

FREE CLASSES IN THE PARK

All in One Fitness: Train Smart, Play Hard, Live Well!

Ages 40+ | May 7 - Aug 20
Tuesdays - 5:30 to 6:30 pm
Ohlone Greenway
Fitness Center

AdaptAble Family Wheeled Mobility

All Ages | June 23 - Aug 25
Sundays - 3:00 to 5:00 pm
Albany Middle School
Courtyard & Cougar Field

Tai Chi In the Park

All Ages | May 11 - June 22
Saturdays - 9:00 to 10:00 am
Memorial Park Stage

Girls & Women's Ultimate Frisbee Pick-up

All Ages | July 2 - Oct 29
Tuesdays - 5:00 to 6:30 pm
Ocean View Park

Caregiver Bootcamp with Infant/Toddler

All Ages | May 11 - Oct 12
Saturdays - 9:00 to 10:00 am
Ocean View Tennis Courts

Dance Party in the Park

All Ages | Saturday, July 27
11:00 am to Noon
Memorial Park Stage

CITY OF ALBANY RECREATION AND COMMUNITY SERVICES

