

BRENTWOOD COMMUNITY CENTER CURRENT SERVICES

- Youth Dance Classes
 - Internal creative movement and dance classes for ages 16 months- 13 years
 - Use a multitude of props and sensory toys to explore movement
 - Utilize Dance to Learn curriculum to meet the needs of various learning styles
 - Inclusive for all abilities and skill levels
- Youth Gymnastics Classes
 - Internal gymnastics and tumbling classes for ages 16 months-13 years
 - Use a variety of sensory toys, props, and equipment to provide support and encourage exploration
 - Instructors complete USA Gymnastics Recreational Gymnastics trainings
 - Inclusive for all abilities
- Adventure Classes
 - Internal parent participation/preschool enrichment classes
 - Encourage learning through dramatic play, art, games, crafts, song, and stories
 - Instructors complete Developmentally Appropriate Practices training through the National Association for the Education of Young Children.
 - Inclusive for all abilities
- Camp Brentwood Day Camp
 - Internal Day Camp for grades 1-5, Mini Camp for preschool-kindergarten, Recreation Leader in Training Program for ages 13-16
 - Focus on sports, cooperative games, arts and crafts, swimming, and socialization
 - Staff attend Youth Recreation and Teen Services Annual Summer Leader Institute
 - Inclusive for all abilities
- Art Classes
 - Contract classes offered through Created By You Art Studio for ages 3 and up
 - Inclusive for all abilities
- Sports Classes
 - Contracted sports classes offered through Lucia Peters, Jump Bunch, Skyhawks Sports Academy, and Kidz Love Soccer for ages 2 years and up
 - Inclusive for all abilities

Current Infrastructure

- Handicapped Parking in both front parking lot and parking garage
- Elevator
- Visual Signage
- ADA restrooms
- Accessible front desk counter
- Sensory table, tubs, toys and equipment
- Various vinyl spot markers to support spatial awareness
- Fidgets and other tools to re-center and re-focus participants
- Vestibular swing
- Soft play equipment and mats

- Art supplies of various shapes and sizes to meet dexterity needs – scissors, markers, crayons, paint brushes
- Emotional expression dolls
- Variety of inclusive books for circle time
- Most common accommodation is parental/one on one aide support in independent classes

BRENTWOOD FAMILY AQUATIC COMPLEX CURRENT SERVICES

- Lap Swim
 - Internal lap swim program for ages 15+
 - Inclusive for all abilities
- Swim Lessons
 - Internal program for ages 6 months and up
 - Private lessons, group lessons, parent participation classes offered
 - Host Swim Lessons Placement Days to assess skills and help participants register for the correct level
 - All instructor must have a valid American Red Cross Water Safety Instructor Certification including Instructor Inclusion training
 - Inclusive for all abilities
- Public Swim
 - Recreation Swim
 - Tot Splash – specifically designed for children ages 5 and under
 - Sensory Splash - Specifically designed for those with sensory sensitivities – no music or water play features, and whistles are only used during emergencies
- Health and Safety Classes
 - Internal First Aid and CPR, Lifeguard, Babysitter’s Training, Junior Lifeguard, Safety Training for Swim Coaches, and Water Safety Instructor training courses
 - Follow American Red Cross Accommodations Guidelines for Training Programs
- Water Aerobics
 - Internal, low impact water fitness class
 - Inclusive for all abilities

Current Infrastructure

- Handicapped Parking in parking lot
- ADA lift and zero depth entry into pools
- Visual Signage
- ADA restrooms
- Free lifejackets for non-swimmers
- Swim diapers available for purchase
- Most common accommodation is parental/one on one aide support in independent classes

SUNSET PARK ATHLETIC COMPLEX CURRENT SERVICES

- Junior Giants Baseball and Softball

- Inclusive sports program that welcomes kids of all abilities. Parents/ Guardians can specify during registration any disabilities their child may have so they can be provided with the most opportune plan for the season
- Tiny Tots
 - Internal sports program for ages 3-5
 - Inclusive for all abilities

Current Infrastructure

- Handicapped Parking in both front and back parking lots
- Playground with ADA equipment
- Visual Signage
- ADA restrooms and pathways

BRENTWOOD SENIOR ACTIVITY CENTER CURRENT SERVICES

- 50+ Chair Exercise Classes
- Zumba Gold
 - exercise for active Seniors that is not as strenuous as the original Zumba
- Oldies But Goodies
 - Works with the oldest of our senior population on arts and crafts projects, music therapy, music recognition and memory.
 - This program is extremely low cost (\$5 for 10 weeks) but does not meet cost recovery
- Gentle Yoga
 - Modifications are used to ensure comfort and safety
 - Teaches flexibility, breathing and balance
- Premiers
 - “Grow Younger Fitness” Stretching, light weights, strength and balance exercises to prevent falls. Adapted for those who need to sit and use chairs.
- 50+ Bocce League Programming
- Social Services- We provide access and connect our seniors to find important social and health services. We partner with many organizations who provide a multitude of services some include:
 - Contra Costa Senior Legal Services
 - Provides an opportunity to speak with an attorney pro bono for general legal advice.
 - Area Agency on Aging
 - Meals on Wheels Diablo Region
 - Care Management
 - Café Costa- low priced lunch meals with the option for free bus tickets to and from lunch daily.
 - Home bound meal services
 - Tri Delta Transit Paratransit
 - Available to individuals with disabilities who cannot use the fixed Tri Delta Transit route and Seniors age 65+
 - All busses are accessible
 - Brown Bag- Contra Costa and Solano Food Bank

- Hosted at the Brentwood Senior Center 2 x monthly
- Offers free groceries to those low income 55+ individuals
- HICAP
 - Health insurance counseling and advocacy

Current Infrastructure & Inventory

- Front door with automatic accessible push door
- ADA restrooms
- Handicapped parking spaces
- ADA picnic bench behind Senior Center
- CCTV- Donated around 2019 (this has been used less than one time)
- Musical instruments
- ADA automatic front doors