

# City of Ukiah Activities & Recreation Guide

## Winter Spring 2025



Register online  
[ukiah.recdesk.com](http://ukiah.recdesk.com)

**Parks  
Make  
Life  
Better!**

# CITY of UKIAH

## COMMUNITY SERVICES DEPARTMENT

### Ukiah City Council

Douglas Crane **Mayor**  
 Susan Sher **Vice Mayor**  
 Heather Criss **Council Member**  
 Juan Orozco **Council Member**  
 Mari Rodin **Council Member**

### Administration

Sage Sangiacomo **City Manager**  
 Neil Davis **Community Services Director**

### Recreation Department

Jake Burgess **Community Services Supervisor**  
 Daniel Spence **Recreation Supervisor**  
 Marianne Aranda **Senior Recreation Coordinator**  
 Cassandra Borgna **Senior Recreation Coordinator**  
 Kyle Nuss **Senior Sports Coordinator**

### Ukiah Valley Conference Center

Mike Maldonado **Assistant Facility Administrator**

### Grace Hudson Museum

David Burton **Museum/Cultural Arts Director**  
 Alyssa Boge **Curator**

### Parks Department

Rob Gibson                      Raul Ramos                      Jim Thomsen  
 Joe Fowler                      Robert Ricetti                      Marcos Hernandez  
    Cristobal Gonzalez                      Aaron Taylor

### Important Phone Numbers

Community Services Department ..... **463-6231**  
 Grace Hudson Museum ..... **467-2836**  
     Softball Hotline ..... **463-6713**  
 Ukiah Chamber of Commerce ..... **462-4705**  
 Ukiah Valley Conference Center ..... **463-6700**  
 Ukiah Valley Golf Course ..... **467-2832**  
 Visit Ukiah ..... **467-5766**

### Phone Numbers for Sports Program Partners

Mendocino County Soccer Academy ..... **972-7312**  
     Rusty Bowl BMX ..... **462-0249**  
 Ukiah Lion's Youth Football ..... **485-7600**  
 Ukiah Valley Soccer League ..... **467-9797**  
 Ukiah Youth Baseball League ..... **468-8800**

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## Alex Rorabaugh Recreation Center

1640 S. State St. Ukiah, CA 95482

Facility Rentals  
Available

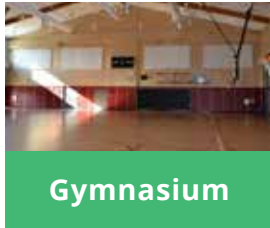


Community  
Room



Kitchen

Perfect for:  
Meetings  
Fundraisers  
Sporting Events  
Classes  
Social Functions  
Community Events



Gymnasium

For more information,  
please call (707) 463-6201



**DO YOU  
HAVE A  
PASSION  
FOR  
TEACHING?**



**RECREATION  
*Instructors*  
WANTED**

**DO YOU  
HAVE AN  
EXPERTISE?**

**Types of Classes**

- Sports
- Fitness
- Dance
- Art
- Music
- Special Interest



**Make  
extra  
cash!**

For more  
information,  
e-mail  
Marianne at  
maranda@  
cityofukiah.com  
or call  
(707) 463-8723

# COMMUNITY YARD SALE



**Every 3rd Saturday  
April - September  
8 am - 2 pm  
Todd Grove Park**

**APRIL 19 \* MAY 17 \* JUNE 21 \* JULY 19 \* AUGUST 16 \* SEPTEMBER 20**

Vendor and general information, [www.cityofukiah.com/communityyardsale](http://www.cityofukiah.com/communityyardsale)  
or call (707) 463-6231



## Core Commands 1

Core Commands 1 group class is the introduction of foundation commands and behaviors. The class focus is on timely, positive communication of cues with your dog, proper leash walking and the recall skill. The class is for puppies eight months and above and adult dogs.

For more information, contact Nancy Skelly at (707) 513-5738 or skellydogs@gmail.com

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

- Instructor:** Nancy Skelly
- Thursdays:** 5:30 pm - 6:30 pm
- Dates:** April 10 - May 1
- Fee:** \$130
- Ages:** 12 years old and up if accompanied by an adult
- Minimum:** 5 students
- Maximum:** 8 students
- Location:** 275 Cherry St., Suite F, Ukiah



VISIT  
MENDOCINO COUNTY  
MUSEUM  
*Telling Our Story*



Join us for History Makers!  
Drop-in family friendly activities every  
Wednesday 11 a.m. - 3 p.m.  
Learn more about our  
exhibits & programs!



SUPPORT PROVIDED BY



[www.mendocinocountymuseumfriends.org](http://www.mendocinocountymuseumfriends.org)

DISCOVER OUR HISTORY  
400 E. Commercial St.  
Willits, CA 95490  
[www.mendocinocounty.gov/museum](http://www.mendocinocounty.gov/museum)  
(707) 234-6365

# GRACE HUDSON MUSEUM & Sun House

431 S. Main Street, Ukiah • (707) 467-2836

[www.gracehudsonmuseum.org](http://www.gracehudsonmuseum.org)



**Mendocino County's premier cultural destination for exhibitions and programs focusing on regional fine art and history, the artwork and legacy of artist Grace Carpenter Hudson, and remarkable examples of Pomo Indian basketry. Visitors can also tour the Sun House, the historic 1911 redwood Craftsman bungalow that was the residence and studio of Grace Hudson, and the Wild Gardens, an outdoor environment focusing on native plants, local eco-systems, and Pomo cultural traditions.**



## Reclamation

Aboriginal Ancestral Homeland and Resilience of the Muwekma Ohlone Tribe

February 7, 2025–April 16, 2025

Grace Hudson Museum • Ukiah, CA



GRACE  
HUDSON  
MUSEUM  
*& Sun House*

### MUSEUM HOURS:

**Wednesday - Saturday** : 10:00 am to 4:30pm

**Sunday**: 12:00 to 4:30pm

**Admission:** Please check our website for fees.  
Always free for Members, Native Americans, and standing Military.  
Free to all on First Fridays.

**Visit Our Gift Shop:** Same hours as museum.  
Culturally-distinctive crafts, books, and art.



## Open Art Studio

The open art studio meets at the Grace Hudson Community Room Mondays: 9:30 am to 2 pm. Fee is \$4 for members of MCAA and \$5 for non-members. No instruction provided. Bring your own supplies. The studio is on a "drop-in" basis – come for as long a time as you wish and get inspiration from painting with fellow artists. Tables and chairs are available.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Mondays:** 9:30 am – 2:00 pm

**Dates:** January 14 - May 19

**Member Fee:** \$4 per class

**Non-Member Fee:** \$5 per class

**Ages:** 18 years old and up

**Location:** Grace Hudson Museum Community Room  
431 South Main St., Ukiah



## Knitting a Beginning Cowl

Always wanted to learn how to knit? This is the class series for you! We will teach you the basics and get you ready for more advanced classes. We will discuss English vs. Continental styles and which might be better for you.

This is a series of four classes. In class one, you will learn to cast on and knit, and learn how to pair needle size with yarn. In class two, In class two we will tackle the purl stitch, explore design options for your cowl and learn a stretchy cast on. In class 3, you will continue knitting the cowl and learn how to fix mistakes, a very handy skill! In class 4, we will finish our projects and I will demonstrate how to wash and block them for best results.

This beginning knitting class is meant for brand new knitters, struggling knitters, and those with some experience.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Amanda Williams

**Tuesdays:** 5:00 pm – 6:00 pm

**Dates:** February 4 - February 25

**Fee:** \$50

**Material Fee:** \$15

**Ages:** 12 years old and up

**Location:** Alex Rorabaugh Recreation Center Room H11



## ***Befriending Yourself - A Life Coaching Workshop***

In my work with coaching clients, making changes in their lives comes down to becoming more self-aware of hindrances to, and motivations of, their thoughts, beliefs and choices.

In this coaching workshop, you will learn to engage with more self-compassion by beginning to befriend yourself more. You will learn practices with new perspectives and self-leadership, putting into play more of what you value.

Through mindfulness, discussion and exercises, it will be a dynamic, interactive experience, sharing and learning from one another.

Let's spend this time together nourishing and supporting each other in moving forward with greater confidence and making better choices for well-being.

"I'm so grateful for your work in the world and with me specifically, so much growth and self-discovery, truly vital to my walk in this world. I thank you."

~ E.F.

For more information, contact Carol at 707-391-5933.

Carol Goldberg, Certified Professional Life Coach has been working in the healing arts for 37 years with 22 years as a Coach. Her vision is to fully support you in honoring yourself and consciously creating a life that feeds your spirit.

carolgoldberg.com. One-on-one sessions available

### ***REGISTER ONLINE AT UKIAH.RECDESK.COM***

***Instructor:*** Carol Goldberg

***March 15:*** 10:30 am - 1:30 pm

***Fee:*** \$40

***Ages:*** 18 years old and up

***Location:*** Location TBD



## Babysitting Training

These classes are for 11 to 15 year olds to teach babysitting skills including handling emergencies and preventing accidents, feeding, diapering, playing with and caring for children.

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

**Instructor:** Allen James

**Ages:** 11 – 15 years old

**Location:** Alex Rorabaugh  
Recreation Center  
Room H11

### BABYSITTER'S TRAINING (ONE TIME CERTIFICATION)

**Saturday:** May 3  
9:00 am – 4:00 pm

**Fee:** \$90

### BABYSITTER'S CPR & FIRST AID TRAINING (MUST BE RENEWED EVERY 2 YEARS)

**Saturday:** May 10  
9:00 am – 4:00 pm

**Fee:** \$100

**\* SIGN UP FOR BOTH FOR ONLY \$180**



## CFAST

### Layperson CPR Training 2020 Standards

To best serve the Ukiah community, these classes will be offered at the same time on the same day depending on individual needs. This will require cooperation from other students to serve all students in a timely and efficient manner. Each class begins with **Before Giving Care** (2 hours) then will be followed by the training segment of highest demand and so on. A timeline will be set up so the students can best plan their training time.

These classes instruct how to respond to emergencies by providing CPR, using an Automated External Defibrillator (AED) and how to deal with First Aid incidents such as shock, bleeding, cuts, bone and muscle injuries, bruises, and other emergencies.

- Challenge & Review opportunities are available
- 2-year certificate for CPR & First Aid

**REGISTER ONLINE AT UKIAH.RECDESK.COM**

<b>Adult CPR/AED</b>	<b>3hrs</b>	<b>\$105</b>
<b>First Aid Basics</b>	<b>3hrs</b>	<b>\$105</b>
<b>Adult CPR/AED/First Aid</b>	<b>5hrs</b>	<b>\$120</b>
<b>Child/Infant/CPR/AED</b>	<b>3.5hrs</b>	<b>\$105</b>
<b>Child/Infant/CPR/AED/First Aid</b>	<b>6hrs</b>	<b>\$120</b>
<b>Adult/Child/Infant/CPR/AED</b>	<b>4hrs</b>	<b>\$120</b>
<b>Adult/Child/Infant/CPR/AED/First Aid</b>	<b>7hrs</b>	<b>\$130</b>
<b>CA Child Care Training</b>	<b>8hrs</b>	<b>\$130</b>

**Instructor:** Allen James

**Saturday:** January 11  
9:00 am – 4:30 pm  
February 8  
9:00 am – 4:30 pm  
March 15  
9:00 am – 4:30 pm  
April 12  
9:00 am – 4:30 pm  
May 17  
9:00 am – 4:30 pm

**Ages:** 18 years old and up

**Location:** Alex Rorabaugh Recreation Center  
Room H11



## Tai Chi Chuan

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This is an introductory or review class for the 37-movement yang style short form of traditional Tai Chi Chuan. Tai Chi is called meditation in motion, which it achieves by focusing the mind through slow deliberate movement. Its benefits include improved strength, flexibility, and balance.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Cottie Morrison  
and Karen Lee

**Tuesdays** 12:00 pm - 1:00 pm

**Session I:** January 7 - February 25

**Session II:** March 4 - April 22

**Fee:** \$80

**Location:** Anton Stadium -  
Recreation Room

**Minimum:** 5 students

**Maximum:** 20 students

## Feldenkrais Awareness Through Movement

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In each class I will verbally guide you through a sequence of movements, usually lying on a pad, but sometimes in sitting or standing. I will be guiding you to move slowly and gently in order to learn more effective and comfortable ways of moving through life.

Mats will be provided. Please wear loose, comfortable clothing that allows you to move. For more information call Karen Poplawski at 462-6570.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Karen Poplawski

**Tuesdays:** 9:00 am - 10:00 am

**Dates:** January 7 - January 28

February 4 - February 25

March 4 - March 25

April 1 - April 29

May 6 - May 27

**Drop-in Fee:** \$10

**Location:** Grace Hudson Museum  
Meeting Room

**Minimum:** 5 students

**Maximum:** 20 students

## Moving with Music: Tai Chi

Moving with Music: A Tai Chi Experience is a unique course designed to promote health and well-being through the graceful movements of Tai Chi combined with the soothing rhythms of music. This practice supports relaxation, reduces stress, and improves balance, flexibility, and overall vitality. Each session is tailored to guide participants through gentle, flowing exercises set to music, creating a harmonious connection between body and mind. Perfect for all skill levels, this course offers an enjoyable way to boost physical health and mental clarity while fostering a sense of calm and energy. Experience the joy of moving to music for your well-being!

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Wenbo Yin

**Tuesdays:** 5:30 pm – 6:30 pm

**Dates:** February 4 - February 25

**Location:** Anton Stadium Recreation Room

**Fee:** \$50

**Drop-in Fee:** \$15

**Ages:** 18 years old and up

**Location:** Anton Stadium Recreation Room



## 2025 SPRING CO-ED 6-ON-6 VOLLEYBALL LEAGUE

**FEE: \$400 PER TEAM**  
**10 GAME SCHEDULE**

**THURSDAY NIGHTS APRIL - JUNE**

**DEADLINE: MARCH 21**

## Power Pilates

If you are a beginner, don't let the name scare you. I call this Power Pilates because it is more than basic Pilates. I teach to all levels and show many different way to do a movement so you can choose which works for you. Discover the powerful change you can make in your life. Power Pilates is not your typical Pilates experience. This class is well balanced because it blends fat burning cardio with strength and endurance training using hand held weights, small balls and resistance bands to maximize results. Each class begins with great music and energetic sculpting bodywork. We then move into classic Pilates mat work, ending with stretch and relaxation. Every class is different. You will have fun and not get bored!

I have been teaching this class since 2000. As a result, a high percentage of my clients are long time, committed clients who know how much this class benefits their lives. I teach to all fitness levels. In only two hours a week you will see and feel improvement. I can be reached at 707-391-4330 or ginagrecoPilates@yahoo.com [www.ginagreco.net](http://www.ginagreco.net)

Don't you deserve an hour just for you? Spend an hour de-stressing with good times, laughs and good health. Believe it or not, it s fun. I provide the equipment, you will need to bring a mat or towel.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Gina Greco

**T & Th:** 5:30 pm – 6:30 pm

**Dates:** Please visit [ukiah.recdesk.com](http://ukiah.recdesk.com)  
for updated schedule

**Fee:** \$45

**Location:** Ukiah Valley Conference Center



## Line Dance Fitness - Country Fusion

Line Dance Fitness is a fun, low-impact cardio workout combining line dance with popular country, pop, and rock hits. Perfect for all fitness levels, this class gets you moving while enjoying your favorite tunes. You'll learn simple line dance routines set to energetic beats, making it a great way to stay active and have fun at the same time. Be sure to wear comfortable workout clothes, sneakers, and bring a water bottle to stay hydrated. Come join us and get fit while dancing to the music you love!

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Mo Mulheren

**Mon. & Wed.:** 6:00 am – 7:00 am

**Wednesdays.:** 6:30 pm – 7:30 pm

**Fee:** Drop-in \$10  
Student Drop-in \$5  
5 Class Pass - \$45  
10 Class Pass - \$80  
20 Class Pass - \$150

**Location:** Anton Stadium  
Recreation Room

## Total Body Training

Total Body Training 45-Minute Total Body Workout is a fast-paced, high-energy class designed to boost strength and endurance. You'll tackle 15 exercises using a mix of bodyweight, kettlebells, and dumbbells, with 30 seconds of work followed by 10 seconds of rest. This interval-style training targets all major muscle groups, providing an efficient full-body workout in under an hour. Whether you're a beginner or experienced, this class can be modified to suit your fitness level. Come prepared to sweat, challenge yourself, and see results. Wear comfortable workout clothes, bring water, and get ready to push your limits!

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Mo Mulheren

**Tues. & Thurs.:** 6:00 am – 7:00 am

**Fee:** Drop-in \$10  
Student Drop-in \$5  
5 Class Pass - \$45  
10 Class Pass - \$80  
20 Class Pass - \$150

**Location:** Anton Stadium  
Recreation Room

# Ukiah on Ice

## Thank you to our 2024-2025 SPONSORS



**FOR MORE INFORMATION, CALL 463-6231 OR  
VISIT [WWW.CITYOFUKIAH.COM/UKIAHONICE](http://WWW.CITYOFUKIAH.COM/UKIAHONICE)**



MENDOCINO health & wellness



present

# SUNDAYS IN THE PARK

Special thank you to the following businesses and organizations who have made an early pledge to sponsor the 2025 concert series

### PATRON SPONSORS:



Community First Credit Union



### CO-PRESENTER:



### MAJOR UNDERWRITERS:



BLUE ZONES PROJECT



DEM Auto Repair



Mendocino Lake Healthy Care



Mendocino Transit Authority



HILLSIDE | DORA ST | LITTLE LAKE | LAKEVIEW



### SUBSTANTIAL FUNDING:





# 2025 YOUTH BASKETBALL SPONSORS

**Parks  
Make  
Life  
Better!**

A&K Trucking and Equipment

A&M Helicopter & Transport

AC&R Service Heating, Cooling & Solar

Advanced Collision

All In Heating & Cooling LLC

Alliance Auto Service

AZIMUS LAW

Body Glow

California Shingle & Shake

Charbay Distillery

Cornerstone Civil Design

Crossfit Firefly

Daniel Steel + Machine, Inc.

Deep Valley Security

FERRELLGAS

First Steps Daycare

Forks Café

Hernandez Electric Inc

IGDVS Dragons

Integrity Painting

J Orozco & Sons

Johnson's Custom Landscaping

KS Building

Langdon Day Farms

Lizz Vasquez-Selzer Realty RE/MAX Gold

Marino's Pizza

Mendocino Forest Products

Masswood Market

NorCal Tires

Nova Boutique Salon & Spa

OBENYAH LLP Tax Business Services

Ortho Mendocino

Pennyroyal Farm

Philo Saw Works

Quartz Creek

Redwood Empire Sawmill

Redwood Valley Rancheria

Team Insurance

Tony's Barber Shop

Ukiah Oral Surgery

Ukiah Truck Repair

Valley Paving

Yokayo Ranch



# CITY OF UKIAH GIRLS YOUTH SOFTBALL

## 2025 SEASON

### OPEN TO GIRLS; AGES 3 - 8TH GRADE

City of Ukiah offers a recreational softball league for girls; ages 3 through 8th grade. This league is non-competitive and designed to encourage participation and develop softball skills while helping children learn to respect others, to practice sportsmanship, and to accept both winning and losing gracefully. The league is recreational and no league standings are kept.

## DIVISIONS

T-BALL (AGES 3-K)

COACH PITCH (GRADES 1&2)

MACHINE PITCH (GRADES 3 & 4)

PLAYER PITCH (GRADES 5-8)

## REGISTRATION INFO:

**\$100/PLAYER & \$10 SIBLING DISCOUNT**

**DEADLINE: FEBRUARY 21**

**\$10 LATE FEE**

**IN-HOUSE: 411 W. CLAY ST.**

**ONLINE: UKIAH.RECDESK.COM**

**MORE INFO: (707) 463-6714**

## COACHES & SPONSORS NEEDED






# SPRING/SUMMER 2025 SOFTBALL LEAGUE

**\$500 SPONSOR FEE  
\$50 PER PLAYER**

 **Co-ed Mondays**

 **Men's B3 Tuesdays**

 **Women's Rec & Int Wednesdays**

 **Men's B1 & B2 Thursdays**

**Deadline: April 18th**  
**ONLINE [ukiah.recdesk.com](http://ukiah.recdesk.com) or**  
**in-person at 411 W. Clay St., Ukiah**

## Wildcat Baseball Camp

The goal of this camp is to expose each individual to the latest techniques, strategies and fundamentals of the game. Campers will learn new techniques and drills each day involving offensive/defensive skills, pitching, base running and much more! Coach to camper ratio will be 2 coaches for every 10 players, so you are assured to get the proper instruction. Instructors will include current Ukiah High Coaches and Wildcat Baseball players. The intent is to make use of the beautiful Anton Stadium, Lions Field and Giorno Park Complex; the home field site for the Ukiah High Varsity Baseball team.

### REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)

**Instructor:** Ukiah High School Coaches

**M & T:** 8:30 am - 12:30 pm

**Dates:** March 31 & April 1

**Fee:** \$125 (including hat & shirt)

**Grades:** Kindergarten - 8th

**Location:** Anton Stadium



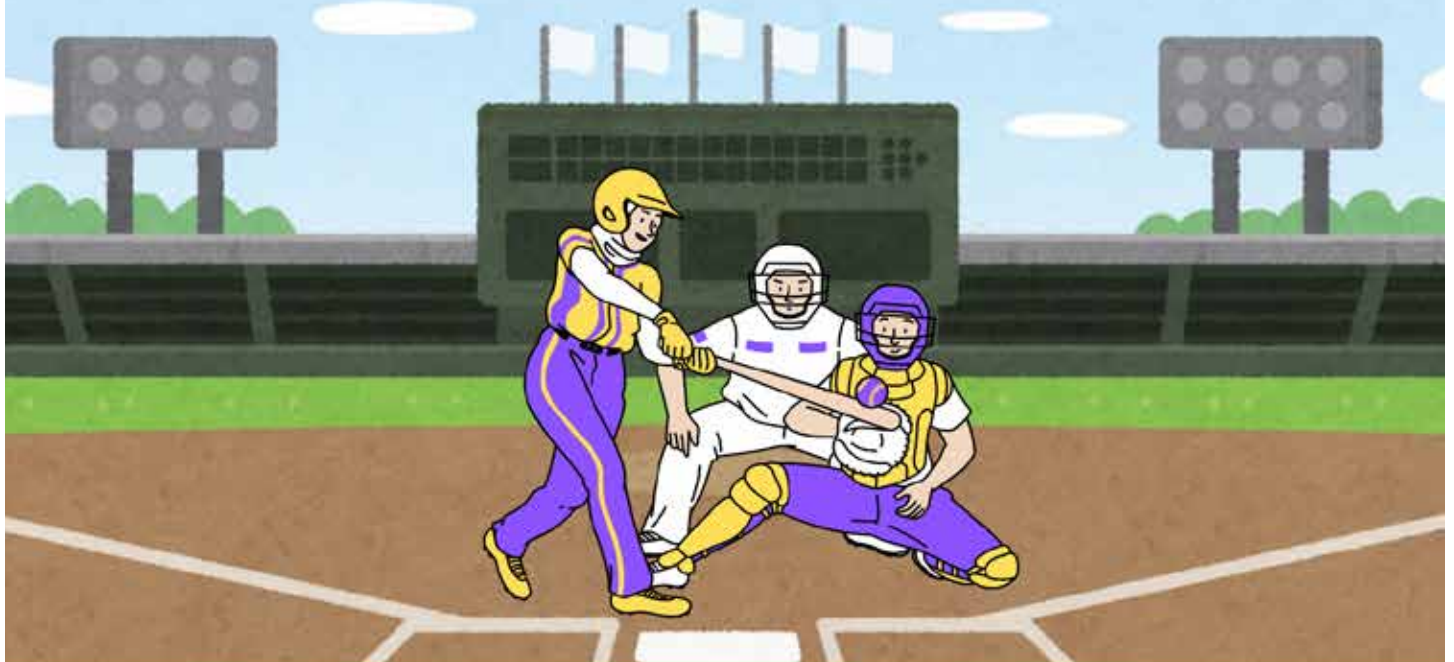
# Spring Break Wildcat Baseball Camp

The Ukiah High Baseball Program would like to invite you to the 6th Annual Spring Break Wildcat Baseball Camp. The goal of this camp is to expose participants to the latest techniques, strategies and fundamentals of the game. Campers will learn new techniques and drills each day involving offensive defensive skills, pitching, base running and much more coach to camp. Instructors will include current Ukiah High Coaches and Wildcat Baseball players.

**March 31 & April 1 / 8:30 AM - 12:30 PM**  
**Grades K-8; \$125 per participant**  
**Anton Stadium**

**ALL PLAYERS ARE RESPONSIBLE FOR BRINGING  
THEIR OWN EQUIPMENT (GLOVES, CLEATS, HAT).  
THE CAMP WILL PROVIDE HELMETS & BATS.**

**Individual Coach Awards!**  
**Players will receive a Wildcat Hat & T-Shirt!**



**Register online at [ukiah.recdesk.com](http://ukiah.recdesk.com)  
or in-person at 411 W. Clay St., Ukiah**



## Adult Open Gym Volleyball

Play pick up games or refine your skills! Volleyball is great way to stay active, be social and have fun! Participants of all skill levels are welcome to play.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

Visit [ukiah.recdesk.com](http://ukiah.recdesk.com) for current schedule

**Wednesdays:** March 19 - December 19

**Time:** 6:00 pm – 8:00 pm

**Fee:** \$40

**Age:** 18 years and older

**Location:** Alex Rorabaugh  
Recreation Center

## Ultimate Frisbee

Come join in the fun. Ultimate Frisbee is played much like soccer. This exciting, non-contact sport takes "flight" two days a week throughout the year. Register at the City of Ukiah or at the field. New teams are formed each meeting.

### TUESDAY EVENINGS

**Dates:** January 7 - February 25

**Time:** 6:00 pm – 8:00 pm

**Location:** Ukiah Sports Complex

### SATURDAY MORNINGS

**Dates:** January 4 - May 31

**Time:** 10:00 am – 12:00 pm

**Location:** Vinewood Park

**Fee:** \$40

**Ages:** 18 years old and up

## Ping Pong

Competitive and recreational table tennis with weekly play.

Participants encouraged to supply own table tennis paddles.

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Mon. & Wed.:** 6:00 pm - 8:00 pm

**Dates:** ongoing, every Monday & Wednesday

**Ages:** 16 years old and up

**Fee:** \$40

**Location:** Alex Rorabaugh  
Recreation Center  
Room H11  
1640 S. State St., Ukiah



## Early Morning Basketball

If you enjoy waking up early and playing some basketball, then this is the class for you! Join a group of people who get together 3 times a week to show off their talent. Not only will you have fun, but you will get in shape as well!

**REGISTER ONLINE AT [UKIAH.RECDESK.COM](http://UKIAH.RECDESK.COM)**

**Instructor:** Merle Carlson

**M/W/F:** ongoing  
6:00 am – 7:00 am

**Fee:** \$40 per year

**Age:** 18 years old and older

**Location:** Pomolita Middle School Gym



# THANK YOU

## 2024 FALL ADULT SOFTBALL SPONSORS

Jacobszoon & Associates  
Gamblers  
Roxy Bees Honey-Pollinators  
Shell Shockers  
The Pub  
Ukiah Family Dentistry  
DS Detailing  
Bad Knees Bears  
Running Creek Casino  
Corona's/Mendo Fresh  
The Reserves  
Round Valley Hard Hitters  
The Pub  
AC&R  
Aunties Krew  
Golden Girls  
Boudie Ballers  
Compassionate Heart  
The Pub  
Next Generation Heating & Cooling  
Loaded Bases  
Speed Killz

Backyard Ballers  
Boonville  
Black Sox  
Nor-Cal Redimix Green Sox/ DTR  
Major Blendz Empire  
Round Valley Hard Hitters  
Knuckle Draggers  
Sports Attic  
Frey Vineyards  
Dingbats  
Agent Avengers  
Vogels RV  
Baroni Vineyards  
Redhawks  
Integrity Painting  
Bucks  
Don Juan  
Pomo Eagles  
Smokers  
Thirsty Axe  
Swingers  
Pete's Power Wash  
Misfits



# Park Facilities & RENTAL INFORMATION

The Community Services Department operates and maintains a wide variety of park and building facilities to meet the needs of the community. Most parks are open daily to the public between the hours of 6am and 10pm. Many facilities may also be reserved for a low rental fee. We have the perfect location for meetings, seminars, weddings, parties, and other gatherings. For additional rental information, call 463-6700.

Park Facilities	Address	Acreage	Open Grass Area	Playground Equipment	Picnic Tables and Benches	Barbecues	Reservable Group Picnic Area	Restrooms or Port-o-lets	Horseshoe Pits	Tennis Courts	Basketball Courts	Adjacent to School Facilities	Swimming Pool	Amphitheater	Covered Gazebo/Pavilion	Softball/Baseball Diamonds	Multi-Purpose/Meeting Rooms
Alex R. Thomas Plaza	310 S. State St.	0.8		✓	✓	✓								✓	✓		
Gardner Park	248 Oak St.	0.2		✓													
Giorno Park/Anton Stadium	506 Park Blvd.	12.0	✓													✓	
Grace Hudson Museum	431 S. Main St.	0.8		✓			✓										✓
McGarvey Park	310 Dora St.	1.0		✓													
Oak Manor Park	500 Oak Manor Dr.	4.0	✓	✓	✓	✓	✓	✓	✓	✓		✓				✓	
Observatory Park	407 Luce St.	2.5	✓														
Orchard Park	855 Orchard Ave.	0.25	✓	✓	✓												
Riverside Park	1281 E. Gobbi St.	38.0	✓		✓												
Todd Grove Park	600 Live Oak	16.2	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓		✓
Ukiah Civic Center	300 Seminary Ave.	2.5	✓														✓
Ukiah Skate Park	1043 Low Gap Rd.	n/a	✓		✓			✓				✓					
Ukiah Sports Complex	905 City Wall Rd.	10.3	✓	✓	✓			✓								✓	
Vinewood Park	1260 Elm St.	4.7	✓	✓	✓	✓	✓	✓			✓						
City Rail Trail	Along side the railroad track from Gobbi Street to Clara Avenue																

### RENTAL OPERATIONS INCLUDE:

- Picnic and Barbecue Facilities
- Conference and Meeting Rooms
- Banquet and Wedding Facilities
- Board Room and Auditorium
- Sports Stadium and Complex
- Swimming Pool
- Amphitheaters
- Covered Gazebo and Pavilion

City facilities are available to the public on a rental basis at very reasonable fees.

If your business, club, or family group is planning a meeting, wedding, reunion, party or other gathering, we may have the perfect location for you.

### CALL 463-6701

Picnic & Barbecue Facilities  
Conference & Meeting Rooms  
Banquet & Wedding Facilities

Grace Hudson Public Meeting Room

Ukiah Civic Center Council Chambers

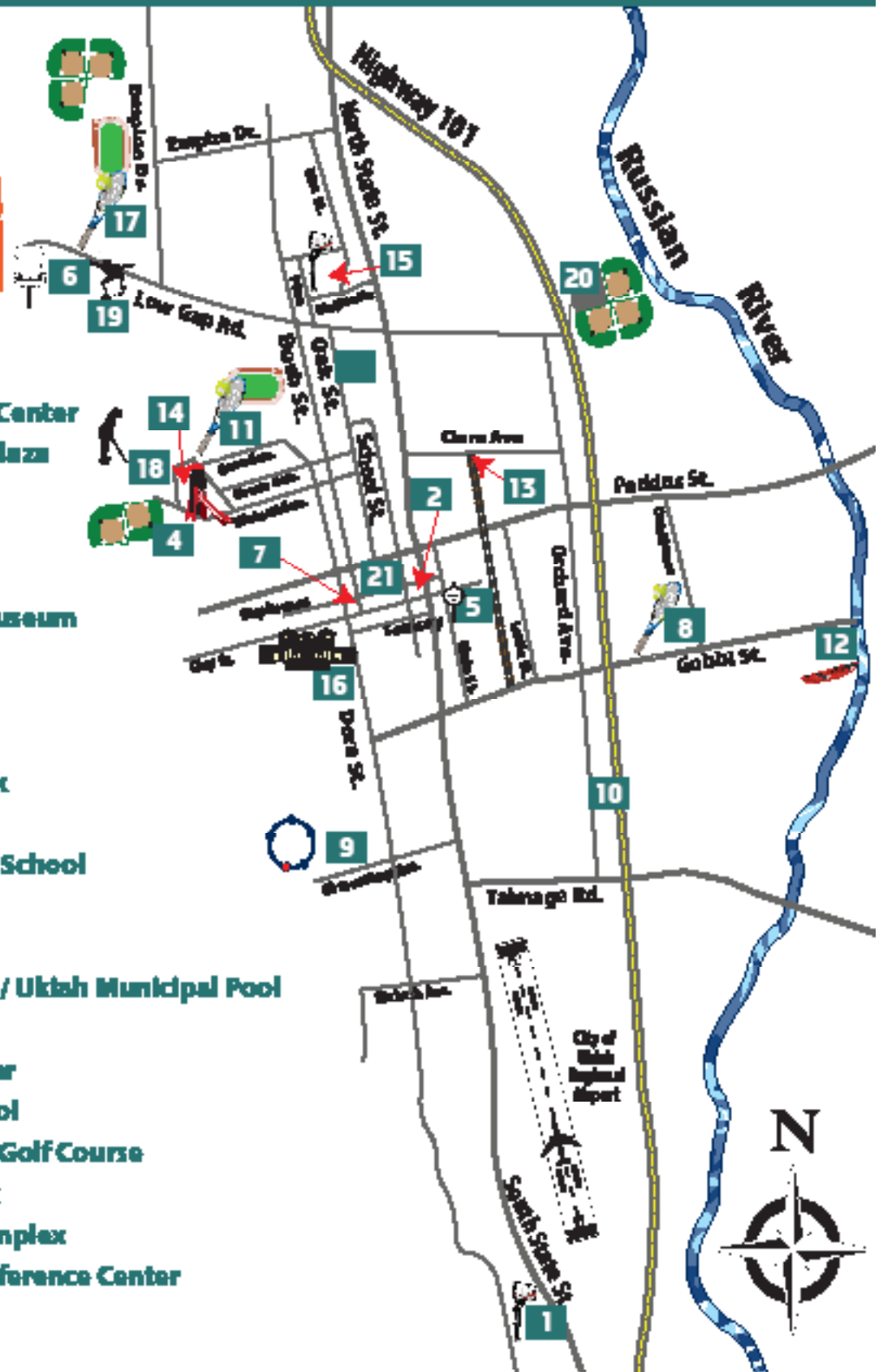
### CALL 463-6231

Sports Fields & Stadium  
Municipal Swimming Pools  
Alex Rorabaugh Recreation Center

# Park & Facilities Map



- 1 Alex Rorabaugh Center
- 2 Alex R. Thomas Plaza
- 3 Gardner Park
- 4 Glorne Park/  
Anton Stadium
- 5 Grace Hudson Museum
- 6 Low Gap Park
- 7 McGarvey Park
- 8 Oak Manor Park
- 9 Observatory Park
- 10 Orchard Park
- 11 Pomolita Middle School
- 12 Riverside Park
- 13 Rail Trail
- 14 Todd Grove Park / Ukiah Municipal Pool
- 15 Vinewood Park
- 16 Ukiah Civic Center
- 17 Ukiah High School
- 18 Ukiah Municipal Golf Course
- 19 Ukiah Skate Park
- 20 Ukiah Sports Complex
- 21 Ukiah Valley Conference Center





**Stress Free Event +  
Meeting Space in  
the Heart of Ukiah**

**Contact Us  
(707) 463-6700**

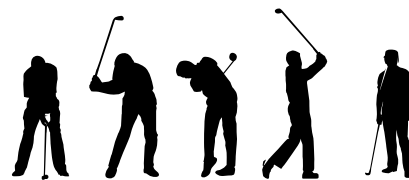


#UKIAHVALLEYCONFERENCECENTER



# UKIAH VALLEY GOLF COURSE

599 PARK BLVD., UKIAH (707) 467-2832



Come out and join other golfers in social activities and gatherings.

Be a part of it by joining the Men's or Women's Clubs, Par Tee Niners, summer BBQ's, etc.

Call the Pro Shop, 467-2832 for more information.

The Ukiah Valley Golf Course is proudly owned by the City of Ukiah.

This picturesque golf course offers you great family-friendly golf surrounded with its magnificent views. It is a challenging 18-hole championship golf course recognized as a member of the Northern California Golf Association. **NCGPA Par 70**

- Open every day from sunrise until sunset
- Twilight rates available after 12 noon
- Food & beverage concessions
- Club rentals available
- Cart rentals available
- Golf instruction for individuals or groups
- Fully stocked pro shop
- Tournament scheduling available
- Men's and women's leagues
- Limited and unlimited memberships available

## GREEN FEES

### Saturday, Sunday & Holidays

**ADULTS** 18 holes **\$38**  
Twilight **\$29**

**JUNIORS** 18 holes **\$11**  
9 holes **\$ 7**

### Monday through Friday

**ADULTS** 18 holes **\$30**  
Twilight **\$26**

**SENIORS** 18 holes **\$26**  
**JUNIORS** 18 holes **\$11**  
9 holes **\$ 7**

*(fees subject to change)*

### Adult Sunset Rates (After 4 pm)

**Monday through Friday** \$ 21  
**Saturday, Sunday, & Holidays** \$ 24

### Annual Green Fees

Unlimited Adult \$1,916  
Unlimited Adult Couples \$2,680  
Limited Adult \$1,331  
Limited Couple \$1,916  
Junior Membership \$ 300

### Cart Rates (Per Person)

18 holes \$ 18  
9 holes \$ 10



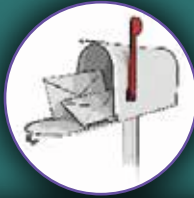
Head Golf Professional

**Frank L. Johnson**, Member PGA  
[www.ukiahgolf.com](http://www.ukiahgolf.com)





# How Do I Register?



**MAIL-IN**



**ONLINE**



**WALK-IN**

Choose the programs you want. Complete the registration form fully with all class dates and times listed. Please be sure to sign your form. Please total all fees and include your check or money order payable to the City of Ukiah.

**PLEASE NOTE:** There will be a \$25 charge for all checks returned from your bank for non-sufficient funds. To make sure your registration is not delayed, please be certain that your forms are complete, correct and signed. Payment, either of cash, check, or money order. If paying by credit card, please visit [ukiah.recdesk.com](http://ukiah.recdesk.com) to register.

Once you've chosen the programs, complete the registration form and select a payment method. You can Mail-In, Walk-In or, if paying by credit card, go Online at [ukiah.recdesk.com](http://ukiah.recdesk.com). If the class of your choice is full, you will be placed on a waiting list and contacted about the status of your registration.

Classes may be cancelled due to lack of enrollment. Please make every effort to pre-register so a class will not be cancelled unnecessarily.

## **HOW WILL I KNOW I'M IN THE CLASS?**

You will NOT be contacted to confirm your registration. Please make a note of the classes for which you registered.

You WILL be contacted in writing or by phone\* regarding your registration in the following cases:

- The class you have requested has reached its registration limit and you were placed on the waiting list.
- Your registration form is incomplete.
- Your class is being cancelled due to insufficient registration.

**\*NOTE: For this reason, it is imperative that you provide both your phone number plus an emergency contact.**

## **REFUND POLICY**

Refunds are granted only if a written request is received by the City of Ukiah before the second class meeting. There is a 15% administration fee deducted from all refunds. Instructors do not issue credit or refunds for classes you miss. A credit is offered if the class is canceled due to instructor's cancellation.

## **WHAT HAPPENS WHEN I'M ON THE WAITING LIST?**

You will remain on the waiting list until the class begins. We will make every effort to create additional classes and contact you if we have been able to do so.

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## **FINANCIAL ASSISTANCE**

The City of Ukiah wants every child to have an opportunity to participate in its various recreation programs. In an effort to provide affordable programs, the City has established a fee subsidy program. Please contact the City of Ukiah Community Services Department at 463-6231 at least 15 days prior to first class to inquire about completing an application for reduced program fees.

**City of Ukiah Recreation Department  
411 W. Clay St.  
Ukiah, CA 95482**

