

# Adult Sports & Active Recreation

## KEMPO KARATE

Students will learn self defense techniques gain confidence, self control, and build character.

Instructor: Arceli Bell and Marieta De La Cruz

Location: Centennial Recreation Center, Multipurpose Room

Activity #	Date	Day	Time	Age	Sessions
4660.205	6/5 -7/10*	TH	6:10-7:10pm	9yrs+	5
4660.206	7/17-8/14	TH	6:10-7:10pm	9yrs+	5

\*No Class 7/3

Material Fee: \$99 (to be paid to instructor in class) No material fee required for first class. Optional for first month, but is required for continuing students. Includes: uniform, gloves, patches and a binder.

5 sessions

Resident Fee: \$77 / CRC Discount \$72

Non-Resident Fee: \$87 / CRC Discount \$82

10 session discount

Resident Fee: \$145 / CRC Discount \$140

Non-Resident Fee: \$155 / CRC Discount \$150

## SELF DEFENSE

This class stresses mental and verbal defense and promotes self-awareness for common life situations. Through discussion and role playing, students foster confidence and build verbal skills. Physical escape techniques are also taught. Techniques are reviewed and new ones taught each class. This is a progressive class, but you can join the class at any time. Wear comfortable clothing and bring bottled water. Gloves optional.

Instructor: Arceli Bell

Location: Centennial Recreation Center, Activity Room

Activity #	Date	Day	Time	Age	Sessions
5630.201	6/14	SA	1:30-3pm	13yrs+	1
5630.202	7/12	SA	1:30-3pm	13yrs+	1
5630.203	8/9	SA	1:30-3pm	13yrs+	1

Material Fee (Optional): \$20 Workbook (to be paid to the instructor the first of class)

1 session:

Resident Fee: \$40 / CRC Discount \$35

Non-Resident Fee: \$50 / CRC Discount \$45

5 session discount:

You must sign up for all 3 session at the same time. Total of \$87

Resident Fee: \$34 / CRC Discount \$29

Non-Resident Fee: \$44 / CRC Discount \$39



### Tired of Living Paycheck to Paycheck?

International NASDAQ company expanding in local area. Seeking woman to work from home part-time or full-time. Experience in teaching, training OR prior ownership and operation of a business beneficial.

Talk to Lynn Wong (408) 710-4229

## TENNIS ADULT BEGINNER/INTERMEDIATE

This class is for the beginning and intermediate player. Basic fundamentals and skill development will be emphasized. Bring a tennis racket and dress appropriately. Space is limited, sign up now!  
Instructor: Michael Myers

Location: Community Park Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
5680.201	4/22-5/27	T	9am-10am	18yrs+	6
5680.202	4/23-5/28	W	6pm-7pm	18yrs+	6

Resident \$85 / CRC Discount \$80

Non-Resident \$90 / CRC Discount \$85

## TENNIS: PRIVATE LESSONS

These lessons are for individuals and/or small groups (1-4) people, who prefer individual attention and instruction that is not available in a large class setting. For more information call (408) 782-2128.

Instructor: Michael Myers

Location: Community Park Tennis Courts

ADULT

Activity#	Date	Day	Time	Age	Sessions
5680.204	4/5-8/31	SU-SA	Anytime	18yrs+	1-8

1/2 Hour Lesson: \$25 / Hour Lesson: \$50

## ADULT GOLF

Learn one of the fastest growing sports in America...Golf! During this five week program, golf professional Scott Krause, will teach golf techniques from putting to the full swing. This class fills up fast, register early! Golf clubs will be furnished or you are welcome to bring your own clubs.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Activity#	Date	Day	Time	Age	Sessions
5670.201	6/21-7/26	SA	12pm-1pm	18yrs+	5*
5670.202	8/9-9/6	SA	12pm-1pm	18yrs+	5
5670.203	6/8-7/13	SU	12pm-1pm	18yrs+	5*
5670.204	7/27-8/24	SU	12pm-1pm	18yrs+	5

\*No class on 07/05 or 07/06

Resident \$84 / CRC Discount \$79

Non-Resident \$89 / CRC Discount \$84

## VOLLEYBALL TEEN/ADULT BEGINNER

Learn to improve your volleyball skills with drills and practice games. This class is for players who have had some volleyball experience but wish to advance and improve to the next level. Classes begin with passing, serving, hitting and defensive drills followed by officiated games designed to focus on team defense and scoring strategies.

Instructor: CRC staff

Location: Centennial Recreation Center Gymnasium

Activity#	Date	Day	Time	Age	Sessions
5610.201	6/19-8/7	TH	8:30-9:50pm	13+yrs	8

Resident \$72 / CRC Discount \$67

Non-Resident \$77 / CRC Discount \$72

ADULT



## LEAGUES

### ADULT SOFTBALL LEAGUE

A softball league for adults (18/older) is offered on Tuesday nights (Novice) and Thursday nights (Intermediate). Game times are 6:30; 7:45; 9:00 pm. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 6 teams per league. For more information call 408-782-2128 x806 or email [theresa.magno@mhcr.com](mailto:theresa.magno@mhcr.com)

**Location: Community Park Fields**

Schedules available online at: [www.quickcores.com/morganhill](http://www.quickcores.com/morganhill)

Resident Team Fee: \$575

Non-Resident Team Fee: \$625

(60% residency or CRC membership is required to receive member and resident rate)

### CO-ED VOLLEYBALL LEAGUE

A co-ed volleyball league for adults (18/older) is offered on Monday nights (Intermediate) and Wednesday nights (Novice). Game times are 7:00; 8:00; 9:00 pm. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 6 teams per league. For more information call 408-782-2128 x806 or email [theresa.magno@mhcr.com](mailto:theresa.magno@mhcr.com)

**Location: Centennial Recreation Center Gymnasium**

Resident \$425 / CRC Discount \$375

Non-Resident \$475 / CRC Discount \$425

(60% residency or CRC membership is required to receive member and resident rate)

### WOMEN'S VOLLEYBALL LEAGUE

A women's volleyball league (18/older) is offered on Friday nights (Intermediate). Game times are 7:00; 8:00; 9:00 pm. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 6 teams per league. For more information call 408-782-2128 x806 or email [theresa.magno@mhcr.com](mailto:theresa.magno@mhcr.com)

**Location: Centennial Recreation Center Gymnasium**

Resident \$425 / CRC Discount \$375

Non-Resident \$475 / CRC Discount \$425

(60% residency or CRC membership is required to receive member and resident rate)

### MEN'S BASKETBALL LEAGUE

A men's full court basketball league (18/older) is offered on Sunday afternoons (Novice) and Tuesday nights (Intermediate). Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 6 teams per league. For more information call 408-782-2128 x806 or email [theresa.magno@mhcr.com](mailto:theresa.magno@mhcr.com)

**Location: Centennial Recreation Center Gymnasium**

Resident \$600 / CRC Discount \$550

Non-Resident \$650 / CRC Discount \$600

(60% residency or CRC membership is required to receive member and resident rate)

### ADULT FLAG FOOTBALL LEAGUE

Morgan Hill Adult Flag Football League 4-Man Flag football starts June 4th. Cost includes 10 games, jamboree and championship series. Games are played on Wednesday nights from 6:30pm to 9:30pm at the Morgan Hill Outdoor Sports Center. High school, college along with Pro, Competitive, Co-Ed and Recreational Divisions are offered. Teams receive numbered t-shirt jerseys. Team and individual statistics as well as video highlights are kept weekly. Games are played on a 64x25 yard field, last 45 minutes and utilize the ZFootball National Rules set. It is the FASTEST Game on Grass!! Get 6-8 friends and join up today! For more information email Jeff Dixon at [jeffreydixon@earthlink.net](mailto:jeffreydixon@earthlink.net)

**Location: Outdoor Sports Center**

Resident Team Fee: \$350

Non-Resident Team Fee: \$400

(60% residency or CRC membership is required to receive member and resident rate)



ADULT

**Things To Do**  
mark your calendars

Tons of fun, activities, and events -  
for kids, families, and teens.

See pages 4, 5, 6, 29.

Many are FREE to the public, AC  
Season Pass Holders, or CRC Members.