



AIR ATTACK FLAG FOOTBALL



The NAofA Flag Football Camp will encourage children to throw, catch, cover, and run without the worry of contact! Emphasis will be on proper footwork, agility, passing, receiving, handoffs, defending, and positions. Football is a great cardiovascular sport and teaches kids teamwork, accountability, leadership, and resilience. Featuring: Quarterback challenge, games, competitions, and tons of fun!

9-13 Years, Woodfield Park

33951-A 9/10-10/3 Tue & Thu 5:30-7:00pm \$150R/\$180NR

ALL SORTS OF SPORTS

Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork, and athletics! Games we play include baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more.

7-12 Years, Woodfield Park

33951-A 9/10-10/3 Tue & Thu 5:00-5:30pm \$190R/\$228NR

ALL SORTS OF SPORTS JR.

Whether your child has never played a sport before or is more advanced, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork, and athletics! Games we play include T-ball, basketball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more.

4-6 Years, Woodfield Park

33950-A 9/10-10/3 Tue & Thu 4:00-5:30pm \$190R/\$228NR

HIT & RUN T-BALL CLUB

Hit & Run T-ball gives children a fun, active and educational experience tailored to the abilities of their age group. Our staff helps them learn how to catch without being scared of the ball, hit using our Flex Hit, run the bases and field grounders.

4-6 Years, Woodfield Park

33955-A 9/7-9/28 Sat 10:00-11:30am \$125R/\$150NR

THANKSGIVING BREAK BASKETBALL CAMP

This 3-day coed basketball camp by National Academy of Athletics is designed to make kids more confident with basketball. Ball handling drills, shooting fundamentals, passing, team concepts. This camp features days filled with fun challenges, games, & daily competitions in a positive and energetic environment. Includes t-shirts, instruction, challenges, & competitions.

7-13 Years, Hercules Community Center Gym

32953-A 11/25-11/27 Mon-Wed 9:00-12:00pm \$125R/\$150NR

ALIGN WORLDWIDE BASKETBALL PROGRAMS



Registrations and payments are made through www.alignworldwide.com.

ALIGN SKILL TRAININGS

Workouts are crafted to build strong basketball foundational skills and movements that will strengthen weaknesses and improve on strengths. The purpose for our players is to prepare them to learn and understand team concepts while enhancing their individual talent.

7-13 Years, Hercules Community Center Gym

Training	9/4-9/30	Mon & Wed	4:00-7:30pm
Training	10/2-10/30	Mon & Wed	4:00-7:30pm
Training	**11/4-11/20	Mon & Wed	4:00-7:30pm
Training	12/2-12/18	Mon & Wed	4:00-7:30pm

* No Class 11/11.

**Times vary by age group.

ALIGN JUNIORS BASKETBALL LEAGUE

This 6-week Basketball League will include one team practice and one game per week.

10-13 Years, Hercules Community Center Gym

Practice Days	8/6-9/12	Tue or Thu	4:00-7:30pm
Game Days	8/9-9/13	Fri	4:00-7:30pm
Game Days	8/9-9/13	Sat	8:00-10:30am

*Practice days & game times will be assigned.

ALIGN ROOKIES BASKETBALL LEAGUE

This 6-week Basketball League will include one team practice and one game per week.

7-9 Years, Hercules Community Center Gym

Practice Days	10/1-11/7	Tue or Thu	4:00-7:30pm
Game Days	10/4-11/8	Fri	4:00-7:30pm
Game Days	10/4-11/8	Sat	8:00-10:30am

*Practice days & game times will be assigned.

ALIGN LIL' HOOPERS BASKETBALL LEAGUE

This 6-week Basketball League will include one team practice and one game per week.

5-7 Years, Hercules Community Center Gym

Practice Days	11/14-12/19	Tue or Thu	4:00-7:30pm
Game Days	11/15-12/20	Fri	4:00-6:30pm

*Practice days & game times will be assigned.

LIL' RACKETEERS

Calling all future tennis stars! Lil' Racketeers is a beginner tennis class designed for kids ages 5-10. It's all about introducing kids to the exciting sport of tennis in a fun and energetic way. Participants will need to bring their own tennis racquet, water bottle(s), and wear sunscreen.



5-10 Years, Refugio Tennis Court #4

32290-A 9/9-10/28 Mon 4:00-5:00pm \$240R/\$288NR

BASELINE BRAWLERS

Baseline Brawlers is the perfect program for young players (ages 8-15) who are hungry to take their game to the next level. This advanced beginner program will solidify the fundamentals and develop the skills needed to compete at a more advanced level. Participants will need to bring their own tennis racquet, water bottle(s), and wear sunscreen.

8-15 Years, Refugio Tennis Court #4

32291-A 9/9-10/28 Mon 5:00-6:30pm \$360R/\$432NR

KARATE DOJO FREE TRIAL

This class is dedicated to teaching Karate basics, give you knowledge about our school, and establish a foundation for your martial arts. Participants can come to class in comfortable workout attire.



7-17 Years, Hercules Senior Center

33540-A	9/3-9/24	Tue	6:00-6:45pm	FREE
33540-B	10/1-10/29	Tue	6:00-6:45pm	FREE
33540-C	11/5-11/19	Tue	6:00-6:45pm	FREE
33540-D	12/3-12/17	Tue	6:00-6:45pm	FREE

KARATE DOJO – YOUTH & TEENS

Students will learn the basic fighting skills of Karate, self-discipline, self-esteem, and confidence in protecting themselves. We teach each student to know the danger of people and to protect themselves if he or she is in a threatening situation. Karate will help you develop physical strength, coordination, and mental focus. We offer the first month free for a trial and family discounts, visit www.herculeskaratedojo.com for more information. Sign up today! Sibling discount available.

7-17 Years, Senior Center

33541-A	9/3-9/26	Tue	6:00-6:45pm	\$90R/\$108NR
33541-B	10/1-10/30	Tue	6:00-6:45pm	\$90R/\$108NR
33541-C	*11/5-11/21	Tue	6:00-6:45pm	\$67.50R/\$81NR
33541-D	*12/3-12/19	Tue	6:00-6:45pm	\$45R/\$54NR

New Students/Beginners (7+, White Belts):

Tuesday - 6:00-6:45pm: Free Trial

Wednesday - 6:00-6:45pm: Enrolled Students - No Free Trials

Intermediate (Yellow/Orange Belts):

Tuesday - 6:45-7:30pm

Wednesday - 6:45-7:30pm

Advanced (Green/Purple/Brown):

Tuesday - 7:30-8:15pm

Thursday - 6:00-6:45pm

Teen/Adults: (13+, All Belts):

Wednesday - 7:30-8:15pm

Thursday - 6:45-7:30pm



OPEN GYM

Come on down to the Hercules Community Center for energetic game of Basketball or Pickleball! All ages and skill levels are welcome! Purchase an open gym pass and use it throughout the year.



M/W	9:30am-2:30pm	Basketball
T/TH	9:30am-2:30pm	Pickleball
Please note: Open Gym times are subject to change.		

Daily Visit Fees	
Youth/Senior	\$4/\$5NR
Adult	\$6/\$7NR

Open Gym Passes		
Youth/Seniors	10 Visits	\$33/\$44NR
Youth/Seniors	25 Visits	\$82/\$108NR
Adult	10 Visits	\$45/\$55NR
Adult	25 Visits	\$109/\$136NR

Senior 55+/Youth 2-17 years / Adult 18+

Dates and program activities are subject to change. Please contact the Parks and Rec Department for updates.



MUAY THAI

Muay Thai is a striking sport combining use of fists, elbows, knees, and legs. Join a community that is passionate, determined, and supportive. Whether you're here for a day or committed to years, we've got exactly what you need. Want to check us out? Visit www.omnimovement.com for more information.



5+ Years, Omni Movement Facility, 678 Alfred Nobel Dr

38000-A	9/4-9/30	Mon, Wed & Fri	\$120R/\$144NR
38000-B	10/2-10/30	Mon, Wed & Fri	\$120R/\$144NR
38000-C	11/1-11/25	Mon, Wed & Fri	\$120R/\$144NR
38000-D	12/2-12/30	Mon, Wed & Fri	\$120R/\$144NR

Youth (All Ages): 5:00-6:00pm
Advanced (Adults): 6:00-7:00pm

BOXING

Boxing is a striking sport using the fists. Join a community that is passionate, determined, and supportive. Whether you're here for a day or committed to years, we've got exactly what you need. Want to check us out? Visit www.omnimovement.com for more information.

5+ Years, Omni Movement Facility, 678 Alfred Nobel Dr

38001-A	9/3-9/28	Tue, Thu & Sat	\$120R/\$144NR
38001-B	10/1-10/29	Tue, Thu & Sat	\$120R/\$144NR
38001-C	11/2-11/26	Tue, Thu & Sat	\$120R/\$144NR
38001-D	12/3-12/28	Tue, Thu & Sat	\$120R/\$144NR

Youth (5-7 years): 4:00-5:00pm (T/TH) 9:00-10:00am (Sat)
Youth (8-12 years): 5:00-6:00pm (T/TH) 9:00-10:00am (Sat)
Advanced (Adults): 6:00-7:00pm (T/TH)

JIU JITSU

Jiu Jitsu is a predominantly ground based grappling material art using submissions. Join a community that is passionate, determined, and supportive. Whether you're here for a day or committed to years, we've got exactly what you need. Want to check us out? Visit www.omnimovement.com for more information.

5+ Years, Omni Movement Facility, 678 Alfred Nobel Dr

38002-A	9/4-9/30	Mon, Wed & Fri	\$150R/\$180NR
38002-B	10/2-10/30	Mon, Wed & Fri	\$150R/\$180NR
38002-C	11/1-11/25	Mon, Wed & Fri	\$150R/\$180NR
38002-D	12/2-12/30	Mon, Wed & Fri	\$150R/\$180NR

Youth Gi (5-7 years): 4:00-5:00pm
Youth Gi (8-12 years): 5:00-6:00pm
All Levels (5-Adults): 9:00-10:00am (M/W/F) (Gi) 9:00-10:00am (T/Th) (No Gi)

STARGAZING

FREE public stargazing events! Come and enjoy this experience under the stars!



This is an observational event, and as such depends upon the weather. The event is cancelled if the sky is more than 40% obscured by clouds one hour before the start time or worse (rain, high winds). For more information, please call (510) 526-5974.

Instructor: Dave Harris
Dates: 9/28, 10/26, and 11/23
Times: Dusk or 7:30p (whichever is later depending on sunset)
Location: Foxboro Park

TEACH A CLASS BECOME AN INDEPENDENT CONTRACTOR!



Visit our website for more info at
[www.Ci.Hercules.Ca.us](http://www.ci.Hercules.Ca.us)
or call 510.799.8291



REGISTER YOUR VEHICLE FOR THE 2024 TRUNK OR TREAT

See registration form on page 27