, July 2nd.)

Labor Day, Monday, September 7th

For more information, please visit the City's website at [www.ci.upland.ca.us](http://www.ci.upland.ca.us). For suggestions and comments on Upland Today, please contact the City Manager's Office at (909) 931-4106.

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

The business of running a city is unlike ever before, and for most, the recession combined with the loss of redevelopment financing, created hardships we're still recovering from.

Upland is no different, but we've got encouraging news to share with you.

Sales tax revenues, which had dropped to about \$9 million a few years back, have grown to \$13 million annually and represent our fastest-growing General Fund revenue source.

Among other things, this has allowed us to get our cash reserves where they need to be – a minimum of 10 percent of General Fund expenditures. This reserve policy, approved by the City Council, will better prepare us for future economic and financial cycles.

We also have implemented tighter internal budget management throughout the year, led by the City Manager's Office and the Finance Division. And all City employees covered under the CalPERS pension program are now paying the full employee share of their pension costs, helping maintain control of our largest cost on the expenditure side: Employee salaries and benefits.

With all of this, and a continued steady economic recovery, we believe Upland is on our way to even better days. Challenges remain, but we feel good about the present and the future.

## UPLAND'S STREETCAR DEPOT

The San Antonio Heights Railroad Waiting Station tells Upland's story, along with the story of transportation. The building, built in 1907 using the region's granite river rock, is a monument to an early version of commuter rail, streetcars. The historic landmark in San Antonio Park also tells the story of one man's pursuit of the American dream.

The building, which is on the National Register of Historic Places, is at the base of Mount Baldy because the owner of the trolley line, entrepreneur William Kerckhoff, envisioned

transferring streetcar passengers 108 years ago to another line that would carry them to a resort on Mount Baldy. He never built that resort. A 43-foot-long mural by artist Art Mortimer near the historic Waiting Station, shows some of Kerckhoff's other accomplishments. He built San Antonio Park, for example, at the same time he extended his rail line to the park. Visitors enjoying the region's beauty hopped into cars dispatched from Mount Baldy to get to and enjoy San Antonio Canyon.

On Saturday, July 11, 2015, 10:00 a.m., the Upland Community Foundation plans to install a plaque celebrating the building and its role in Upland's history, Tom Thomas said the ceremony also will honor local historian Richard Barker and others who led the restoration efforts to preserve the site and teach people about it. Watch for details.



# UPLAND *Honors*

## CONSTRUCTION OF VETERANS MONUMENT REFLECTION WALL TO BEGIN

The Upland Veterans' Monument Project began as a dream for a centerpiece of community pride that will honor all Upland military personnel and veterans. Then donations began pouring in from the community, and the dream transformed into a beautiful design, a 14-foot-tall pentagon black granite monument topped with a bronze American Eagle, with instructive kiosks throughout the Upland Civic Center courtyard, featuring history of each branch of service along with information about U.S. military conflicts and campaigns. Now, shovels will break ground, tentatively on Friday, June 26, 2015, as the fund-raising continues toward the \$400,000 needed to complete the monument before Veterans Day on November 11th this year.

The monument will be centrally located in Upland Civic Center and will be surrounded by each service branch's flag and the POW/MIA flag. The goal is to honor those serving in the military, past and present, while also teaching people about the sacrifices that many, including Upland residents, have made while serving this country.

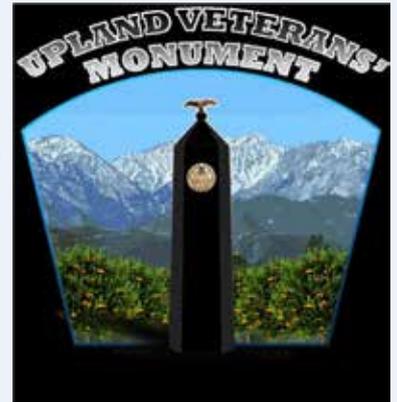
The 501(c)3 non-profit relies solely on private donations to fund the monument. Groundbreaking will be for a 94-foot

long reflection wall. The public can buy tiles on the reflecting wall to dedicate to a family member who has served in the military. Tiles are \$200, \$350 and \$500, depending on size.

This will give everyone an opportunity to become part of the monument's history, project chairman Ralph Cavallo says. "This is an opportunity of a lifetime.

Once you give your donation, your name is there, forever," he says. "Your children can see it, your grandchildren can see it, your great-grandchildren can see it."

There will still be access to City Hall and the library during construction. For more information, or to donate to the 501(c)3 non-profit, please visit <http://www.uvmp.org> or contact Ken Hargrove at (909) 912-9318 or Ralph Cavallo at (951) 990-4595.



## FUNDRAISER TO KEEP MILITARY BANNERS WAVING



**Saturday, June 6, 2015** buffet dinner  
5:00 p.m. to 11:00 p.m. opportunity drawings  
silent auction

Proudly the banners fly, honoring Upland men and women who serve in the military. The military banners stay flying with community donations and support. You can have fun and raise money for the banners at the annual "Viva Las Vegas" fund-raiser. A buffet dinner, opportunity drawings, silent auction, a no-host bar (sponsored in part by Dale Bros. Brewery), and live music by Steve Wilson are among the highlights of the casino-themed fund-raiser from 5:00 p.m. to 11:00 p.m. on Saturday, June 6, 2015. Carlson Casino Parties will provide an evening of fun and excitement. Tickets are \$60 each, or, when you buy a table for 8 (\$480), you'll receive two free bottles of wine, for the evening at the event's new location, Magnolia Recreation Center, 651 West 15th Street, Upland. You also can sponsor the event for \$500, sponsor a table for \$200, or, sponsor military parents, \$120. Sponsorship of military parents enables two people to attend the event when they otherwise may not be able to afford tickets. Upland's men and women serving in the military are admitted free with military I.D.

Donations from families, businesses, community groups, and proceeds from this event sustain the nonprofit 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](http://uplandcommunityfdn.org). For more information, please call (909) 985-5429.

## UPLAND TO CELEBRATE HOMETOWN MILITARY HEROES AT LOS ANGELES COUNTY FAIR

Honor some special heroes on Upland Day, Wednesday, September 9, 2015, at Los Angeles County Fair. Along with the parade, high school marching band competition, and business expo, this year's Community Heroes will celebrate the past, present, and future of military service as represented by an Upland military veteran, someone currently in United States military service, and a youth either in ROTC (Reserve Officers Training Corps) or a new military service member.

Upland Day is all about Upland, supporting business and civic leaders, volunteers, unsung heroes, local talent and outstanding young people. This year's military emphasis ties in with community efforts to raise \$400,000 for a new monument that will honor those in military service, in the past and present. The monument will be central to the Civic Center Courtyard. For more information, please visit <http://www.uvmp.org>.

The Upland Community Committee helps raise money for the FairKids Field Trip Program, which brings about 1,084 Upland students to the fair. For \$3.50 per child, you can support this program. For more information, please visit [www.lacountyfair.com/communitydays/upland](http://www.lacountyfair.com/communitydays/upland) or contact the Upland Recreation Division Office at (909) 931-4280 for information on how to participate in the parade.



# HEALTHY Upland

## TAKE A CLASS AT THE HOSPITAL

Expecting a baby? Coping with cancer? Need to keep your heart healthy? San Antonio Regional Hospital offers classes and free support groups at the hospital for those who need them. You also can learn CPR and first aid to help others in an emergency.

Visit [http://www.sarh.org/Our\\_Services/Community\\_Education\\_and\\_Support](http://www.sarh.org/Our_Services/Community_Education_and_Support) to see the many choices for classes on maternity and parent support; cardiac needs; family education; general needs; women's needs; and cancer. For more information, please call (909) 944-WELL (9355), Monday through Friday, from 8:00 a.m. to 4:30 p.m.

## LEARN ABOUT YOUTH ALCOHOL AND DRUG TRENDS

**AUGUST 19TH**  
7:00 p.m.

That looks like a soft-drink can sitting atop a teen's desk. But the top lid screws off, allowing beer or alcohol to be poured inside. Also on the desk is a highlighter pen used for underlining printed texts or handwritten notes. For studying, right? Not quite. It's a marijuana pipe.

Reach Out, an Inland group that works to strengthen communities by helping young people and their families, partners with Healthy Upland to offer a free workshop for parents on youth alcohol and drug use. The free workshop is scheduled from 7:00 p.m. to 8:30 p.m. Wednesday, August 19th, at Magnolia Recreation Center's South Hall.

Learn what's out there, and what teen-agers are using. Vaping, for example, is the newest trend, in which people inhale varied vapors, including marijuana oils, from battery-powered electronic cigarettes. Learn what parents can do about it.

The Upland-based Reach Out group envisions thriving, safe, drug-free communities where young people have equal access to networks of support, quality education, career options, and opportunities to develop the skills to succeed in their lives. For more information, please visit <http://we-reachout.org>.



## SWIM SAFELY THIS SUMMER

Water play is the best of summer fun, but it can also be deadly for children. Help protect your children by teaching them water safety and swimming. Summer aquatics sign-ups start on May 30th from 10:00 a.m. to noon, and open registration starts June 6th, from 10:00 a.m. to noon, at Magnolia Recreation Center. Classes for kids include two-week sessions that offer different levels of expertise, all the way from "Me & My Parent," and "Pre-Beginner," to "Swimmer."

In addition, weeklong swim clinics feature adult, water polo, and competitive swim camps and clinics. Visit the website, <http://www.uplandpl.lib.ca.us>, for updated and detailed listings.

## BUILD A DREAM

What if you cannot afford swimming classes for your kids? The Build A Dream Scholarship program was established to ensure that Upland children can participate in classes and programs that are offered through the City Recreation Division.

Here are the guidelines: The Scholarship Program is available for City of Upland residents under the age of 18. Scholarships are limited to one class, up to \$100.00 per individual and up to \$200.00 per household. Scholarships may be 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.

## RENTING CITY PLACES FOR SUMMER FUN

When you want to invite all your friends to your family summer barbecue, but you don't have a yard big enough to accommodate the invitation list, you may want to consider renting your picnic or party spot at City parks or buildings. You can even rent a ballfield. Rooms at Magnolia Center and the George M. Gibson Senior Center are available for your meetups and meetings, and picnic areas and sporting fields can be rented by individuals or groups. Visit <http://www.uplandpl.lib.ca.us/asp/Site/Recreation/PartiesRentals/index.asp> for more information.



# FLAMINGOS KEEP MUSIC FLYING HIGH AT HIGHLANDER AUDITORIUM

"Are the stars out tonight? I don't know whether it's cloudy or bright. I only have eyes for you, dear."

The stars will be out on July 18th when the best doo-wop classic vocal harmonies from the 1950s-60s come to Highlander Auditorium. The continuing concerts are aimed at bringing top performance arts to Upland and Inland Southern California.

The auditorium at 850 North San Antonio Avenue, on the west end of the Upland High School campus, presents its third major show within a year starting at 7:00 p.m. on July 18th, "The Golden Era of Doo Wop."

The Flamingos, featuring original member Terry Johnson, star in the concert presented by Affordable Music Productions. The Flamingos are known best for one of the top doo-wop singles of all time, "I Only Have Eyes For You." The Tokens, with their most memorable hit, "The Lion Sleeps Tonight," which recently became famous again in the production of "The Lion King," will join in, along with late-1950s crooner Jimmy Clanton and his famous hit, "Venus in Blue Jeans," and Kathy Young, who wasn't even 16 years old when she had her huge hit, "A Thousand Stars."



Previous shows at The Highlander Auditorium in 2014 featured The Four Preps, The Four Freshmen and The New Chordettes in "Golden Era OF Harmony I" and The Vogues, The Crystals and Reunion (featuring two of the three original Lettermen) in "Golden Era of Harmony II." Each event offers seating for 1,100 people, and the worst seat in the house is not more than 100 feet from the stage. Free parking is available with more than 500 spaces on the high school campus nearby. The Highlander Auditorium also has a new look as the Upland School District has installed new carpeting throughout the building.

To buy tickets online, visit [www.AffordableMusicProductions.com](http://www.AffordableMusicProductions.com), or order by phone, (888) 718-4253 from 6:00 a.m. to 6:00 p.m. Monday through Friday and on Saturday from 9:00 a.m. to 2:00 p.m.

## UPLAND WELCOMES NEW BUSINESSES

### HAGGEN'S FOOD & PHARMACY

Goodbye to the former Albertson's grocery store at 1028 North Mountain Avenue, and hello to Haggen's Food & Pharmacy. The chain is new to California, but famed in the Pacific Northwest for supporting local farms, fisheries, and businesses in its product sourcing. You'll want to linger in the meats and deli sections, and shop in the ample wine and beer section, but don't forget the desserts, many made from scratch in the bakery.



**SMART & FINAL EXTRA!** Smart & Final Extra! has opened at 1028 North Mountain Avenue. The "Extra!" means that the store offers a larger-sized warehouse than the typical Smart & Final, with an array of fresh produce, discount large-sized products, and packaging bargains, all without membership fees. (909) 981-0250.

**SWAD OF INDIA/ROYAL BANQUET HALL** If you're ready to dine out, Swad of India/Royal Banquet Hall, 1410 West 7th Street, is a new Indian restaurant bar and grill that offers classic Indian dishes and even Indian candy. Swad also offers a more than 13,000-square-foot banquet hall with two bars, large dance floors, and room to accommodate up to 1,000 guests. Services include limo services, in-house decorators and floral arrangements, and videography and photography. (909) 946-7923.

**TAO THAI RESTAURANT** Tao Thai Restaurant, 893 West Foothill Boulevard, takes you in another delicious cultural direction with Thai and vegan offerings such as deep-fried marinated chicken with garlic pepper sauce, served with rice and steamed vegetables, or praram long song, which is chicken atop broccoli with homemade peanut sauce. And don't forget the Thai iced tea. (909) 946-9288.

## WHAT'S GOING ON IN DOWNTOWN UPLAND

### DOWNTOWN UPLAND'S FAMILY NIGHT OUT

Summer Downtown gives you that warm, small-town feeling that comes with free, family-friendly fun. Downtown Upland's Family Night Out, centered on 2nd Avenue and 9th Street, offers four blocks of vendors, crafters, a kids zone, music, and community, and of course, the ever-popular fresh produce every Thursday through October, from 5:00 to 9:00 p.m. The Thursday Market has been popular for 25 years, and when you find fresh vegetables and berries, succulents, and honey at the certified farmers market, you'll know why. The farmers grow what they sell. Park for free on 1st or 3rd Avenues just south of 9th Street, so you can enjoy the event and explore many of the local Downtown businesses. Or just bring lawn chairs and enjoy the music being performed in the gazebo.

**THE COOPER REGIONAL HISTORY MUSEUM**, located at the former headquarters of the Ontario-Cucamonga (O.K.) Fruit Exchange, offers you a chance to time travel. You can explore local history in the 1937 Art Moderne style building on the corner of Second Avenue and A Street, or enjoy one of the temporary exhibits, which sometimes feature local residents' collections. Check out classes offered nearby at the Chaffey Communities Cultural Center. The museum offers a musical tribute concert in the courtyard to Roy Orbison, featuring Mark Barnett and the Black and White Knights, on Saturday, May 30, 2015. The \$20 concert tickets are available online at <http://www.coopermuseum.org>, or at the museum. For more information, please call (909) 982-8010.

Two new Downtown eateries offer you a different way to step back in time.

**PADUA PASTA MAKERS**, a traditional Italian deli, brings you back to the days in which fresh pasta and ravioli were made from scratch daily. The deli offers take-out food or dining at several tables at 300 East Arrow Highway. (909) 985-4900.

**DADDY-O'S ROCKIN CAFE**, 228 2nd Avenue, brings you the era of classic cars, music, and the cheeseburgers that go with them. "Old-school diner ambiance," one diner observes. (909) 908-6697.



## DON'T FLUSH THE WRONG STUFF

When you flush trash down the drain instead of tossing it into the trash can, you eventually pay the price. Clogged lines can drain your bank account, either as your own repair bills or as City expenses that eventually might increase everyone's service costs. But there is a bigger issue at stake, and that is everyone's health. Our wastewater treatment plants aren't designed to remove chemicals from the water. Since Upland treats and recycles our water, we all need to work together to keep the water safe from dangerous chemicals or drugs. For example, no one wants trace elements of expired prescription drugs to be in the water used for landscaping school yards and other public places.

Here are a few simple rules for keeping our water safe:

### Your toilet is not a trash can.

It's simple; the only things that belong in the toilet are human waste and toilet paper. Other items, including sanitary products, diapers, disposable wipes, and facial tissue are all made of materials that do not break down in the sewer. Products that commonly market themselves as "flushable", are clogging our sewer lines, and damaging pumps and other equipment.

### Your sink is not a trash can.

Please, don't dump food scraps, egg shells, coffee grounds, and (FOG) fats, oils, and grease, down the drain. Follow simple guidelines, such as wiping pots and pans before washing, disposing of food scraps in the trash, and pouring cooking grease in a sealed container and allowing it to cool before tossing in the trash, and your drains will stay in tip-top condition.

### Say no to drugs.

People often dump expired or unwanted prescription medications in the sink or toilet. Unfortunately, trace amounts of these medications are now beginning to show up in our water supply. These expired medications cannot be placed in the trash, as our landfills were not designed to receive medical waste. Non-narcotic medications and SHARPs can be brought for proper disposal on Saturdays from 9:00 a.m. to 2:00 p.m. to the City's household hazardous waste collection and management center at the City Yard, 1370 North Benson Avenue.

Recycled water is currently used in the City for irrigating parkways, parks, golf courses, and school grounds. As the drought continues, and we treasure every drop of Upland's water, we need to do our best to protect this valuable resource and our environment. Taking simple steps as outlined can keep Upland healthy, and sustain our potable and recycled water systems for future generations.



## MONEY FOR YOUR WATER-HUNGRY TURF

Lawns consume more than half an average home's water use. But in the drought, a lawn is becoming an increasingly expensive and time-consuming option. If you remove your grassy lawn and plant natives and other colorful plants that drink far less water, you'll have a beautiful yard, you'll save money, you'll save time, and you'll save Upland's water.



Now there's a more direct incentive to do away with the water-guzzling lawn, and replace green grass with lush green dollars in your wallet. Starting in May, through the Inland Empire Utilities Agency, Upland began offering rebates of at least \$2 per square foot for grass landscaping removed at homes. The rebate is on a first-come, first-served basis, subject to rebate availability.

To qualify, customers must have grass in the proposed project area, install a new landscape that meets the terms and conditions, and comply with all applicable local laws, ordinances and other restrictions. There is only one rebate allowed per home. But, wait. Before you gleefully begin ripping out the grass, remember that the program officials must first determine whether you are eligible, and you must have project approval before you start. Please visit [socalwatersmart.com](http://socalwatersmart.com) for more information.

Upland offers classes to help spur your lawn-designing creativity and transform your landscape into water-efficient beauty. Watch for the next classes at <http://www.uplandpl.lib.ca.us>.

Explore other rebate options, such as for high-efficiency clothes washers and toilets, at [socalwatersmart.com](http://socalwatersmart.com), and check out items being offered for free that will help everyone save water.

## NEW DEVELOPMENTS ON THE HOME FRONT

Housing development projects that suit different lifestyles are under construction in Upland, according to City Development Services planners.

Grading began in the springtime for William Lyons Development's 209-unit multifamily complex with duplexes, town homes, and condominiums on a 9.5-acre parcel at Eighth Street and Sultana Avenue, just south of the Metrolink station.

Models are expected to be available for viewing in mid-summer at 78 live-work units under construction by MBK Homes on nearly 4.5 acres at 11th Street and Central Avenue.

At the corner of Dewey Way and Foothill Boulevard, Lewis Development plans to build a neighborhood of 318 attached and detached single-family homes on 31 acres.

At Euclid and Campus Avenues, Meritage Homes is building 42 single-family homes on 10.5 acres.

## LAPD VETERAN IS UPLAND'S NEW POLICE CHIEF

Brian P. Johnson, a 26-year veteran with the Los Angeles Police Department is Upland's new police chief. His focus is a strong partnership with the community. "I believe we should respond to the needs of the community we serve, and what police think is important may not be what the community sees as most important," Johnson says. So, the new chief is meeting with people in Upland's neighborhoods, churches, businesses, civic and social service groups, nonprofits, and more to ensure that the Upland Police Department continues its excellent reputation of professionalism and responsiveness. An open, transparent, and accessible Police Department is the cornerstone of the community's trust in police, Chief Johnson says.

Upland City Manager Rod Butler said when announcing the new chief that he is confident in Chief Johnson's leadership abilities. "Throughout the recruitment process Brian demonstrated his ability to work with various aspects of the community, and to uphold the high standards set by the Upland Police Department," the city manager said.

Upland began looking for a new chief when Chief Jeff Mendenhall retired after serving the City for more than three decades. The new chief rose through the ranks at LAPD, and before leaving for Upland, he was a Captain III, responsible for the 26-square-mile Pacific Area of Los Angeles, where he commanded 300 sworn and professional civilian personnel.

Chief Johnson received a bachelor's degree from California State University, Long Beach, and a master's degree in behavioral science from California State University, Dominguez Hills. He is a graduate of the Sherman Block Supervisory Leadership Institute, West Point Leadership Program, and the FBI National Academy.

Chief Johnson lives in the region with his wife of 20 years, Timi, and their two high school-age boys. The family enjoys the outdoors, camping, and travel. Stop and say "hello" if you see the chief riding local bike trails with his favorite mountain or road bicycles.

## NEIGHBORHOODS TO CELEBRATE NATIONAL NIGHT OUT



August 4, 2015, is National Night Out across the United States. Upland neighborhoods will participate along with thousands of other communities, and encourage volunteers to look, listen, and help deter crimes. National Night Out tells law-breakers that you and your neighbors, along with the greater community, are partners with law enforcement. Learn ways to help keep Upland safe. City leaders promote the Neighborhood Watch program, which creates safer neighborhoods with volunteer crime-watchers. For more information on crime prevention programs, please call Upland Police at (909) 946-7624.

## USE YOUR HANDS TO SAVE A LIFE

If you see someone who apparently is suffering a heart attack, you can save a life. You can do it in two easy steps. Try Hands-Only CPR, which is CPR without mouth-to-mouth breaths. If you see an adult or teen-ager suddenly collapse, first, call 9-1-1, or ask someone to do that. Then, push fast and hard in the center of the person's chest. The American Heart Association recommends that certain songs, such as Michael Jackson's classic disco, "Stayin' Alive," offer the perfect beats to accompany the compressions of Hands-Only CPR. For more information and a video mashup of songs that offer the right beats for life-saving CPR, see the Heart Association online, [http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR\\_UCM\\_440559\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp). In Upland, Fire Department officials are offering hands-on lessons in giving Hands-Only CPR on Saturday, July 25th.

## COUNTING (AND HELPING) UPLAND'S HOMELESS

### Who is homeless in Upland?

The City of Upland partnered with San Bernardino County and other communities on January 22, 2015, to find out. Many public agencies and more than 400 volunteers fanned out countywide to count and identify the homeless families and individuals on that day.

Survey results from the San Bernardino County Homeless Partnership show some good news:

- San Bernardino County's overall homeless population has decreased by 8 percent since 2013.
- Homelessness among military veterans has decreased significantly, partly due to housing vouchers and other federally supported services and programs.
- There are fewer homeless families with children than in 2013. However, everyone agrees the only acceptable number of homeless children is none. The vulnerability of homeless children remains a service priority. Upland fortunately currently has no homeless families.

Here's how Upland counted in: More than three-fourths of the county's homeless are living on the streets of the communities of San Bernardino, Victorville, Upland, Yucca Valley, Ontario, and Fontana. Of those six cities, Upland has the third highest count of homeless people, 166, or roughly 10 percent of the total counted across the county. While the count is not exact, it provides a point-in-time survey of the homeless, count leaders say.

### What is Upland doing to meet the challenge of the homeless?

The count helps Upland's Homeless Stakeholders Team, a partnership of law-enforcement, City, nonprofits, churches, and others tackling homelessness in Upland, reach out to homeless people. For example, a "rapid re-housing" strategy, including negotiations with landlords and other support, helps people move fast from homelessness and helps them secure permanent housing.

By working together, Stakeholders Team members coordinate and solve challenges more cohesively, and pool their resources. Members include Foothill Family Shelter, Pacific Lifeline, Upland Unified School District, Upland Housing Authority, Upland Four Square Church, Rivers Edge Church, St. Josephs Church, and people who are homeless. Their mission, in partnership with City Development Services, City Community Services, and the Police Department, is to establish realistic strategies, make tangible recommendations, and foster community-oriented relationships that address the needs of the Upland community, residents, businesses, and the homeless.

The team meets at 6:00 p.m. the third Tuesday of each month, upstairs in the Carnegie Building. For more information, please call Doug Story at (909) 476-9696, ext. 208, or email [dstory@mdg-ldm.com](mailto:dstory@mdg-ldm.com)

## HOT DOG! KEEP YOUR PETS SAFE THIS SUMMER

Summer is one of the best seasons for having family fun with your pets. But sometimes when you're hot, you're hot—too hot. Heat can quickly turn fun into tragedy. What's fun for you also may be dangerous for your best friend. Remember, dogs don't sweat and can overheat easily. They release heat by panting. Excessive panting, red gums, ropey saliva, and red "flushed" skin near the ears, muzzle, or underbelly, and a temperature of 104

degrees are all signs that your dog is dangerously overheating and needs emergency veterinary care. Overheating cats also pant, have a bright red tongue, and may be weak, anxious, dizzy, vomiting, or bleeding from the nose. Overheating can cause internal organs start to shut down and the damage is irreversible. So keep them cool. Review the following tips for keeping your furry friends safe:

### Summer Tip #1 Keep Them Cool

Don't leave your pets in the car. Although your errand may only take "a couple minutes," that is enough time to kill them. Just don't do it. Asphalt sizzles to high temperatures in summer heat, and can burn paw pads easily. So, make sure that when it's hot enough to cook an egg on a sidewalk, you don't fry your animals' feet. Use special paw protectors if they are out and about with you. Exercise is good early in the morning or evening, when the temperature is 80 degrees or lower. Cool wraps, mats, and baths help.



### Summer Tip #2 Give Them Shade and Water

The shady side of life is best in summer. Keep your animals in shady areas, give them water, and take them immediately to a vet if they appear to be overheating. Inside, turn on the fans and air conditioner. Have a plan for power outages. Keep that water bowl filled. But don't allow your dog to gulp down huge amounts of water, especially after exercising or eating. Bigger dogs especially are at risk of potentially fatal stomach bloat and torsion.



### Summer Tip #3 Protect Them From Harm

Insect repellents, citronella products, and lighter fluid are among the chemicals of summer that you need to keep away from your animals. It's so easy, for example, for a dog to knock over a can of lighter fluid, so be aware when you're firing up the barbecue. Don't use human sunscreen and other products on dogs; the ingredients can be toxic. Keep your alcoholic beverages away from your dog's reach, and don't give your dog access to your summer foods such as guacamole or onion. If your dog grabs and eats meats cooking on the grill, you may not only lose your dinner, you may gain an expensive vet bill in extricating dangerous bones from your dog's stomach.



### Summer Tip #4 Fireworks and Pets Don't Mix



The rockets' red glare and bombs bursting in air can stress dogs badly, into potentially fatal panic. Don't bring your dog to the Upland fireworks display and don't leave it in a parked car. Keep your dog inside, and come up with calming strategies. Turn on the radio or TV, for example, to muffle the booms. Desperate dogs can break windows and get outside, so make sure your dog's collar has its identification and license tags, and that your microchip information is up to date. Talk to your veterinarian for sedatives for extreme cases when your pet cannot be calmed down.

## MILITARY BANNER PROGRAM & COMMITTEE

We would like to thank the following families and groups for their support and sponsorship of Upland's military banners for active service people: Peter Tesoro, Warren Clark's Custom Carpets, Inc.

### TO SPONSOR A BANNER:

The cost is \$225 FOR EACH BANNER.

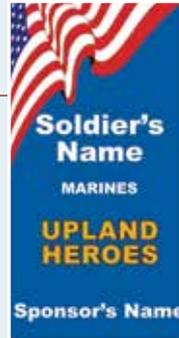
As a sponsor, you or your business will receive recognition in the Upland Today quarterly newsletter, acknowledgement at a City Council meeting, your name or your business name at the bottom of every banner you sponsor, a certificate of recognition and a letter stating the name of the military person 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.



## FIGHT CANCER AND JOIN IN THE RELAY FOR LIFE

While the American Cancer Society is making progress toward a world without cancer, only with your dedication and fundraising efforts can we finish the fight against the disease. At the American Cancer Society's 24-hour Relay for Life, those gathering at Magnolia Park, 651 W. 15th Street, Upland, will not sleep in the fight against cancer. Teams will camp out and take turns walking or running, starting at 9:00 a.m. June 13, 2015 until 9:00 a.m. the following day. Participants will unite with millions of people across the nation in honor and remembrance of loved ones. Participants will also raise awareness of cancer prevention, early detection, treatments and patient support, while raising money in the American Cancer Society's largest fundraising event to end cancer. People of all ages, races and from all walks of life suffer from cancer. Relay for Life brings everyone together with the common goal of eliminating cancer. For more information, please visit [www.RelayforLife.org/uplandca](http://www.RelayforLife.org/uplandca).

## 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.



## FIREWORKS SIZZLE AT UPLAND'S JULY 4TH CELEBRATION

Boom! Upland's 29th annual Fourth of July Fireworks Spectacular Celebration will honor America's birthday with more than 1,500 pyrotechnic shells. Starting June 1st, tickets go on sale for this spectacular fireworks show. Buy your tickets for \$8 each before the event at the City of Upland Recreation Division, Upland Public Library, and Mountain View Chevrolet, or for \$10 per person the day of the event. Children 2 years old and under get in free. Gates open at 5:30 p.m. at Upland High School Football Stadium. The night sky will blossom with fireworks starting at 9 p.m. A live performance by the group Flashover begins at 6:00 p.m.



For sponsorship information, please call the Recreation Division, (909) 931-4281.



## CHILDREN

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

### ONE WORLD RHYTHM

Saturday, June 27th, 11:00 a.m.-12:00 p.m.

Celebrating the "Rhythm of One" by creating awesome, spontaneous and exciting music making experiences!

### THERESA SMITH

Saturday, July 11th, 11:00 a.m.-12:00 p.m.

A dance choreographer, performer, and aficionado, Teresa shows that African dance is among the most stylized and complex art forms in the world.

### ARTY LOON

Saturday, July 17th, 11:00 a.m.-12:00 p.m.

With comedy magic, amazing illusions, spectacular juggling, fantastic balloon sculptures, hilarious puppetry, and tons of audience participation, Arty has created the ultimate show for any occasion

### NOTEWORTHY PUPPETS

Saturday, July 25th, 11:00 a.m.-12:00 p.m.

Jack and the Beanstalk: The Puppet Musical

This interactive puppet show with live singing and fun, catchy songs will have audiences moving to the rhythm!

## SUMMER TIME SPECIALS

### LUNCHIN' AT THE LIBRARY

Tuesday, June 23rd-July 21st, 11:30 a.m.

This is a special storytime for the entire family. Bring your lunch and enjoy a storytime with Ms. Dedria, Mr. P.J., Ms. Keke, and Ms. Gloria. We'll have great stories, songs, and we'll learn something new about rhythm and movement.

### FROZEN SING-ALONG

Wednesday, June 24th, 3:00 p.m.-5:00 p.m.

Let's get a little winter in our summer. Come and watch Disney's Frozen, sing along and cool off at the library.

### MUSICAL PETTING ZOO

Wednesday, July 8th, 1:00 p.m.-3:00 p.m.

Do you know what a trombone is? Have you ever seen an oboe? Join us for a musical petting zoo where you can see, touch, and learn about real instruments. This is program is in partnership with Grand's Music.

### MARK YOUR CALENDARS!

### SUMMER READING PROGRAM June 20th-July 30th!

#### READ TO THE RHYTHM

Saturday, June 20th-Thursday, July 30th

For children ages 0 through grades 6.

Keep reading skills sharp this summer by joining our annual summer reading program. Registration begins Saturday, June 20th when kids can pick up their reading log and begin playing the reading game

#### SUMMER READING CHALLENGE KICK-OFF PARTY

Saturday, June 20th, 9:00 a.m.-1:00 p.m.

We are having a summer reading kickoff party to get the entire community involved, and we hope that will include you. Some community participants will be: City of Upland Recreation Dept., Jamba Juice, Lakeshore Learning Store, Dave & Buster, 24 Hour Fitness, Arthur Murray dance studio, and many more. Join us for sign-ups, reading, raffle, and fun in the sun.

## TWEENS

### SALSA PARTY

Thursday, July 23rd, 3:00 p.m.-5:00 p.m.

We've done it! Our vegetables have grown and now it's time to mix it up. The tweens and teens of Upland are going to battle it out by seeing who makes the best salsa. Qdoba will sponsor this event.



### LEVEL UP!

Wednesday's, 2:00 p.m.-4:00 p.m.

July 1st

Let's get together and make our own instruments. We'll be up-cycling found items into instruments that actually work

July 15th

Are you ready...for a Just Dance tournament! Bring your best dance moves and lets show 'em what you've got. There will be prizes for first, second, and third place.

## TEEN ACTIVITIES

@ the Library for teens in grades 7 and up!

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

### TEEN SUMMER READING PROGRAM-- "READ TO THE RHYTHM"

Saturday, June 20th-Thursday, July 30th

Earn prizes this summer for reading! We're raffling off a tablet, an iPod, 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 25th from 2:00 p.m.-6:00 p.m.

Let's beat the heat while we watch Scott Pilgrim vs. the World and Pitch Perfect.

### IRON CHEF

Thursday, July 2nd from 3:00 p.m.-6:00 p.m.

Bring your friends and be the best team of chefs to win a prize.

### MUSIC DIY

Thursday, July 9th from 3:00 p.m.-5:00 p.m.

Get ready to make some seriously cool crafts out of old CDs and cassette tapes

### JUST DANCE / ROCK BAND TOURNAMENT

Thursday, July 16th from 3:00 p.m.-6:00 p.m.

Battle it out to be the winners of this back-to-back tournament event! Prizes will be awarded to the winner of each tournament.

### SALSA PARTY

Thursday, July 23rd from 3:00 p.m.-5:00 p.m.

See "Summer Time Specials" on previous page for more information. This event will take place in the west patio of the Library and is for grades 4 through 12.

### BATTLE OF THE BANDS

Friday, July 31st from 6:00 p.m.-9:30 p.m.

Come watch as local teen bands compete to be the winner of our first Battle of the Bands! The grand prizes for teen summer reading program participants will be raffled off at the end of this event. This program will take place outdoors by The Brodie Room of the Library.



# LIBRARY News & Events

## ADULTS

### BOOK-ENDERS BOOK CLUB FINALE EVENT

Saturday, June 6th, 10:00 a.m.-12:00 p.m.  
Carnegie Cultural Center

Book-Enders celebrates Michael Connelly Month. Select your own title and be ready to share your thoughts at our finale event. Join the Book-Enders to meet new people and eat, drink, and be merry! The June meeting marks the Book-Enders' season finale until the new book year which starts on October 3.

### MOVIE NIGHT FOR GROWN-UPS

Third Wednesday of the Month,  
May 20th, June 17th, July 15th and August 19th, 6:00 p.m.  
The Brodie Room

Come and mingle with other adults in our wonderful community for a spectacular Classic Movie Night! The Library will be showing a variety of Classic films and serving tasty popcorn (free of charge) to go along with the movie experience! Visit the library or website for a schedule of upcoming movies.

### BASIC COMPUTER CLASSES

Every Monday, 3:00 p.m.  
The Brodie Room

Not sure how to use a computer? These classes are for you! Learn how to use a computer on one of the Library's Chromebooks. The classes will cover logging on and off, connecting to the Library's wireless network, using the keyboard and touchpad, browsing the web, using email, using Google Docs, taking screen shots, file saving, and sending a file. You will also learn how to use the Library's resources and online databases.

### CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

Fourth Tuesday of the Month, 6:00 p.m.-7:00 p.m.  
Carnegie Cultural Center

The Upland Public Library has partnered with the Upland Interfaith Council to bring you presentations from different faiths in and around our community. There will be speakers from differing denominations of faith. This free program runs January to October. Scheduled speakers over the summer include:

- May 26th Mark Manley, Islam
- June 23rd Reverend William deBoos, 1st United Methodist
- July 28th Hum and Rose Bui, Cao Dai
- August 25th Ann Schranz, Unitarian Universalism

## ADULT LITERACY PROGRAM— Giving Back to your Community

Are you looking for a rewarding way to volunteer in your community while helping an adult improve their life? Volunteering at the Upland Public Library's Adult Literacy Program is a wonderful way to offer service to your city. The Adult Literacy Program provides free, private, one-on-one tutoring for low literate adults seeking assistance in improving reading, writing, vocabulary and comprehension skills. After an initial interview, the adult learner is matched with a volunteer-tutor and they meet once or twice a week at the Upland Public Library. Adult learners set their own goals based on their needs. Here are some of the areas where our specially trained tutors can help:

### READ TO THE RHYTHM THROUGH THE ADULT SUMMER READING PROGRAM

Saturday, June 20th-Saturday, August 1st

Adults 18 years and older who participate in the summer reading program will have excitement and fun! There will be programs, classes, and activities throughout the summer. This year there are two ways for adults to participate in the program -- the "Classical Method" (read books) or the "Rock and Roll Method" (attend library events, classes, movies, etc.) . Everyone who participates has an opportunity to win weekly prizes and is eligible to win a prize in the Grand drawing. The more weekly goals you meet, the greater the opportunity to win! Local vendors have generously donated some of the prizes. The Friends of the Upland Public Library, a big supporter of the library and the summer reading program, have purchased three Samsung Galaxy Tablets for the Grand drawing.

### A SPOTLIGHT ON HISTORY: THE LEGACY OF THE TUSKEGEE AIRMEN

Thursday, June 4th, 6:00 p.m.  
Carnegie Cultural Center

The Tuskegee Airmen were dedicated, young men who served in combat overseas as the first African-American aviators of the U.S. Armed Forces during World War II. They left a legacy that should not be forgotten.

The Upland Library invites you to attend a special presentation by Robert Lee Porter who will talk about the history and significance of Tuskegee Airmen.



For more information about Adult Programs at the Upland Public Library, please visit the Reference Desk or call us at (909) 931-4205.



- Tutoring for the GED or US Citizenship test.
- Reading and writing improvement
- Comprehension and spelling improvement

Since its start in 1989, the completely grant-funded Adult Literacy Program has successfully impacted the lives of over 1,100 individual adult learners with the help. Tutor Training is offered on a quarterly schedule. If you would like to volunteer as a tutor, please contact Liz Barbee, Literacy Coordinator, (909) 931-4211. The Literacy Office is located on the lower level of the restored historical Carnegie Cultural Center, at 123 D Street, Upland, CA 91786, next door to the Upland Public Library.

# 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 Community 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 -  
Commercial, Industrial and  
Temporary Services**  
(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



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[www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp](http://www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp)

# UPLAND Recreation & Community Services

## The City of Upland Recreation Division Proudly Presents 2015 Concerts & Movies In The Park

Magnolia Park, 651 W. 15th Street, Upland



Concert begins at 7:00 p.m. followed by the movies at approximately 8:45 p.m.

Bring your blankets or low lawn chairs and come join us under the stars for an evening of great music and movies!

Concerts and Movies Sponsored by: Upland-Foothill Kiwanis

DATE:	BAND:	MOVIE:	SPECIAL EVENT:
July 8th	The Ravelers	Paddington	Game Night-Games & Bouncers
July 15th	Sterling Sylvler Band	The Boxtrolls	Wheels Go Round-Creations & Activities
July 22nd	Retro Station	Big Hero 6	Fun With Science (Inside South Hall)
July 29th	Happy Crowd	Planes Fire & Rescue	Happy Crowd-Family Foot Stompin' Fun
August 5th	MCL Band	Wreck-It-Ralph	Art In The Park-Let's Get Creative
August 12th	Charged Particles	Maleficent	Kid's Swap Meet & Kid's Craft Corner

## 29th Annual 4th of July Fireworks Spectacular Celebration

THANK YOU TO MOUNTAIN VIEW CHEVROLET AND THE PUBLIC for stepping up to make sure this event continues. Donations are still being accepted.

Saturday, July 4, 2015  
Gates open at 5:30 p.m.

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

Pre Sale Tickets: \$8.00 (2 years and under FREE)  
Ticket Sales at the Gate: \$10.00 (2 years and under FREE)

### Music by FLASHOVER

Tickets Available at:

City of Upland Recreation Division, 651 W. 15th Street, Upland  
City of Upland Finance Department, 460 N. Euclid Ave., Upland  
Mountain View Chevrolet, 1079 W. Foothill Blvd., Upland  
Marco's Pizza, 121 W. Foothill Blvd., Suite B, Upland

Premier Sponsor: Mountain View Chevrolet



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

## UPCOMING FALL/ WINTER EVENTS

- ▶ Project Connect Upland
- ▶ Youth Basketball League
- ▶ Halloween Scary A Faire
- ▶ Turkey Trot 5K Run/Walk
- ▶ Breakfast With Santa
- ▶ Letter To Santa
- ▶ Home For The Holidays House Decorating Contest

Classes Begin  
in June  
Register Online

Visit: [www.ci.upland.ca.us](http://www.ci.upland.ca.us)

## 2015 Summer Aquatics

Stay cool and make a splash with the Upland Recreation Division!  
See page 18 for more information...

# DANCE

## Moultrie Academy of Music, Voice and Dance

Youth Dance is a year round, ongoing program for girls and boys. 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. Please note: All Saturday classes will be held at Moultrie Academy of Music, Voice And Dance, 405 W. Foothill, Ste 201, Claremont (Located above Citibank, on the second floor). All other dance classes will be held at Magnolia Recreation Center, 651 W. 15th Street, Upland

### BALLET & TAP I \$42/MONTH

The basics of ballet and tap begin here with our introductory class for those with no previous dance experience. The class will focus on ballet and tap movements, as well as an introduction to a class environment. Students will need dance attire, ballet slippers, and tap shoes. No class 7/1 and 7/4. Instructor: Moultrie Academy of Music, Voice and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland OR Moultrie Academy Of Music Voice And Dance, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time	Location:
DANCE 2	3-4 yrs	Monthly	W	3:45-4:30 p.m.	Mag. Rec. Ctr, North Hall
DANCE 10	3-4 yrs	Monthly	Sa	10:15-11:00 a.m.	Moultrie Academy Studio

### BALLET & TAP II \$42/MONTH

Students will learn basic ballet and tap steps and simple routines while improving coordination, rhythm and agility. Students will need dance attire, ballet slippers, and tap shoes. No class 7/1. Instructor: Moultrie Academy of Music, Voice and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time	Location:
DANCE 3	5-7 yrs	Monthly	W	4:30-5:15 p.m.	Mag. Rec. Ctr, North Hall

### HULA DANCE FOR YOUTH \$105/12 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	6/10-8/26	W	3:15-3:45 p.m.
DANCE 16	8-12 yrs	6/10-8/26	W	6:15-6:45 p.m.

### MUSIC AND MOVEMENT \$35/MONTH

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 7/4. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 a.m.

### TOTALLY TWIRLING BATON \$40/4 SESSIONS

Come join the Totally Twirling Fun!! Learn how to twirl a baton from a USA Twirling Ambassador and Champion. Baton twirling builds friendships, teamwork, rhythm and fitness. We will have fun-filled classes that will prepare you to twirl in parades, recitals, and competitions! A baton may be purchased from the instructor at the first class for \$30.00. Instructor: Brandie Holland Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSPORT 153	4-7 yrs	6/8-6/29	M	4:30-5:15 p.m.
YSPORT 154	4-7 yrs	8/3-8/24	M	4:30-5:15 p.m.
YSPORT 163	8-12 yrs	6/8-6/29	M	5:15-6:00 p.m.
YSPORT 164	8-12 yrs	8/3-8/24	M	5:15-6:00 p.m.



# 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 \$25.00 per year is payable to Baldy View Gymnastics. No class 7/4 & 7/28-8/2. 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.	\$40
GYM 2	5 yrs +	Monthly	Tu	3:00-4:00 p.m.	\$40
GYM 3	5 yrs +	Monthly	W	3:30-4:30 p.m.	\$40
GYM 4	5 yrs +	Monthly	W	6:00-7:00 p.m.	\$40
GYM 5	5 yrs +	Monthly	Th	3:00-4:00 p.m.	\$40
GYM 6	5 yrs +	Monthly	F	3:30-4:30 p.m.	\$40
GYM 8	5 yrs +	Monthly	Tu/Th	3:00-4:00 p.m.	\$56

### CHEERLEADING/TUMBLING CLASS \$42/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 \$24.00.

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

### CO-ED GYMNASTICS \$40/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	6 yrs +	Monthly	Tu	6:00-7:00 p.m.

### PARENT & ME GYMNASTICS \$38/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 \$38/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

## GYMNASTICS

**\$38/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. No class 7/31. 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 your body and mind in a fun, music-filled environment. All of our public sessions are offered to City of Upland Recreation Division participants free, seven days a week while registered in classes. Skate rental is \$3.00 per day. All ice skating students will receive a certificate of completion and a photo at the end of their 8-week session. Parent participation is required, free of charge. Instructor: Ontario Ice Arena Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario

Activity #	Age	Dates	Day	Time
YSPORT 90	2-5 yrs	6/17-8/5	W	11:30 a.m.-12:00 p.m.

## JUST FOR ONES

**\$30/4 SESSIONS**

Child and parent will join in a variety of activities including songs, finger-plays, story time, and arts and crafts. Children will play with "ones" their size with the help of parent or caregiver. One parent per child. A \$5.00 supply fee is payable to the instructor at the first class. Instructor: Terri Kendrick-Brooks Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland - Memorial Park

Activity #	Age	Dates	Day	Time
YSI 88	12-23 mos.	8/3-8/24	M	9:00-10:00 a.m.

## JUST FOR TWOS & THREES

**\$30/4 SESSIONS**

Children will play with "twos" and "threes" their size with the help of a parent or caregiver. Activities will include songs, finger-plays, story time and arts and crafts. Parents will learn to guide their child's development in language and coordination skills. One parent per child. Instructor: Terri Kendrick-Brooks Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland - Memorial Park

Activity #	Age	Dates	Day	Time
YSI 90	2-3 yrs	8/5-8/26	W	9:00-10:00 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. Parent participation is required. No class 7/4. Instructor: The Arena Indoor Sports Staff Location: The Arena Indoor Sports Facility, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 17	Bunnies, 18-24 mos	6/9-7/28	Tu	9:30-10:20 a.m.
YSPORT 18	Bunnies, 18-24 mos	6/11-7/30	Th	9:30-10:20 a.m.
YSPORT 39	Thumpers, 25-35 mos	6/9-7/28	Tu	10:30-11:20 a.m.
YSPORT 20	Thumpers, 25-35 mos	6/13-8/8	Sa	9:00-10:00 a.m.
YSPORT 84	Cottontails, 2.5-3.5 yrs	6/11-7/30	Th	11:30 a.m.-12:20 p.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. Parent participation is required. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	7/11-8/15	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	7/11-8/15	Sa	10:00-10:30 a.m.

## MUSIC AND MOVEMENT

**\$35/MONTH**

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 7/4. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 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 \$25.00 material fee is payable to the instructor at the first class. Practice keyboard 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 39	3-5 yrs	6/15-7/13	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 Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	7/15-8/19	W	5:00-5:30 p.m.

## WEE CHEFS

**\$25/4 SESSIONS**

The Wee Chefs course will incorporate basic food preparation skills, measuring and 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. Parent participation is required. A \$9.00 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	6/16-6/25	T/Th	10:45-11:45 a.m.

## KID'S SWAP MEET & CRAFT CORNER

**Wednesday, August 12, 2015  
5:00 p.m.-8:00 p.m.**

Magnolia Park, 651 W. 15th Street, Upland  
Activity # SE7 \$5.00 Per 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.

### NEW 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 11th.

\*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.

# TINY TOTS PLAYSCHOOL

Tiny Tots Community Building, 1200 E. Foothill Blvd., Upland  
 Open registration for our 2015-2016 Tiny Tots Program will begin on Monday, June 29, 2015. We offer 2-day and 3-day Playschool Programs for the 3, 4 and 5 year old. For more information, please contact the Upland Recreation Division Office at (909) 931-4280.

## Frequently Asked Questions About Tiny Tots

**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.-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 2015-2016 Registration

### TINY TOTS BEACH CAMP \$153/9 SESSIONS

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 \$10.00 supply fee is payable to the instructor at the first class. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time
TT 7	3-4 yrs	8/12-8/31	M/W/F	9:00 a.m.-12:15 p.m.

### TINY TOTS 3'S & 4'S \$102/6 SESSIONS

This Kindergarten readiness program introduces numbers, colors, children's literature, alphabet recognition and phonics. Kindergarten readiness will also be enhanced through crafts, story-telling, writing and outdoor interaction. These activities will help to stimulate creativity, socialization, and cognitive development. Please bring a small healthy snack and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time
TT 31	3-4 yrs	6/2-6/12	T/Th/F	9:00 a.m.-12:00 p.m.

### TINY TOTS 4'S & 5'S \$68/4 SESSIONS

While focusing on Kindergarten readiness, children will learn the alphabet, letter sounds, numbers, introduction to sight words, along with language development, independence, socialization skills, and fine and large motor skills in a safe and friendly environment. Please bring a small healthy lunch and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time
TT 53	4-5 yrs	6/1-6/10	M/W	10:30 a.m.-1:30 p.m.

### TINY TOTS SUMMER FUN

Children will experience "Summer Fun", while learning the alphabet, letter sounds, numbers, introduction to sight words, along with language development, independence, socialization skills and fine and large motor skills in a safe and friendly environment. Please bring a small healthy lunch and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 10	3-6 yrs	6/16-6/30	T/Th	9:00 a.m.-12:00 p.m.	\$85/5
TT 11	3-6 yrs	7/7-7/30	T/Th	9:00 a.m.-12:00 p.m.	\$136/8

Classes Begin in June

# YOUTH SPECIAL INTERESTS

## CARTOONS FOR THE BEGINNER \$28/4 SESSIONS

Students will explore their creativity and learn the tricks necessary to go from idea to paper. Lessons will appropriately challenge the child, enable the utilization of imagination, and allow for the organization of thoughts. Techniques include basic shapes, perspective, shading and foreshortening. Please bring paper, pencils and/or pens to class. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 32	7-15 yrs	6/8-6/29	M	4:30-5:30 p.m.
YSI 33	7-15 yrs	7/6-7/27	M	4:30-5:30 p.m.
YSI 36	7-15 yrs	8/3-8/24	M	4:30-5:30 p.m.

## NEW FUN WITH SCIENCE— "LIFE CYCLES" \$14/1 SESSION

Children will learn about the life cycles of a butterfly, plant, chicken and frog. Children will take home their own life-cycle journal and crafts pertaining to the lesson. An \$8.00 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 99	5-11 yrs	7/30	Th	3:00-5:00 p.m.

## NEW FUN WITH SCIENCE— "CATAPULTS" \$9/1 SESSION

Children will learn that a catapult is a device used to throw or hurl an object of great distance without the aid of explosive devices. They will then make their own catapult to play with and take home. A \$5.00 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 100	5-11 yrs	8/4	Tu	3:00-4:00 p.m.

## 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 \$7.00 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	6/16-6/25	Tu/Th	12:30-1:45 p.m.
YSI 7	6-10 yrs	7/27-8/5	M/W	12:30-1:45 p.m.

## SENIOR CHEFS \$25/4 SESSIONS

Learning to cook can be fun and easy! With each class, Senior Chefs will have fun in a safe and hands-on cooking course. Senior Chefs will learn how to follow recipes while learning a variety of cooking skills, along with enjoying the prepared recipe at the end of each class. A \$9.00 supply fee is payable to the instructor at the beginning of class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 40	11-14 yrs	7/27-8/5	M/W	10:45-11:45 a.m.

## NEW SEWING BASICS FOR KIDS \$90/4 SESSIONS

Sewing Basics For Kids is designed for younger students who have no prior sewing experience to familiarize themselves with the features and functions available on a home sewing machine. In addition to learning the basics of operating a home sewing machine, students will learn basic stitching techniques to complete an envelope style sofa pillow with a removable cover. A list of fabric needs will be provided at the first class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
YSI 12	10 yrs +	6/17-7/8	W	4:00-5:30 p.m.

**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 how to do simple hand stitching. After learning the basics, YSI 10 participants will make a T-shirt pillow and YSI 11 participants will make a terry beach tote. A \$6.00 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 +	6/29 & 7/1	M/W	10:45-11:45 a.m.
YSI 11	8 yrs +	7/13 & 7/15	M/W	10:45-11:45 a.m.

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

This cool and exciting class will combine delicious ice cream with a variety of other ingredients to create wonderful summer taste sensations. A \$9.00 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	7/27-8/5	M/W	2:30-3:30 p.m.

**PARENT FORUM:  
SYNTHETIC DRUGS, "VAPING"  
AND CURRENT YOUTH TREND  
AWARENESS POWER SESSION**

**Wednesday, August 19, 2015  
7:00 p.m.-8:00 p.m.**



Magnolia Recreation Center, South Hall  
Activity # SE 53

Reach Out in partnership with the Partners for Innovative Communities coalition will educate local providers, parents, school officials, resource officers and community members about new dangers of synthetic drugs, "vaping" and current drug trends among youth. Learn about evolving drug trends, new dangers and how to identify concealment devices, while covering the evolving look at synthetic drugs, "vaping" and marijuana. Parents will learn new drug logos, terms and identifiers. Over 50 visual aids and detailed photos of various paraphernalia, devices, marijuana concentrates, and products will be presented. For more information and to register for the forum, please contact the Upland Recreation Division Office at (909) 931-4280.

**FUN WITH LEARNING CAMPS**

**ALGEBRA I**

**\$99/5 SESSIONS**

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 \$10.00 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	6/23-7/21	Tu	11:30 a.m.-1:30 p.m.

**NEW CRAZY CHEMWORKS \$109/4-DAY CAMP**

Discover what it's like to be a real scientist and work in a Mad Science Lab. Each day, we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create. Scientists will explore acids and bases, reveal the secret recipe of slime, examine crystallization, probe through shifting states of matter and much, much more! A \$30.00 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 115	5-12 yrs	7/6-7/9	M-Th	9:00 a.m.-12:00 p.m.



**FUN WITH ANIMATION \$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 \$5.00 supply fee is payable to the instructor at the first class. Instructor: Mr. Jim Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 19	6-12 yrs	6/22-6/25	M-Th	9:00 a.m.-12:00 p.m.
YSI 20	6-12 yrs	8/3-8/6	M-Th	9:00 a.m.-12:00 p.m.

**MATH ACADEMY**

**\$99/5 SESSIONS**

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 \$10.00 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 47	2nd & 3rd	6/22-7/20	M	9:00-11:00 a.m.
YSI 48	4th & 5th	6/22-7/20	M	11:30 a.m.-1:30 p.m.



**NASA!! JR. ASTRONAUTS \$109/4-DAY CAMP**

Join our academy of Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket and then, see the real thing – a rocket launch up to 300 feet into the air! Make and take home your own come, Shuttle Copter and much more. Use teamwork to complete an important space mission. This NASA camp is out of this world! A \$30.00 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 67	5-12 yrs	7/13-7/16	M-Th	9:00 a.m.-12:00 p.m.



**PET MANIA—  
SUMMER CAMP**

**\$150/5-DAY CAMP**

Spend your summer at Upland Animal Services with our Pet Mania summer camps! 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 hands-on activity with various animals present each day. Topics include care, feeding, handling, grooming, responsible pet ownership and human animal education. Fridays are "Special Guest Fridays", with exhibits introducing children to new animals such as reptiles, miniature horses, guinea pigs and a petting zoo. Pet Mania campers are to bring lunch and two bottles of water per day. A portion of the registration fee will be donated to Upland Animal Services. Instructor: Priceless Pets Staff Location: Upland Animal Services, 1275 San Bernardino Road, Upland

Activity #	Grades	Dates	Days	Time
House Pets				
YSI 92	K-2	6/22-6/26	M-F	8:30 a.m.-2:30 p.m.
YSI 122	3-6	6/22-6/26	M-F	8:30 a.m.-2:30 p.m.
Reptiles				
YSI 93	K-2	6/29-7/3	M-F	8:30 a.m.-2:30 p.m.
YSI 123	3-6	6/29-7/3	M-F	8:30 a.m.-2:30 p.m.
Farm Animals				
YSI 94	K-2	7/6-7/10	M-F	8:30 a.m.-2:30 p.m.
YSI 124	3-6	7/6-7/10	M-F	8:30 a.m.-2:30 p.m.
Special Needs				
YSI 108	K-2	7/13-7/17	M-F	8:30 a.m.-2:30 p.m.
YSI 125	3-6	7/13-7/17	M-F	8:30 a.m.-2:30 p.m.
Exotic Animals				
YSI 109	K-2	7/20-7/24	M-F	8:30 a.m.-2:30 p.m.
YSI 130	3-6	7/20-7/24	M-F	8:30 a.m.-2:30 p.m.
Aquatics Animals				
YSI 110	K-2	7/27-7/31	M-F	8:30 a.m.-2:30 p.m.
YSI 131	3-6	7/27-7/31	M-F	8:30 a.m.-2:30 p.m.



# 2015 SUMMER AQUATICS

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

## REGISTRATION INFORMATION

Pre-registration at Magnolia Recreation Center, South Hall, 651 W. 15th Street, Upland

No mail-in, phone-in or online registration will be accepted.

### UPLAND RESIDENTS REGISTRATION ONLY:

Saturday, May 30th, 10:00 a.m.-12:00 p.m.

### OPEN REGISTRATION:

Saturday, June 6th, 10:00 a.m.-12:00 p.m.

### REGISTRATION WILL BE TAKEN AT THE POOL

Monday through Friday from 10:15 a.m.-2:15 p.m., beginning June 15th

Registration will NOT be taken at the Recreation Office.



Session I	6/15-6/26	\$70
Session II	6/29-7/10	\$70
Session III	7/13-7/24	\$70
Session IV	7/27-8/7	\$70



Each two-week session meets Monday through Friday  
(no make-ups if child misses a class).

Classes are 35-minutes long. Classes begin at 10:00 a.m., 10:45 a.m., 11:30 a.m., 12:15 p.m., 1:00 p.m., 1:45 p.m. Session IV includes: 4:15 p.m., 5:00 p.m., 5:45 p.m., 6:30 p.m., 7:15 p.m., 8:00 p.m.

Classes offered vary each session. A detailed schedule is available at [www.ci.upland.ca.us](http://www.ci.upland.ca.us) or at the Recreation Office.

Fees must be paid at the time of registration. Visa, Mastercard and American Express are accepted. All refunds must be requested at the pool office Monday through Friday, 10:15 a.m.-2:15 p.m., seven business days before each session starts.

## CLASSES OFFERED

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

## CAMPS AND CLINICS OFFERED

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

**Ages:** 8-16 yrs    8/10-8/14    M-F    10:00 a.m.-12:00 p.m.    \$80

**Youth Water Polo Camp:** 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.

**Ages:** 8-16 yrs    8/10-8/14    M-F    1:00 p.m.-3:00 p.m.    \$80

**Adult Swim Clinic:** Learn to swim or work on improving your strokes. Individuals will be grouped according to ability.

**Ages:** 16+    8/10-8/14    M-F    6:00 p.m.-8:00 p.m.    \$80

## PRE-ALGEBRA

**\$99/5 SESSIONS**

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 \$10.00 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 44	10-14 yrs	6/22-7/20	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 2015 summer! A \$30.00 supply fee is payable to the instructor at the first class. Instructor: Mad Science Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 68	5-12 yrs	6/15-6/18	M-Th	9:00 a.m.-12:00 p.m.
YSI 97	5-12 yrs	8/10-8/13	M-Th	9:00 a.m.-12:00 p.m.

## SAFARI QUEST ART CAMP

**\$82/4-DAY CAMP**

Reserve a seat on our Recreation safari! You'll improve your drawing skills and learn safari trivia while you create African scenes and animals such as giraffes, lions, zebras and tiger cubs. Add color with chalk pastels. A \$5.00 supply fee is payable to the instructor at the first class. Instructor: CREATOR'Stouch Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 128	5-10 yrs	7/27-7/30	M-Th	10:00 a.m.-12:00 p.m.

## SNORKEL ADVENTURE ART CAMP

**\$82/4-DAY CAMP**

Jump in the reef with us! Discover new drawing skills and learn ocean trivia while you create fun underwater creatures such as sea horses, colorful fish, sea turtles and octopuses. A \$5.00 supply fee is payable to the instructor at the first class. Instructor: CREATOR'Stouch Staff Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
YSI 129	5-10 yrs	6/29-7/2	M-Th	10:00 a.m.-12:00 p.m.

## SPANISH - BEGINNER

**\$99/5 SESSIONS**

This unique learning language experience is designed specifically with children in mind. Learn basic Spanish words, conversation, and sentence structure. Stories, games, and music will enrich this learning experience. A \$10.00 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 173	1st-4th	6/25-7/23	Th	9:00-11:00 a.m.
YSI 174	5th-8th	6/25-7/23	Th	11:30 a.m.-1:30 p.m.

## WRITER'S ACADEMY

**\$99/5 SESSIONS**

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 \$10.00 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	6/24-7/22	W	9:00-11:00 a.m.
YSI 117	4th & 5th	6/24-7/22	W	11:30 a.m.-1:30 p.m.
YSI 50	7th & 8th	6/23-7/21	Tu	9:00-11:00 a.m.



**WRITER'S ACADEMY \$99/5 SESSIONS**

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 \$10.00 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	6/24-7/22	W	2:00-4:00 p.m.

**GET FIT UPLAND YOUTH SPORTS & CAMPS**

**BASEBALL CAMP BY TRIFYTT \$119/5-DAY CAMP**

Come and join TriFyft 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 camp shirt and ball. Instructor: TriFyft Sports Staff Location: Greenbelt Park, West Field, 15th Street and Benson Avenue, Upland

Activity #	Age	Dates	Days	Time
YSPORT 156	6-12 yrs	8/3-8/7	M-F	9:00 a.m.-12:00 p.m.

**BASKETBALL BY TRIFYTT \$69/6 SESSIONS**

Here is a great chance for athletes to improve their basketball skills. Learn offensive moves such as the stop and pop, step back, and so much more! We will also teach the athletes the benefits of sportsmanship, goal setting, and teamwork. Every athlete will be given a camp shirt. Instructor: TriFyft Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 46	4-6 yrs	7/13-8/17	M	5:00-5:45 p.m.
YSPORT 47	7-10 yrs	7/13-8/17	M	6:00-6:45 p.m.

**BASKETBALL CAMP BY TRIFYTT \$119/5-DAY CAMP**

Come and join TriFyft 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 camp T-shirt and sports ball. Participants should wear appropriate clothing and running shoes, and bring a water bottle to each class. Instructor: TriFyft Sports Staff Location: Western Christian School, 100 W. Ninth Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 86	6-12 yrs	7/20-7/24	M-F	9:00 a.m.-12:00 p.m.

**COMBINED MARTIAL ARTS \$30/4 SESSIONS**

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 \$35.00. Instructor: Combined Martial Arts Academy Staff Location: Combined Martial Arts Academy, 231 E. 9th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 6606	5-7 yrs	6/1-6/22	M	5:00-5:50 p.m.
YSPORT 6607	5-7 yrs	7/6-7/27	M	5:00-5:50 p.m.
YSPORT 6608	5-7 yrs	8/10-8/31	M	5:00-5:50 p.m.
YSPORT 6806	8-12 yrs	6/1-6/22	M	6:00-7:00 p.m.
YSPORT 6807	8-12 yrs	7/6-7/27	M	6:00-7:00 p.m.
YSPORT 6808	8-12 yrs	8/10-8/31	M	6:00-7:00 p.m.

**"HEAD OVER HEELS" GYMNASTICS CAMP \$130/5-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. The last day of camp will be a show for family and friends, along with a pizza party for camp participants.

Activity #	Age	Dates	Day	Time
GYM 22	5 yrs +	8/10-8/14	M-F	9:30 a.m.-12:00 p.m.



**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 of our public sessions are offered to City of Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3.00 per day. All ice skating students will receive a certificate of completion and a photo at the end of their 8-week session. All students will also participate in a ice skating recital at the end of the 8-week session. No class 7/4. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 95	2-5 yrs	6/18-8/6	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	6/20-8/15	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	6/16-8/4	Tu	6:30-7:00 p.m.
YSPORT 71	6-14 yrs	6/18-8/6	Th	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	6/20-8/15	Sa	12:45-1:15 p.m.

**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 \$30.00. 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	6/2-6/30	Tu	5:30-6:30 p.m.	\$42/5
YFIT 5007	6-12 yrs	7/7-7/28	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5008	6-12 yrs	8/4-8/25	Tu	5:30-6:30 p.m.	\$38/4
YFIT 7006	6-12 yrs	6/6-6/27	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7007	6-12 yrs	7/11-7/25	Sa	9:00-10:00 a.m.	\$30/3
YFIT 7008	6-12 yrs	8/1-8/29	Sa	9:00-10:00 a.m.	\$42/5

**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. No class 7/4. Instructor: Upland Sports Arena Staff Location: The Upland Sports Area, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 19	Hoppers, 3-4 yrs	6/9-7/28	Tu	9:30-10:20 a.m.
YSPORT 21	Hoppers, 3-4 yrs	6/11-7/30	Th	9:30-10:20 a.m.
YSPORT 23	Big Feet, 5-6 yrs	6/13-8/8	Sa	11:00-11:50 a.m.

**NEW LIL' KICKERS—SUMMER CAMP \$135/4-DAY CAMP**

Beat the heat the summer and have some summer fun with Upland Sports Arena's Lil' Kickers Summer Camp! Join us for fun games, bounce house, crafts, snack and experience all of the fun that the and imagination of our Lil' Kickers classes! The last day of class, enjoy a pizza party and stay until 2:00 p.m. Instructor: Upland Sports Arena Staff Location: The Upland Sports Area, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 114	3-7 yrs	7/20-7/23	M-Th	9:00 a.m.-1:00 p.m.



## 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 Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	7/11-8/15	Sa	9:00-9:45 a.m.

## SOCCER CAMP BY TRIFYTT **\$119/5-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 T-shirt and sports ball. Instructor: TriFytt Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 85	5-9 yrs	6/22-6/26	M-F	9:00 a.m.-12:00 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 Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-5 yrs	7/15-8/19	W	5:30-6:15 p.m.
YSPORT 133	5-7 yrs	7/15-8/19	W	6:30-7:15 p.m.

**NEW**

## TENNIS CAMP **\$125/5-DAY CAMP**

Come join us for the summer! Learn the sport, meet new friends and have some fun! UTC Summer Camp is a program designed to introduce juniors to the sport of tennis as well as further improve the level of intermediate juniors. Campers will also be introduced to the competitive aspects of the sport via match play. The fun will continue with a cool down with swimming along with other fun games and snacks will be provided. All students are required to bring their own rackets, sunscreen and wear appropriate athletic attire. NON-MARKING tennis shoes are a must. Instructor: Upland Tennis Club Staff Location: Upland Tennis Club, 1525 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 101	5-12 yrs	6/15-6/19	M-F	9:00 a.m.-12:00 p.m.
YSPORT 102	5-12 yrs	6/29-7/3	M-F	9:00 a.m.-12:00 p.m.
YSPORT 103	5-12 yrs	7/27-7/31	M-F	9:00 a.m.-12:00 p.m.
YSPORT 104	5-12 yrs	8/10-8/14	M-F	9:00 a.m.-12:00 p.m.

## TENNIS FOR YOUTH **\$64/8 SESSIONS**

Taught by an experienced tennis professional, classes will provide the necessary foundation for a life time of fun and enjoyment with the game of tennis. Students will learn the fundamentals of hitting forehands, backhands, serves, and volleys. All students are required to bring their own rackets and wear appropriate athletic attire. NON-MARKING tennis shoes are a must. A ball fee of \$2.50 is payable to the instructor on the first day of class. Please note: In case of rain, it is the student's responsibility to contact the Upland Tennis Club at (909) 985-2725 to determine if class has been canceled. Instructor: Upland Tennis Club Staff Location: Upland Tennis Club, 1525 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 10	5-10 yrs	6/1-7/20	M	4:30-5:30 p.m.
YSPORT 11	5-10 yrs	8/3-9/21	M	4:30-5:30 p.m.
YSPORT 12	5-10 yrs	6/3-7/22	W	4:30-5:30 p.m.
YSPORT 13	5-10 yrs	8/5-9/23	W	4:30-5:30 p.m.
YSPORT 108	11-17 yrs	6/4-7/23	Th	4:30-5:30 p.m.
YSPORT 109	11-17 yrs	8/6-9/24	Th	4:30-5:30 p.m.

Register Online

Visit: [www.ci.upland.ca.us](http://www.ci.upland.ca.us)



## 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 \$30.00. 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	6/2-6/30	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6707	4-6 yrs	7/7-7/28	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6708	4-6 yrs	8/4-8/25	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6906	4-6 yrs	6/5-6/26	F	5:00-5:30 p.m.	\$26/4
YFIT 6907	4-6 yrs	7/3-7/31	F	5:00-5:30 p.m.	\$32.50/5
YFIT 6908	4-6 yrs	8/7-8/28	F	5:00-5:30 p.m.	\$26/4

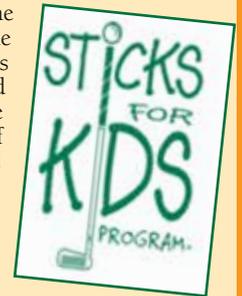
## TINY HAWK FLAG FOOTBALL **\$99/5-DAY CAMP**

Through our "skill of the day" activities, participants will learn skills on both sides of the ball, including the core components of passing, catching and de-flagging or defensive positioning – all presented in a fun and positive environment. Skyhawks Tiny Hawk Flag Football is recommended for beginner to intermediate athletes. The week will end with the Skyhawks Super Bowl, giving the participants a chance to showcase their skills on the gridiron. Each child will be given a Skyhawks team shirt, football and merit certificate. Please wear appropriate clothing, running shoes and bring sunscreen and bottled water to each class. Instructor: Skyhawks Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 6	8-12 yrs	7/13-7/17	M-F	9:30 -11:30 a.m.
YSPORT 7	8-12 yrs	7/27-7/31	M-F	9:30 -11:30 a.m.

## GOLF CLUBS AVAILABLE HERE!

Through the Sticks For Kids Program, the Recreation Division has golf clubs available for children ages 5-12 years. If your child is interested in the wonderful sport of golf and you aren't quite ready to invest in clubs, the Recreation Division will loan you a set of clubs. A \$75.00 cash deposit is required and refundable. Golf clubs are limited and are available to be checked out for four weeks at a time.



## Upland Sports Corner

For registration information, please view the following websites:

**American Little League:** [www.uplandamericanll.org](http://www.uplandamericanll.org)

**AYSO Soccer:** [www.ayso32.org](http://www.ayso32.org)

**Colt/Pony League:** [www.eteamz.com/uplandpony](http://www.eteamz.com/uplandpony)

**Foothill Little League:** [www.uflfll.org](http://www.uflfll.org)

**Hilltoppers Girls Softball:** [www.uplandhilltoppers.com](http://www.uplandhilltoppers.com)

**Upland Hurricanes Football:** [www.uplandjaaf.com](http://www.uplandjaaf.com)

**National Little League:** [www.uplandnational.com](http://www.uplandnational.com)

**Pop Warner Football:** [www.uplandpopwarner.com](http://www.uplandpopwarner.com)

A copy of the Sports Field Policy Handbook is available on the City of Upland website: [www.ci.upland.ca.us](http://www.ci.upland.ca.us)

## TRACK & FIELD CAMP

**\$99/5-DAY CAMP**

This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff will teach exercises and drills to prepare athletes for a future in cross-country, track & field and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end of the camp at the Skyhawks track meet! Each child will be given a Skyhawks team shirt and merit certificate. Please wear appropriate clothing, running shoes and bring sunscreen and bottled water to each class. Instructor: Skyhawks Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 123	6-12 yrs	7/6-7/10	M-F	9:30-11:30 a.m.
YSPORT 124	6-12 yrs	7/20-7/24	M-F	9:30-11:30 a.m.

## “TUMBLE IN THE JUNGLE”

### GYMNASTICS CAMP

**\$130/5-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. The last day of camp will be a show for family and friends, along with a pizza party for camp participants.

Activity #	Age	Dates	Day	Time
GYM 21	3-5 yrs	7/20-7/24	M-F	9:30 a.m.-12:00 p.m.

## VOLLEYBALL CAMP

**\$119/5-DAY CAMP**

Join TriFytt Sports and learn or improve the skills needed to become a skillful volleyball player. This course will focus on the fundamental skills of volleyball by using fun games and exercises, while also developing sportsmanship and character. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 149	7-12 yrs	7/13-7/17	M-F	9:30 a.m.-12:30 p.m.

## 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 \$20.00 material fee is payable to the instructor 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	6/17-7/15	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	6/17-7/15	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 \$25.00 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Parent participation is required for MUSIC 39. 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	6/15-7/13	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	6/15-7/13	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	6/15-7/13	M	5:45-6:30 p.m.



## DANCE FOR ADULTS

### 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	Adult	6/5-7/10	F	7:00-8:00 p.m.
DANCE 47	Adult	7/17-8/21	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	Adult	6/5-7/10	F	8:00-9:00 p.m.
DANCE 84	Adult	7/17-8/21	F	8:00-9:00 p.m.

### BELLY DANCE

Belly Dancing is a great workout for the entire body. Improve your coordination and muscle tone while learning to shimmy your hips, play finger cymbals and dance with a veil. Class is available for Beginning through Intermediate students and offers basics as well as more advanced movements for returning students. A \$15.00 supply is payable to the instructor at the first class for finger cymbals or veil. Join us and bring out your inner Goddess! Instructor: Shahira Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 59	14 yrs +	6/5-6/26	F	6:30-7:30 p.m.	\$38/4
DANCE 60	14 yrs +	7/3-7/31	F	6:30-7:30 p.m.	\$47/5
DANCE 61	14 yrs +	8/7-8/28	F	6:30-7:30 p.m.	\$38/4

### HULA FOR ADULTS

**\$105/12 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	Adult	6/9-8/25	Tu	7:15-7:45 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 +	6/5-7/10	F	6:00-7:00 p.m.

### NIGHTCLUB TWO-STEP

**\$65/5 SESSIONS**

Learn to dance to the slower tempo love songs and ballads of today. This smooth and easy flowing dance is perfect for a romantic night out. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 7201	16 yrs +	7/17-8/21	F	6:00-7:00 p.m.

## 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. Bring shoes for indoor running, a mat or towel for floor workout, water bottle and your own 1/2-3 lb. weights (optional). No class 7/16 and 8/13. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	6/16-8/27	T/Th	6:00-7:00 p.m.

## CHALLENGE YOU YOGA

**\$57/6 SESSIONS**

Be bold and adventurous with this low impact, high intensity body transformation class using Pilates and Yoga-inspired moves set to a fast pace to burn fat while you stabilize, stretch and strengthen inch of the body. Celebrate health, fitness and your life! Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 22	Adult	6/9-7/14	Tu	7:30-8:30 p.m.
FIT 52	Adult	7/28-9/1	Tu	7:30-8:30 p.m.

## CROSSFIT KINNIK 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 class. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 69	Adult	6/9-6/30	T/Th	6:00-7:00 p.m.	\$85/7
FIT 70	Adult	7/2-7/30	T/Th	6:00-7:00 p.m.	\$110/9
FIT 71	Adult	8/4-8/27	T/Th	6:00-7:00 p.m.	\$100/8

## LET'S RELAX YOGA

**\$48/5 SESSIONS**

Enjoy your Sunday evening doing easy yoga postures to help you relax and prepare for the week ahead. Class will include simple stretches (done on the floor with provided mats), breathing techniques and guided meditation. Please wear comfortable clothing and bring a blanket and water bottle to class. No class 7/5. Instructor: Sandy Jones Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 10	Adult	6/14-7/19	Su	6:00-7:30 p.m.
FIT 48	Adult	8/2-8/30	Su	6:00-7:30 p.m.

## PILATES

**\$57/6 SESSIONS**

Experience the gentle power of Pilates in an intimate and serene setting. Pilates is a method of conditioning that honors and challenges the body with gentle, yet powerful movements that are executed slowly. With guidance from a certified instructor, Pilates will strengthen and tone your body, as it fortifies spinal health. The mind and spirit are nourished as well when improvements also become apparent in your balance, posture, flexibility, and of course, your core! Please wear comfortable clothing and bring an exercise mat or towel and water bottle to class. No class 9/18. Instructor: Linda Hardison Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 42	Adult	7/3-8/7	F	9:00-10:15 a.m.
FIT 43	Adult	8/14-9/25	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 bring a Pilates stability ball and water bottle to class. No class 9/16. Instructor: Linda Hardison Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 44	Adult	7/1-8/5	W	9:00-10:15 a.m.
FIT 45	Adult	8/12-9/23	W	9:00-10:15 a.m.

## TAI CHI/CHI GONG

**\$42/6 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. Wear loose clothing and bring a water bottle to class. Instructor: Robert Zailo Location: Magnolia Recreation Center, North Hall OR McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time	Location
FIT 29	Adult	6/8-7/13	M	8:00-9:00 a.m.	McCarthy Park
FIT 39	Adult	7/20-8/24	M	8:00-9:00 a.m.	McCarthy Park
FIT 11	Adult	6/8-7/13	M	6:00-7:00 p.m.	Mag. Rec. Center
FIT 12	Adult	7/20-8/24	M	6:00-7:00 p.m.	Mag. Rec. Center
FIT 37	Adult	6/10-7/15	W	8:00-9:00 a.m.	McCarthy Park
FIT 38	Adult	7/22-8/26	W	8:00-9:00 a.m.	McCarthy Park

## TENNIS FOR ADULTS

**\$64/8 SESSIONS**

Taught by an experienced tennis professional, classes will provide the necessary foundation for a life time of fun and enjoyment with the game of tennis. Students will learn the fundamentals of hitting forehands, backhands, serves, and volleys. All students are required to bring their own rackets and wear appropriate athletic attire. NON-MARKING tennis shoes are a must. A ball fee of \$2.50 is payable to the instructor on the first day of class. Please note: In case of rain, it is the student's responsibility to contact the Upland Tennis Club at (909) 985-2725 to determine if class has been canceled. Instructor: Upland Tennis Club Staff Location: Upland Tennis Club, 1525 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
ASPORT 11	Adult	6/3-7/22	W	6:00-7:00 p.m.
ASPORT 12	Adult	8/5-9/23	W	6:00-7:00 p.m.

## YOGA THURSDAYS

**\$57/6 SESSIONS**

The Hatha yoga system of fitness benefits the entire body. The physical body is completely exercised, using relaxed, yet specific movements. Special deep breathing techniques are taught, assisting in one's focus, mental clarity and relaxation. Celebrate health, fitness and your life! Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 59	Adult	6/11-7/16	Th	7:30-9:00 p.m.
FIT 60	Adult	7/30-9/3	Th	7:30-9:00 p.m.

## PROJECT CONNECT UPLAND

Wednesday, October 7, 2015

10:00 a.m.-3:00 p.m.

Memorial Park-Atwood Kitchen, Upland



San Bernardino Department of Health, Office of Homeless Services and The City of Upland's Homeless Stakeholders are hosting a Project Connect. The goal is to help individuals who are low income, at risk of homelessness, or are homeless to connect with the resources available that can help to make a difference in their lives. Service providers from the San Bernardino County area will be in attendance offering information on the many county services available. Free lunch will be served.



# 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 \$20.00 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 +	8/13	Th	6:00-9:30 p.m.

## CPR/ AED/FIRST AID \$45/1 SESSION

The CPR/AED portion of this course is a basic life support program for laypersons who want to or are required to have CPR & AED knowledge and skills. 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. The First Aid portion of this course will cover elementary First Aid knowledge and skills with a focus on both adults and children. Topics covered in this course will include emergency response, shock, bleeding, soft tissue injuries, bone and joint injuries, sudden illness, and heat and cold related illness and injury. A two-year certification will be provided upon completion of this course. A \$20.00 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 169	16 yrs-Adult	7/11	Sa	9:00 a.m.-5:00 p.m.

## CPR – HANDS ONLY FREE/1-DAY SEMINAR

Hands-Only CPR has been recommended as an appropriate response to cardiac arrest victims when lay persons are unable or unwilling to provide rescue breaths and as an option for emergency medical dispatchers giving CPR instructions to a caller at the scene of an adult cardiac arrest that was not likely caused by asphyxia. Hands-Only CPR is CPR without mouth-to-mouth rescue breaths. It is recommended for use on teens or adults (anyone over the age of 8 years old) whom you witness suddenly collapse. Note: Hands-Only CPR is an abbreviated CPR course that does not provide a CPR card and is not a full-length CPR course. Please register with the Upland Fire Department no later than Tuesday, July 21st at (909) 931-4180. Instructor: Upland Fire Department Staff Location Fire Station 164, 1825 N. Campus Ave. Upland

Activity #	Age	Date	Day	Time
ASI 143	9 yrs +	7/25	Sa	10:00-11:00 a.m.

## DOG OBEDIENCE – BEGINNER NOVICE \$125/7 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 7/4 and 9/26. Instructor: Live Oak Dog Obedience Staff Baldy View Dog Park Location: 11th Street between Mountain Avenue & San Antonio Avenue, Upland Magnolia Park Location: 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location
ASI 4	12 yrs +	5/28-7/9	Th	6:30-7:30 p.m.	Magnolia Park
ASI 5	12 yrs +	6/20-8/8	Sa	10:00-11:00 a.m.	Baldy View Dog Park
ASI 128	12 yrs +	6/24-8/5	W	10:00-11:00 a.m.	Baldy View Dog Park
ASI 185	12 yrs +	8/6-9/17	Th	6:30-7:30 p.m.	Magnolia Park
ASI 3	12 yrs +	9/12-10/31	Sa	10:00-11:00 a.m.	Baldy View Dog Park
ASI 105	12 yrs +	9/30-11/11	W	10:00-11:00 a.m.	Baldy View Dog 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 107	12 yrs +	6/4-7/9	Th	7:30-8:30 p.m.
ASI 86	12 yrs +	8/6-9/10	Th	7:30-8:30 p.m.

## NEW FASHION SEWING INTRODUCTION \$120/4 SESSIONS

Fashion Sewing Introduction is an introductory level class for students interested in fashion sewing. Over the course of four weeks, we will cover the fundamentals of fashion sewing. Students must have basic sewing experience and knowledge of operating a home sewing machine. Students will learn to make a denim style skirt fitted to their exact measurements. There will be a review /practice of the individual elements of the skirt prior to starting work on the skirt. Ex: Pockets, darts, waistband and fly-front zipper. A list of fabric needs will be provided at the first class. A \$20.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 207	16 yrs +	7/11-8/1	Sa	11:00 a.m.-12:00 p.m.

## NOTARY PUBLIC \$95/1 SESSION

This intensive one-day seminar is designed to prepare you to become a knowledgeable Notary Public. Students will learn the procedures for proper notarization, information on how to start a Notary career, understanding the law and how it affects the way you notarize, how to perform five different notarial acts, must-follow rules, the four essential ID features, seven entries in your journal that are required by law, when to refuse to notarize, how to pass the test and safekeeping of the journal and seal. For participants wishing to take the State Exam, please bring a check made payable to the Secretary of State for \$40.00, a proper photo ID and a 2”X2” passport photo. A \$45.00 material fee is payable to the instructor at the beginning of class. All participants must register no later than 24 days prior to the course start date. Instructor: Marylyn Jones – Certified Notary Public Instructor Location: DeAnza Center, 1405 S. Fern Street, Ontario

Activity #	Age	Date	Day	Time
ASI 60	Adult	7/18	Sa	8:30 a.m.-5:30 p.m.
ASI 22	Adult	11/7	Sa	8:30 a.m.-5:30 p.m.

## NEW SEWING BASICS \$90/4 SESSIONS

Sewing Basics is designed for students who have no prior sewing experience to familiarize themselves with the features and functions available on a home sewing machine. In addition to learning the basics of operating a home sewing machine, students will learn basic stitching techniques to complete an envelope style sofa pillow with a removable cover. A list of fabric needs will be provided at the first class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 206	16 yrs +	6/16-7/7	Tu	6:00-7:30 p.m.





## SIX WHAT IFs OF RETIREMENT PLANNING FREE/1-DAY SEMINAR

Although tax season comes around every year, it's not 100% predictable. New events, changes and laws come into effect quickly. They can present opportunities (and pitfalls) for you and your family. This presentation will cover Tax Changes for 2015, Roth conversion rules, tax smart asset locations, gift tax-exclusion and more. Learn more at JeffreyHackbarth.com. Presented by Jeffrey Hackbarth, CFP. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 202	Adult	7/14	Tu	7:00-9:00 p.m.



## TAX STRATEGIES FOR 2015 FREE/1-DAY SEMINAR

The future is uncertain, especially for those getting closer to retirement. It's common for fears and concerns to bubble up to the surface in the form of questions that begin with "What If...?" Jeffrey Hackbarth, CFP will walk you through six of the most common concerns regarding retirement planning. You will leave the seminar feeling so much more at ease after attending. Learn more at JeffreyHackbarth.com. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 278	Adult	8/11	Tu	7:00-9:00 p.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	6/10-7/1	W	5:00-6:00 p.m.
ASI 24	Adult	7/8-7/29	W	5:00-6:00 p.m.
ASI 65	Adult	8/5-8/26	W	5:00-6:00 p.m.



## SENIOR CENTER DANCE AND FITNESS

### 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 +	6/4-6/25	Th	12:00-1:00 p.m.
DANCE 9507	50 yrs +	7/9-7/30	Th	12:00-1:00 p.m.
DANCE 9508	50 yrs +	8/6-8/27	Th	12:00-1:00 p.m.
DANCE 9906	50 yrs +	6/5-6/26	F	9:00-10:00 a.m.
DANCE 9907	50 yrs +	7/10-7/31	F	9:00-10:00 a.m.
DANCE 9908	50 yrs +	8/7-8/28	F	9:00-10:00 a.m.

### 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 +	6/3-6/24	W	12:00-1:00 p.m.	\$12/4
DANCE 4907	50 yrs +	7/1-7/29	W	12:00-1:00 p.m.	\$15/5
DANCE 4908	50 yrs +	8/5-8/26	W	12:00-1:00 p.m.	\$12/4

### LINE DANCE

Love to Line Dance? Join us in learning beginning and some intermediate line dances, providing a fun way to exercise both mind and body! Learn dances like "Cupid Shuffle", "Electric Slide", "Ghost Train", "Aw Naw", "New York, New York", "Stray Cat Strut", "Watermelon Crawl", "Blurred Lines" and many more. Permission from instructor required for Advanced Beginner. Registration is first-come, first-serve. No class 7/24. Instructor: Deborah Lynnmoore Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
Adv. Beginner DANCE 7006	50 yrs +	6/5-6/26	F	10:00-11:00 a.m.	\$5/4
Adv. Beginner DANCE 7007	50 yrs +	7/10-7/31	F	10:00-11:00 a.m.	\$3.75/3
Adv. Beginner DANCE 7008	50 yrs +	8/7-8/28	F	10:00-11:00 a.m.	\$5/4
Intermediate DANCE 4006	50 yrs +	6/5-6/26	F	11:00 a.m.-12:00 p.m.	\$5/4
Intermediate DANCE 4007	50 yrs +	7/10-7/31	F	11:00 a.m.-12:00 p.m.	\$3.75/3
Intermediate DANCE 4008	50 yrs +	8/7-8/28	F	11:00 a.m.-12:00 p.m.	\$5/4

### ROCK THE WALK

Join the new 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 60s and 70s 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 bring a stretch band, one-pound hand weights, and a bottle of water to each class. Please wear tennis shoes to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

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

### SENIORCISE

Seniorcise is 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 a water bottle and 2 lb. weight to each class. Students may register for Senior Tap classes paying 1/2 the fee for the entire extra class with Seniorcise registration. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 2606	50 yrs +	6/1-6/24	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 2607	50 yrs +	7/6-7/29	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 2608	50 yrs +	8/3-8/31	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 5506	50 yrs +	6/1-6/22	M	9:00-10:00 a.m.	\$17/Mo.
FIT 5507	50 yrs +	7/6-7/27	M	9:00-10:00 a.m.	\$17/Mo.
FIT 5508	50 yrs +	8/3-8/31	M	9:00-10:00 a.m.	\$17/Mo.
FIT 6406	50 yrs +	6/3-6/24	W	9:00-10:00 a.m.	\$17/Mo.
FIT 6407	50 yrs +	7/8-7/29	W	9:00-10:00 a.m.	\$17/Mo.
FIT 6408	50 yrs +	8/5-8/26	W	9:00-10:00 a.m.	\$17/Mo.

### SENIOR TAP FOR BEGINNERS \$24/MONTH

Beginner Tap is 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. Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3706	50 yrs +	6/3-6/24	W	1:15-2:15 p.m.
DANCE 3707	50 yrs +	7/8-7/29	W	1:15-2:15 p.m.
DANCE 3708	50 yrs +	8/5-8/26	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! Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 8606	50 yrs +	6/1-6/22	M	10:00-11:15 a.m.
DANCE 8607	50 yrs +	7/6-7/27	M	10:00-11:15 a.m.
DANCE 8608	50 yrs +	8/3-8/31	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! Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 2906	50 yrs +	6/3-6/24	W	10:00-11:30 a.m.
DANCE 2907	50 yrs +	7/8-7/29	W	10:00-11:30 a.m.
DANCE 2908	50 yrs +	8/5-8/26	W	10:00-11:30 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. Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the full extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3206	50 yrs +	6/1-6/22	M	11:15 a.m.-12:45 p.m.
DANCE 3207	50 yrs +	7/6-7/27	M	11:15 a.m.-12:45 p.m.
DANCE 3208	50 yrs +	8/3-8/31	M	11:15 a.m.-12:45 p.m.

### ZUMBA GOLD

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. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3606	50 yrs +	6/4-6/25	Th	8:45-9:45 a.m.	\$28/4
DANCE 3607	50 yrs +	7/2-7/30	Th	8:45-9:45 a.m.	\$35/5
DANCE 3608	50 yrs +	8/6-8/27	Th	8:45-9:45 a.m.	\$28/4

## SPECIAL INTERESTS

### ART FOR 50+

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 19	50 yrs +	6/2-6/30	Tu	10:00-11:30 a.m.	\$35/5
ASI 39	50 yrs +	7/7-7/28	Tu	10:00-11:30 a.m.	\$28/4
ASI 40	50 yrs +	8/4-8/25	Tu	10:00-11:30 a.m.	\$28/4



### COMPUTER I

**\$35/3 SESSIONS**

Computer I is designed for seniors with no computer experience. Computer I will introduce basic computer skills, basic internet skills and document creation, advancing forward building on these skills. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	6/8-6/22	M	10:00 a.m.-12:00 p.m.
ASI 25	50 yrs +	7/13-7/27	M	10:00 a.m.-12:00 p.m.
ASI 26	50 yrs +	8/10-8/24	M	10:00 a.m.-12:00 p.m.

### COMPUTER II

**\$35/3 SESSIONS**

Must have taken Computer I first. Computer II will continue to move forward from Computer I, learning more advanced computer, internet skills and document creation. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 34	50 yrs +	6/8-6/22	M	12:30-2:30 p.m.
ASI 31	50 yrs +	7/13-7/27	M	12:30-2:30 p.m.
ASI 33	50 yrs +	8/10-8/24	M	12:30-2:30 p.m.

## TRIPS & TOURS

### SAN DIEGO MARITIME TRIBUTE \$81/PER PERSON

Let's head down to sunny San Diego for a visit to the San Diego Maritime Museum. Today's guided tour includes the Star of India, HMS Surprise, B-39 Submarine, The Berkeley and the Medea, as well as the museum. Also available for touring is the full-sized and fully functional historical flagship replica of the "San Salvador". Tours are two hours long. Please be sure to wear comfortable shoes. Next, we'll head over to Tom Ham's Lighthouse for lunch, included. Menu choices include: Chicken Cesar Salad; or Fish & Chips; or Lobster Roll; or a Crab BLT sandwich; or the Tom Ham's burger. All entrees come with coffee, tea, soft drink or water. After lunch, we'll head over to Seaport Village for some time spent with friends and family. After lunch, there will be some time on your own at Seaport Village. Please request your lunch choice at time of registration.

Activity	Age	Date	Depart	Return
#58	7 yrs +	Tu, June 23	8:00 a.m.	6:30 p.m.

### DANISH DAYS IN SOLVANG \$44/PER PERSON

Spend your day just north of Santa Barbara, at the Dutch 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, a 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 +	Sat, September 19	7:30 a.m.	7:30 p.m.

### APPLE DAYS IN JULIAN \$34/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, October 15	8:00 a.m.	5:30 p.m.

Register Online  
Visit: [www.ci.upland.ca.us](http://www.ci.upland.ca.us)

# George M. Gibson Senior Center

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

## GIBSON SPECIAL EVENTS

### HAPPY 18TH ANNIVERSARY GIBSON SENIOR CENTER

Friday, July 17, 2015

11:00 a.m. - 2:00 p.m.

\$4.00 Per Person



Life's a beach! Let's make a splash by celebrating at our summer mixer! Enjoy a tasty BBQ, games and dancing to live 50's & 60's music with Retro Station. Tickets will go on sale Monday, June 15th.

## GIBSON GRUB CLUB

Thank you to our generous sponsors and wonderful volunteers, the Gibson Senior Center is able to provide the main dishes for each "Grub Club" event.

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

Meet in the Senior Center lobby

\$4.00 per person.

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

### FATHER'S DAY FEAST

Tuesday, June 23rd

Join us and celebrate all dads! We'll be serving fried chicken and potato salad. Tickets go on sale Tuesday, May 26th.

### HOT AUGUST DAYS

Tuesday, August 25th

Take a break from the summer heat and spend time with friends! Join us for lasagna, garlic bread and a delicious salad. Tickets go on sale Monday, July 27th.

## GIBSON WORKSHOPS

Workshops are held in the Arts & Crafts Room

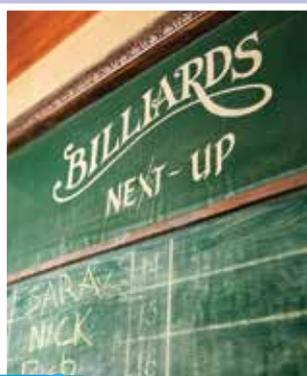
### CLUTTER CHAOS

Every Tuesday

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

Are you a pack rat who saves everything because somebody might need it someday? Are you tired of being surrounded by so much stuff that you don't know what you have, can't put everything away or can't find things when you want them? Join Clutter Chaos to discuss the reasons why people hold on to stuff and what to do about it.

## MONTHLY POOL TOURNAMENTS



Held the last Monday of each month  
1:00 p.m. to 4:00 p.m.  
\$5.00 Per Person

(Lunch ticket included for day of tournament only)

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.

Lectures are held in the Arts & Crafts Room

## GIBSON LECTURE SERIES

Pre-registration required.

### DRIVER SAFETY

Thursday, June 4th

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

The DMV Senior Ombudsman Program will be offering a very information presentation that will educate senior drivers on how to maintain their driving independence for as long as they can safely do so. Presented by DMV Ombudsman Program.

### VEIN SCREENINGS

Friday, June 19th

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

Do you experience leg discomforts, varicose veins and/or skin discolorations? Attend a free vein screening with experts from the UIC Vein Center. Bring any questions you may have. Presented by UIC Vein Center

### SOUTHERN CALIFORNIA EDISON

Thursday, June 25th

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

Find out the many resources available to help reduce your monthly energy cost. You may qualify for one or more programs offered by SCE: California Alternate Rates For Energy, Energy Assistance Fund, Energy Savings Assistance Fund, Family Energy Savings Assistance Program

### SUMMERTIME HEALTH

Friday, June 19th

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

Winter brings cold and flu viruses, but summer brings many illnesses, as well. Learn how to prevent common summertime health problems. Presented by Inter Valley Health Plan, Candice Fagan, L.V.N., Health Educator

### UPLAND CA MULTIPLE MYELOMA SUPPORT GROUP

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

First Friday of the month

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.

## AARP DRIVER SAFETY PROGRAM

Arts & Crafts Room

\$15/Members & \$20/Non-Members

### REFRESHER COURSE:

Tuesday, July 7th

12:00 p.m. - 5:00 p.m.

### FULL COURSE:

Monday & Tuesday, June 1st & 2nd

Monday & Tuesday, August 3rd & 4th

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.

**Hours: Monday – Friday, 8:30 a.m. - 5:00 p.m.**  
**Closed Saturdays and Sundays**  
The Senior Center will be closed on July 2nd-July 4th

Lectures are held in the Arts & Crafts Room

## ALZHEIMER'S ASSOCIATION WORKSHOPS

Pre-registration required.

### PARTNERING WITH YOUR DOCTOR

Thursday, June 11th  
10:00 a.m. - 11:30 a.m.

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

### BRAIN FITNESS

Friday, June 26th  
10:00 a.m. - 11:30 a.m.

Come and learn the ten habits of a highly affected brain.

## DR. RATKOVIC'S WELLNESS LECTURES

Pre-registration required.

Held the 3rd Tuesday of each month

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

### HOW BAD POSTURE IS A DEATH RISK

Tuesday, June 16th

### TAKE YOUR STRESS TEST & GET ANSWERS TODAY

Tuesday, July 21st

### SOLUTIONS FOR NECK & HEADACHES WITHOUT MEDICATION

Tuesday, August 18th



## FREE TECH HELP

Every Thursday  
1:00 p.m. - 4:00 p.m.  
By appointment only.

Having trouble using your electronic gadget? Learn how to use that new laptop, computer, tablet, cell phone or digital camera.



## THE SUNSHINE CONNECTION

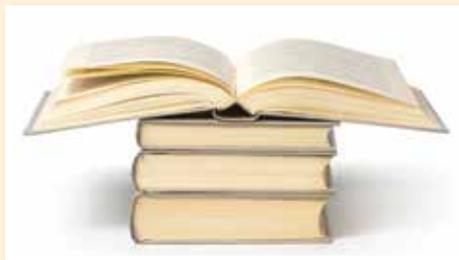
Let Us Fill Your Day  
With A Little Sunshine!

### GIBSON'S CHEERY CHATTERS

The 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.



## TRANSPORTATION SERVICES

A Program Of Community Senior Services Serving Residents Of Upland. Door-to-door assisted transportation is available for seniors and individuals with disabilities who cannot easily use other transportation services. Mileage reimbursement for volunteers who provide transportation. For information, please contact (909) 621-9900.



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

## 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.)

#### Wii Fitness

Center's Operating Hours  
Contact the front desk for availability

**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.

#### Bunco

Tuesdays, 9:30 a.m. - 11:30 a.m.

#### Canasta

Tuesdays, 9:00 a.m. - 1:00 p.m.

#### Ping Pong

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

#### Pinochle

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

### SENIOR PROGRAMS

#### Blood Pressure

2nd & 4th Tuesday of each month

11:00 a.m. - 1:00 p.m. Walk-ins welcomed.

#### 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 (800)

434-0222 for appointment.

#### Nutrition Program

Monday - Friday, 11:30 a.m.-

12:30 p.m. \$2.50 suggested donation.

### SENIOR CLUBS

**AARP** (Only calls about the Club)

Bob Endicott, (909) 985-0353

#### Fun After 50

Stephanie Gould, (909) 260-0726

### 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.

#### Harmonichoir Lessons

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

Contact the Gibson Senior Center to register at (909) 981-4501.

# 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 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 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 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**

**NEW LOCATION**

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

### **San Antonio Heights**

#### **Railroad Company Waiting Station**

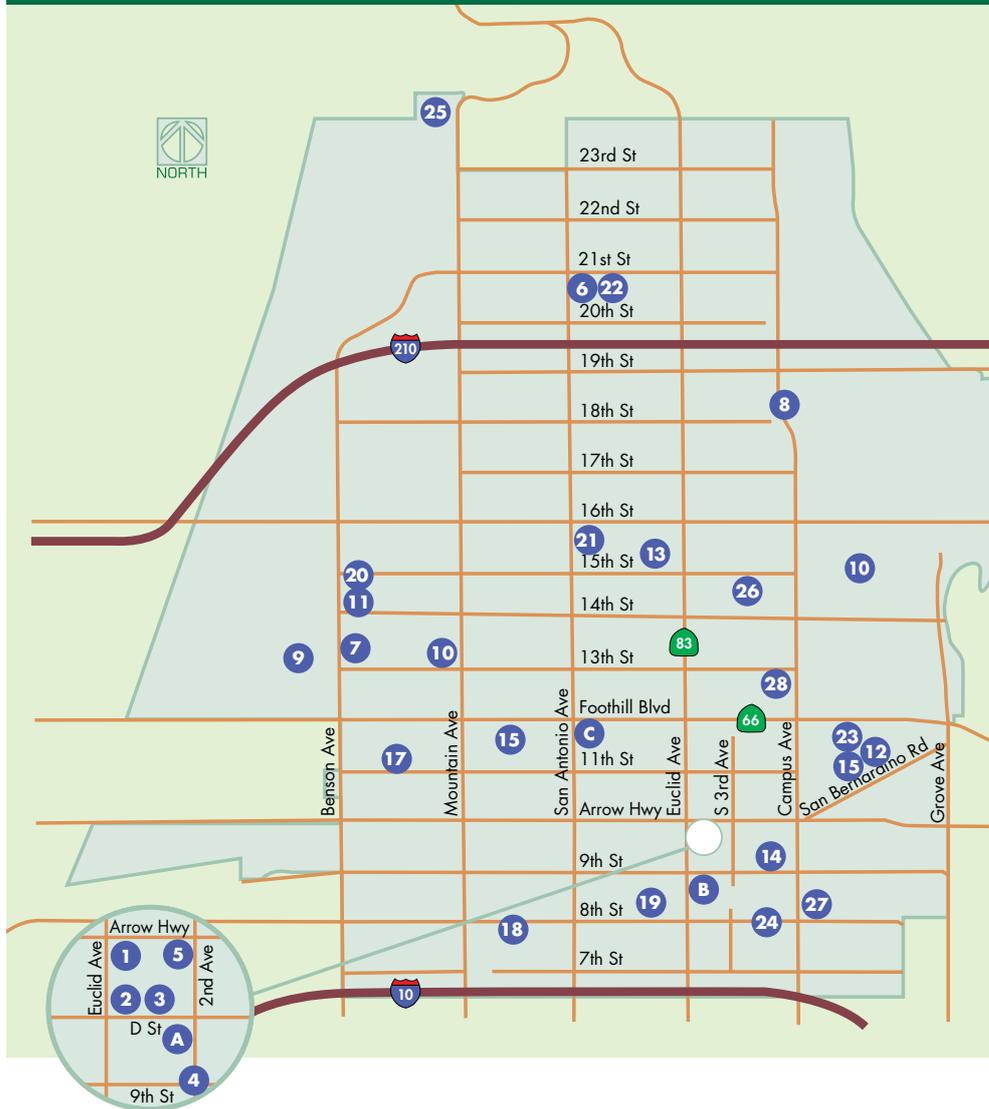
Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque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

# UPLAND Facilities



- 1 City Hall**  
460 N. Euclid Ave.
- 2 Upland Library**  
450 N. Euclid Ave.  
**New Hours Effective 08/01/2014:**  
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
<b>16</b>	Baldy View Park—11th St. between Mountain and San Antonio Ave.	0																
<b>17</b>	Cabrillo Park—11th St. between Benson and Mountain Ave.	3																
<b>18</b>	Citrus Park—8th St. between Mountain and San Antonio Ave.	1		•														
<b>19</b>	Fern Reservoir Park—8th St. between Euclid and San Antonio Ave.	0																
<b>20</b>	Greenbelt Park—15th St. between Mountain and Benson Ave.	0		•														
<b>21</b>	Magnolia Park—15th St. between San Antonio and Euclid Ave.	2																
<b>22</b>	McCarthy Park—20th St. and San Antonio Ave.	1			•			•										•
<b>23</b>	Memorial Park—Foothill Blvd. between Campus and Grove Ave.	3	•	•	•													
<b>24</b>	Olivedale Park—8th St. between Campus and Sultana Ave.	2		•														
<b>25</b>	San Antonio Park—24th St. and Mountain Ave.	1		•														
<b>26</b>	Sierra Vista Park—15th St. between Campus and Euclid Ave.	2																
<b>27</b>	8th Street Reservoir Park—8th St. and Campus Ave.	0		•														
<b>28</b>	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

VISIT [WWW.CI.UPLAND.CA.US](http://WWW.CI.UPLAND.CA.US) TO DOWNLOAD, VIEW, AND PRINT A REGISTRATION FORM.

### 1. MAIL IT IN...



To City of 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 City of Upland Recreation Division Office located at 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 [www.ci.upland.ca.us](http://www.ci.upland.ca.us)  
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 Office 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 City of 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**



# COMMUNITY *Calendar*

## JUNE

### **RELAY FOR LIFE**

Saturday, June 13th & Sunday, June 14th  
Magnolia Park, 651 W. 15th Street, Upland

Join us for our Annual 24-hour Relay for Life. Join a team and walk to find a cure for cancer. Camp out and create a community party atmosphere filled with friendship, entertainment, food, Survivor's Lap and Luminaria Ceremony. For more information or to form a team, please visit [www.RelayforLife.org/uplandca](http://www.RelayforLife.org/uplandca)

### **10TH ANNUAL CHILI COOK-OFF**

Saturday, June 20th, 6:00 p.m. - 9:00 p.m.  
Upland City Hall Courtyard, 460 N. Euclid Ave., 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

### **2015 4TH OF JULY FIREWORKS SPECTACULAR CELEBRATION**

Saturday, 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 29th Annual 4th of July Fireworks Spectacular Celebration, complete with a Fireworks Sky Concert, live music by Flashover, a Kid's Zone, food and family fun! Tickets go on sale June 1. For more information, please contact the Upland Recreation Division Office at (909) 931-4280.

## AUGUST

### **UPLAND HOST LIONS COMMUNITY DAY IN THE PARK**

Friday, August 7th, 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 go back to the community. For more information, please contact Michael Stewart at (909) 921-2330.

## SEPTEMBER

### **UPLAND DAY AT THE L.A. COUNTY FAIR**

Wednesday, September 9th

Honor some special heroes on Upland Day. Along with the parade, high school marching band competition and business expo, this year's Community Heroes will celebrate the past, present and future of military service. For Upland Chamber Members interested in participating in the Business Expo, please contact the Upland Chamber of Commerce at (909) 204-4465. For fair information, please visit [www.lacountyfair.com](http://www.lacountyfair.com).

## OCTOBER

### **PROJECT CONNECT**

Wednesday, October 7th, 11:00 a.m. - 2:00 p.m.  
Memorial Park - Atwood Kitchen, Upland

San Bernardino Department of Health, Office of Homeless Services and The City of Upland Homeless Stakeholder's will host Project Connect, with the goal of helping those underserved in our community. For more information, please contact Janis Rice at the Upland Recreation Division Office at (909) 931-4281.

## ONGOING EVENTS

### **MOVIES & CONCERTS IN MAGNOLIA PARK**

Wednesday, July 8th - Wednesday, August 12th  
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 lounge chair and relax for the evening with friends and family. For more information, please visit page 13, or contact the Upland Recreation Division at (909) 931-4280.

### **HISTORIC UPLAND WALKING TOURS**

2nd Saturday of each month, 10:00 a.m.  
Steps of Cooper 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 \$5.00 suggested donation for the Cooper Museum. For more information or to confirm walking tour date, please contact (909) 982-8010 or visit [www.coopermuseum.org](http://www.coopermuseum.org).

### **DOWNTOWN UPLAND'S FAMILY NIGHT OUT**

Every Thursday, 5:00 p.m. - 9:00 p.m.  
Downtown Upland  
Scheduled through October

For more information, please contact [www.historicdowntownupland.org](http://www.historicdowntownupland.org)

### **UPLAND CHAMBER OF COMMERCE PRESENTS... REFLECTIONS OF ITALY TRAVEL TRIP**

Travel with the Upland Chamber of Commerce to Italy, November 2nd through November 11th, 2015 or discover Scotland in April 2016. For more travel information, please contact the Upland Chamber of Commerce at (909) 204-4465. Let's create memories to last a life time.





City of Upland  
460 North Euclid  
Upland, CA 91786  
www.ci.upland.ca.us

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## SAVE THE *Date*

### JUNE

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Saturday, June 13th & Sunday, June 14th  
Magnolia Park, 651 W. 15th Street, Upland

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Saturday, July 4th  
Gates open at 5:30 p.m. Fireworks at 9:00 p.m.  
Upland High School, 565 W. 11th Street, Upland

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#### **HISTORIC UPLAND WALKING TOURS**

2nd Saturday of each month, 10:00 a.m.  
Steps of Cooper Museum, 217 "A" Street, Upland

#### **DOWNTOWN UPLAND'S FAMILY NIGHT OUT**

Every Thursday  
5:00 p.m. - 9:00 p.m.  
Downtown Upland

