



## ALIGN WORLDWIDE BASKETBALL PROGRAMS



Registrations and payments are made through [www.alignworldwide.com](http://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	1/6 - 1/29	Mon & Wed	4:00-7:45pm
Training	2/3 - 2/26	Mon & Wed	4:00-7:45pm
Training	3/3 - 3/31	Mon & Wed	4:00-7:45pm
Training	4/2 - 4/30	Mon & Wed	4:00-7:45pm
* No Class 1/20 & 2/17      **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	1/7 - 2/13	Tue or Thu	4:00-7:00pm
Game Days	1/11 - 2/14	Fri	4:00-6:30pm
Game Days	1/11 - 2/14	Sat	8:00-10:00am
*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	2/25 - 4/3	Tue or Thu	4:00-7:30pm
Game Days	2/28 - 4/4	Fri	4:00-6:30pm
Game Days	2/28 - 4/4	Sat	8:00-10:00am
*Practice days & game times will be assigned.			

### 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

43958-A	4/1 - 4/24	Tue & Thu	4:00-5:30pm	\$190R/\$228NR
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### 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	4/24 - 5/15	Tue or Thu	4:00-7:00pm
Game Days	4/25 - 5/16	Fri	4:00-6:30pm

\*Practice days & game times will be assigned.



### 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

43957-A	3/4 - 3/27	Tue & Thu	4:00-5:30pm	\$190R/\$228NR
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### 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

43959-A	1/25 - 2/15	Sat	10:00-11:30am	\$125R/\$150NR
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## 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

43540-A	1/7 - 1/28	Tue	6:00-6:45pm	FREE
43540-B	2/4 - 2/25	Tue	6:00-6:45pm	FREE
43540-C	3/4 - 3/25	Tue	6:00-6:45pm	FREE
43540-D	4/1 - 4/29	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](http://www.herculeskaratedojo.com) for more information. Sign up today!

### 7-17 Years, Senior Center

43541-A	1/7 - 1/30	Tue	\$98R/\$118NR
43541-B	2/4 - 2/27	Tue	\$98R/\$118NR
43541-C	3/4 - 3/27	Tue	\$98R/\$118NR
43541-D	4/1 - 4/30	Tue	\$98R/\$118NR

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

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

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

### Intermediate (Yellow/Orange Belts):

Tuesday - 6:45pm-7:30pm

Wednesday - 6:45pm-7:30pm

### Advanced (Green/Purple/Brown):

Tuesday - 7:30pm-8:15pm

Thursday - 6:00pm-6:45pm

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

Wednesday - 7:30pm-8:15pm

Thursday - 6:45pm-7:30pm



## 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](http://www.omnimovement.com) for more information.



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

48000-A	1/6 - 1/31	Mon, Wed & Fri	\$120R/\$144NR
48000-B	2/3 - 2/28	Mon, Wed & Fri	\$120R/\$144NR
48000-C	3/3 - 3/31	Mon, Wed & Fri	\$120R/\$144NR
48000-D	4/2 - 4/30	Mon, Wed & Fri	\$120R/\$144NR

Times: Youth (All Ages): 5:00p-6:00p

Advanced (Adults): 6:00p-7:00p

## 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](http://www.omnimovement.com) for more information.

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

48001-A	1/7 - 1/30	Tue, Thu & Sat	\$120R/\$144NR
48001-B	2/4 - 2/27	Tue, Thu & Sat	\$120R/\$144NR
48001-C	3/4 - 3/27	Tue, Thu & Sat	\$120R/\$144NR
48001-D	4/1 - 4/29	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 martial 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](http://www.omnimovement.com) for more information.

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

48002-A	1/6 - 1/31	Mon, Wed & Fri	\$150R/\$180NR
48002-B	2/3 - 2/28	Mon, Wed & Fri	\$150R/\$180NR
48002-C	3/3 - 3/31	Mon, Wed & Fri	\$150R/\$180NR
48002-D	4/2 - 4/30	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)

## 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 Courts - Court #4

42290-A	1/27 - 3/3	Mon	4:00-5:00pm	\$240R/\$288NR
42290-B	3/24 - 4/28	Mon	4:00-5:00pm	\$240R/\$288NR

No Class 2/17, 4/7

## 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 Courts - Court #4

42291-A	1/27 - 3/3	Mon	5:00-6:30pm	\$360R/\$432NR
42291-B	3/24 - 4/28	Mon	5:00-6:30pm	\$360R/\$432NR

No Class 2/17, 4/7

## 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: 4/26

Times: Dusk or 7:30p (whichever is later depending on sunset)

Location: Foxboro Park



# 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.

### 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

### Daily Visit Fees

Youth/Senior	\$4/\$5NR
Adult	\$6/\$7NR



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

# 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