

Dragon Den MMA Classes

Location: Dragons Den MMA, 2843 Whipple Road, Union City
Visit our website at www.DragonsDenMMA.com or
call (510) 477-6800.

USA Boxing • Age 10+

Learn the "sweet science of boxing". Participants will learn the basic footwork, punches, defense and countering in the Olympic sport of boxing. Boxing equipment is mandatory and available for purchase at the first class. \$35 fee to USA Boxing for annual membership.
Instructor: Jeff and Liza Macalooloy. • (510) 477-6800

Code	Day	Dates	Time	Classes	Fee
39791	Mon/Fri	1/4-1/29	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		
39792	Mon/Fri	2/1-2/26	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		
39793	Mon/Fri	3/1-3/30	4- 5:00 pm	14	\$75/\$85
	Tue		4- 5:30 pm		
39794	Mon/Fri	4/2-4/30	4- 5:00 pm	13	\$75/\$85
	Tue		4- 5:30 pm		
39795	Mon/Fri	*5/3-5/28	4- 5:00 pm	12	\$75/\$85
	Tue		4- 5:30 pm		

*No class on Monday, May 31 (Memorial Day)

Cardio Kickboxing - Women only • Ages 15+

Learn basic kickboxing techniques while getting a great cardiovascular workout! This class includes circuit training and ends with an abs workout. This class requires hand wraps and bag gloves, available for purchase during the first class.

Instructor: Jeff and Liza Macalooloy.

Code	Day	Dates	Time	Classes	Fee
39774	T/TH	1/5-1/28	6:30- 7:30 pm	8	\$85/\$95
39775	T/TH	2/2-2/25	6:30- 7:30 pm	8	\$85/\$95
39776	T/TH	3/2-3/30	6:30- 7:30 pm	9	\$85/\$95
39776	T/TH	4/1-4/29	6:30- 7:30 pm	9	\$85/\$95
39778	T/TH	5/4-5/27	6:30- 7:30 pm	8	\$85/\$95

USA Wrestling • Ages 8-14 years old

Learn the Olympic Sport of Wrestling. Participants will learn the basic takedowns, escapes, reversals, and pinning combination techniques of wrestling. Participants will learn Freestyle, Folkstyle, and Greco-Roman style wrestling.

Instructor: Art Flores, Chester Chen, & Jeff Macalooloy

Code	Day	Dates	Time	Classes	Fee
39799	Thu	1/7-1/28	4:00-5:15 pm	4	\$40/\$45
39800	Thu	2/4-2/25	4:00-5:15 pm	4	\$40/\$45
39801	Thu	3/4-3/25	4:00-5:15 pm	8	\$55/\$65
	& Fri		5:00-6:30 pm		
39802	Tue	4/1-4/30	4:00-5:00 pm	14	\$95/\$105
	& Wed		4:00-5:15 pm		
	& Fri		5:00-6:30 pm		
39803	Tue	5/5-5/28	4:00-5:00 pm	12	\$80/\$90
	& Wed		4:00-5:15 pm		
	& Fri		5:00-6:30pm		

Competitive Freestyle Wrestling • Ages 8-14

Learn the Olympic Sport of Wrestling. Participants will learn the basic takedowns, escapes, reversals, and pinning combination techniques of wrestling. Participants will learn Freestyle, Folkstyle, and Greco-Roman style wrestling. Competitions will be every Saturday concluding with the CA State Wrestling Meet. Tournament Schedule available at the first practice.

Instructor: Art Flores, Chester Chen, & Jeff Macalooloy

Code	Day	Dates	Time	Classes	Fee
39790	Thu	3/4-5/28	4:00-5:15 pm	4	\$225/\$240

NEW! Computer and Internet Safety Protect Yourself

Instructor: Joalice Green

Location: Union City Sports Center

This 6-week course will cover the ins and outs of protecting yourself and your children from predators of all kinds. We will demystify firewalls, monitoring, instant messaging, forums and email, as well as the constant threat of spyware, adware, malware, Trojans, viruses and worms. The course is designed to put you in control of the computer activity in your home or office. We will go over the following things and how to protect yourself from: Identity theft, Phishing, Spam, Online Predators, Cyber bullies, Effectively Blocking Sites and Filtering Content. A computer is not necessary for this course as all the material covered will be provided for you to take home, however, you are welcome to bring a laptop if that is more convenient for you.

Code	Day	Dates	Time	Classes	Fee
39426	Tue	1/19-2/23	7:00- 7:55 pm	6	\$65/\$75
39427	Tue	3/30-5/04	7:00- 7:55 pm	6	\$65/\$75

NEW! Getting Your Business Online for under \$200

Instructor: Joalice Green

Location: Union City Sports Center

This 6-week course is designed to help small business owners avoid the common pitfalls of getting their businesses online. We will focus on explaining, in plain English, how the web works. We will go over how to setup your own website, make it look professional and avoid the additional costs often thrown into the process. We will explore the different options available and discuss the differences between a successful site and one that is not much better than a business card. We will go over the following E-Commerce and getting your place on the web, deciding what is good content, site set up, security, search engine optimization and putting a store online with different payment methods. A computer is not necessary for this course as all the material covered will be provided for you to take home, however, you are welcome to bring a laptop if that is more convenient for you.

Code	Day	Dates	Time	Classes	Fee
39428	Tue	1/19-2/23	8:00- 8:55 pm	6	\$75/\$85
39429	Tue	3/30-5/04	8:00- 8:55 pm	6	\$75/\$85

NEW!! The Social Internet: Google, Social Networks and Free Tools

Location: Union City Sports Center

Can you imagine having access to every library, music store, and video collection wrapped up in a community of all your friends? Having it all available 24 hours a day, 365 days a year. That is what the Internet of today is. Come and learn how to get access to almost any media (print, audio or video) in many cases 100% free and you can do this from your phone, your home computer or a portable device. This is a workshop for the beginner to intermediate user who wants to make more out of their media experience. This is a FUN workshop. Be prepared to learn and laugh along the way and bring your computer, your phone or other portable media device and find a way to get more out of it.

Instructor Kyle Brumbaugh: Kyle has been teaching computer classes to high school students and adults for over 10 years. He is one of the first "Google Certified Teachers" and still spends time teaching teachers, school administrators and college professors how to leverage technology in education. He has been a keynote speaker and lecturer at technology conferences around the country and provides many tools on his web site at: www.guerrillalearning.org

Code	Day	Dates	Time	Classes	Fee
39766	M/W	5/10-5/19	7- 9:00 pm	4	\$60/\$70

Men's Basketball Leagues

For Ages: (25+ • 30+ • 30+ D) • 10 Games

Location: Union City Sports Center

Union City Leisure Services is offering a 5 on 5 Adult Basketball League for men 25 years and older. There are now three different leagues during the week! A men's 25+ league on Monday nights, 30+ league on Wednesday nights, and a 30+ D league on Sunday afternoons. The league will consist of a 10 week session with the top four teams making playoffs. League applications and rosters can be picked up at the Union City Sports Center at 31224 Union City Boulevard. Please call (510) 675-5805 for more information. Teams registering early with a \$100 deposit and a completed roster will have first priority. Space is limited. Winter registration ends Friday, December 4, 2009. Spring registration ends Friday, March 5, 2010.

2010 Winter League

Day	Ages	Date	Time	Games	FEE
Mon	25+	1/4-3/29	7:00 • 8:00 • 9:00 pm	10	\$635
Wed	30+	1/6-3/31	7:00 • 8:00 • 9:00 pm	10	\$635
Sun	30+D	1/10-3/28	9:30 • 10:30 • 11:30 am	10	\$635

2010 Spring League

Day	Ages	Date	Time	Games	FEE
Mon	25+	4/5-6/28	6:30 • 7:30 • 8:30 pm	10	\$635
Wed	30+	4/7-6/30	6:30 • 7:30 • 8:30 pm	10	\$635
Sun	30+D	4/4-6/27	9:30 • 10:30 • 11:30 am	10	\$635

FRIDAY NIGHT LIGHTS!

Adult 4v4 Flag Football League • Ages 18+

Location: Shorty Garcia Field

Register your team in time to participate in the Union City Leisure Services Adult Flag Football League! Teams will compete in a 4 on 4 all passing flag football format on a 30 x 60 yard field. Each team will have a double header each night. All games are held at Shorty Garcia field. All teams make playoffs! Applications are available at the Union City Sports Center. For more information, please call the Union City Sports Center at (510) 675-5808 or email maynarde@ci.union-city.ca.us Space is limited! Teams registering early with a \$100 deposit and a completed roster will have first priority. Winter registration ends Friday, December 4, 2009. Spring registration ends Friday, March 5, 2010.

2010 Winter League

Day	Date	Time	Games	FEE
Friday	1/22-2/26	6:30 • 7:15 • 8 • 8:45 pm	10	\$525

2010 Spring League

Day	Date	Time	Games	FEE
Friday	3/19-4/23	6:30 • 7:15 • 8 • 8:45 pm	10	\$525

ADULT SOCCER PICK UP GAMES!

6v6 No Goalie Soccer • 10 classes

For Ages: 18+ Open & 30+ Co-ed • Location: Shorty Garcia Field
Come "kick-it" with your friends at Shorty Garcia for an evening of soccer pick-up games! Fields will be separated into two 30 x 60 yard fields playing a 6v6 No Goalie format. For more information, please call the Union City Sports Center at (510) 675-5808 or email maynarde@ci.union-city.ca.us

2010 Winter Session

CODE	Day	Date	TIME	FEE
39649	Thurs	1/14-3/18	8 -10 pm	\$20/ \$30 non-res
39650	Thurs	4/8-6/10	8 -10 pm	\$20/ \$30 non-res

FREE AGENT LIST

Individuals wishing to play in any adult league, but do not have a team, should contact the Union City Sports Center at (510) 675-5808 to be placed on the Free Agent list. This list is provided to team managers who need additional players to complete their roster.

UNION CITY SPORTS CENTER ACTIVITIES

Co-ed Volleyball Mixers • Ages: 16+

Location: Union City Sports Center • 12 classes

The popular Co-ed Volleyball Mixer is back for the winter/spring session on Tuesday evenings. Bump, set, and spike with other volleyball enthusiasts in our coed clinics on Tuesday nights from 7:00 to 9:00 pm. This clinic will give beginners a chance to learn the fundamentals and will give experienced players an opportunity to refine their skills. Bring your friends and connect with new ones at the Union City Sports Center's Co-ed Volleyball Mixer. For more information, please call (510) 675-5805. FREE to sports center members, non-members must pre-register.

CODE	DAY	DATE	TIME	FEE
39651	Tues	1/12-3/30	7 -9 pm	\$60/ \$70 non-res
39652	Tues	4/13-6/29	7 -9 pm	\$60/ \$70 non-res

Drop In Table Tennis Hours • All Ages

Location: Union City Sports Center

Purchase a 20 visit Table Tennis Pass at the UC Sports Center! Passes available for drop-in table tennis hours only. For more information, please call the Union City Sports Center at (510) 675-5808.

DAY	TIME	FEE	#VISITS
Mon/Wed/Fri	6 pm – 9 pm	\$75 res./ \$80 non-res.	20

* All children under the age of 16 must be accompanied by a parent or guardian.

Family Badminton Night • All Ages • Friday Nights!!

Location: Union City Sports Center

The Union City Sports Center will be reserving the courts for family badminton hours every Friday night. Two badminton courts will be available just for families. Enjoy some time out with your family at our family badminton nights!

* All children under the age of 16 must be accompanied by a parent or guardian.

Youth Open Gym Times

Location: Union City Sports Center

The Union City Sports Center offers open gym times for youths 8 – 15 years old for drop-in basketball, volleyball, & badminton! The sports center also offers youth fitness/ sports conditioning classes on certain days of the week. Please check the monthly gymnasium schedule for youth fitness/ sports conditioning days and times.

Youth Open Gym hours: Monday –Thursday: 3 pm – 6 pm
Fridays 3 pm – 8 pm

jazzercise
Ages 16+



A powerful and effective workout that will leave you feeling energized and refreshed. Easy-to-follow classes with fun choreography include a warm up, 30-mins of aerobics, a muscle toning and strength-training segment and stretch finale. Wear tennis shoes, comfortable clothing and bring water. NOTE: Registration is on-going so just drop in! There is a one-time joining fee of \$59 and our Monthly EFT pass is just \$42/month – unlimited classes. Mention this ad and get 50% off your first month.

Instructor: Caroline Mosley - www.jazzcaroline.com - 483.1233

Location: Holly Community Center

Code	Day	Dates	Time
Jazzercise	Sat & Sun	On-going	9:15 – 10:15 am
Jazzercise	Mon – Fri*	On-going	9:15 – 10:15 am
Jazzercise	Mon – Thur	On-going	5:15 – 6:15 pm
Jazzercise	Mon – Thur	On-going	6:15 – 7:15 pm

* The M/W/F morning class is held at the UC Sports Center.