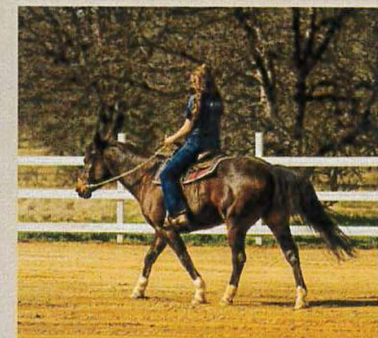
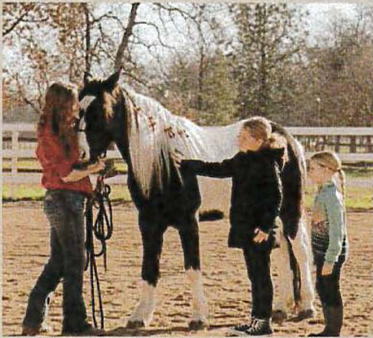


Cali Rides CA LLC

Redding, CA

Experience the joy of horseback riding



follow us on instagram:



Come ride with us!

Phone: 530.768.7115

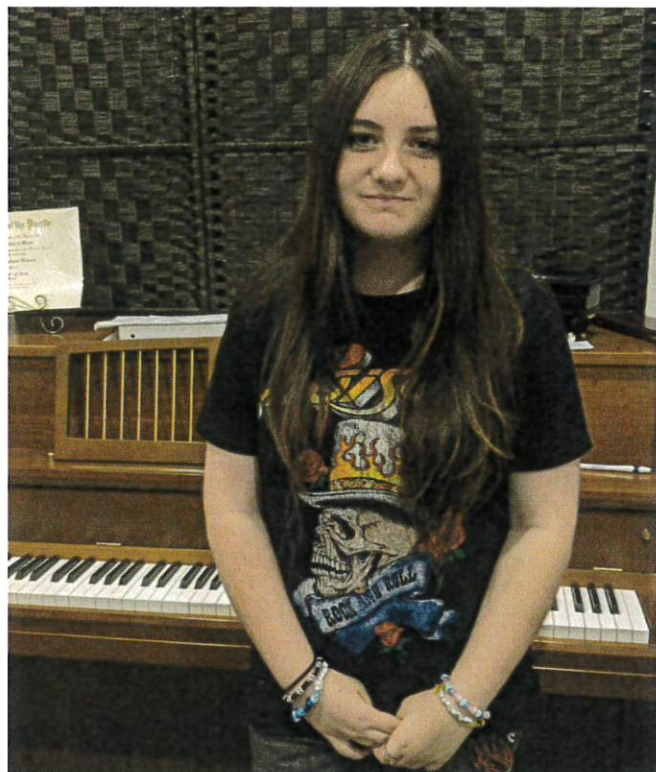
Email: Caliridesca@gmail.com

website:
Caliridesca.com



NEWSLETTER

AUGUST 2026



FEATURED ARTIST

NAME: RAEGAN ATKINSON

INSTRUMENT: VOICE

Raegan has demonstrated exceptional consistency in her practice and dedication, showing up prepared and focused for every lesson. Her instructor, Rose, has been especially impressed by the significant strides Raegan has made in refining her vocal technique and her ability to consistently apply new concepts with confidence.

Raegan possesses a genuine, unwavering drive to grow as an artist, and we are excited to recognize her commitment, talent, and continued growth as a vocalist.

GODDARD MUSIC



EVENTS & GROUPS

Back to school! Check with us to see if we vendor with your school!

•Free Play Music Day (All Ages) FREE
Saturday, August 22, 10:00am-12:00pm

Visit the calendar or groups tab at www.RomanGoddard.com to register

IMPORTANT UPDATES

Rate changes effective August 1st

30 minutes→ \$40
45 minutes→ \$50
60 minutes→ \$60

Buddy lesson→ +\$15
Travel→ \$15

***Financial Assistance Available, visit website for details**

UPCOMING PERFORMANCE OPPORTUNITIES

Tentative Recital Date:

Saturday, December 12



KEYS TO SUCCESS

"Meet every musician you can. Learn everything you can. Never believe you've learned enough. Eat, sleep, and drink music."

-Bradley Saunders



Class Descriptions & Fee Schedule

Weekly Classes	Drop-ins* & Prorations	Monthly Tuition**
Baby-Blue, ages 1-3 with parent: These classes are less structured for our youngest students to enjoy with parent guidance.	\$10	\$35
Blue, ages 2-4 with parent: Starts like our 3-5 year old classes - adding parent assistance.; ends like our Baby Blue Circle & free play time.	\$15	\$45
Blue, ages 3-5: These classes are for younger kiddos that are ready to learn independently with our instructors.	\$15	\$45
Blue, ages 4-6: For kiddos that understand the routine and willingly get up and walk across both beams by themselves.	\$15	\$50
Blue, older: These classes are for school-aged kiddos that are at a beginner to intermediate skill level.	\$20	\$60
Blurple (Summer only): These classes are run like a Purple class, but with more lenient skill requirements and extra focus on improving strength/flexibility.	\$20	\$60
Purple: classes have skill requirements. They also include learning and performing a choreographed floor routine each fall semester.	\$20	\$60
Bronze/Silver/Gold+ ("BSG") Skill requirements. These include competition level skills & individualized routines with more performance opportunities.	\$25	\$75
BSG C&C (Choreography & Conditioning) is for refining routines & increasing strength/flexibility. This is only offered as an add-on to a BSG class.	\$5	\$25
Private Lessons: 30 minutes of one-on-one instruction toward available by appointment. Parent must stay on-site. Multi-class discounts do not apply.	\$30	N/A

Each person's first: class or personalized skill assessment with us is free! **\$35 Annual insurance Fee** is collected with first month's tuition after the **Free Trial** in order to finalize enrollment in a class.

Tuition Discounts: Three Ways to Save
Get involved! Almost all of our coaches/teachers are volunteers. Volunteers can earn discounts on tuition, give back to the community, and have fun! Please talk to us if you're interested.
Take more classes! Multi-class discounts apply to each family. The 2nd class receives \$10 off, the 3rd \$15, and the 4th+ \$20 off per month. Note: Discounts not applicable to Charter School agreements.
Apply for a scholarship! Part of our mission and vision as a non-profit organization is to make the amazing and beautiful sport of gymnastics financially accessible. Please inquire if you believe you may qualify.



2026-2027 School Year Schedule

08/01/2026 - 05/31/2027

Updated 08/01/2026

Fall Closures: 11/23-11/26 (Thanksgiving), 12/21-12/31 (Christmas). Spring Closures: TBA
Performance Week: 11/16-11/19; Winter Parties: During Christmas Break, details TBA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			8:30 am - 9:15 am Blue (ages 3-5)
	9:00 - 9:45 am Baby-Blue (ages 1-3, with parent)		9:30 am - 10:15 am Blue (ages 2-4, with parent)
	10:00 - 10:45 am Baby-Blue (ages 1-3, with parent)		
	11:00 am - 11:45 am Blue (ages 3-5)		
		1:20 - 2:20 pm Purple (skill requirement)	
1:40 - 2:25 pm Blue (ages 3-6)	2:00 - 2:50 pm Blue (ages 4-6, brave on bar/beam)	2:25 - 3:15 pm Blue (ages 5-8 brave on bar/beam)	2:00 - 2:50 pm Blue (ages 4-6 brave bar/beam)
	2:35 - 3:35 pm Blue (ages 6-12+)		
3:25-4:25 pm Purple (skill req.)	3:00-4:30 pm Bronze+ (skill req.)	3:25 - 4:10 pm Blue (ages 3-5)	3:00 - 4:00 pm Blue (ages 6-12)
			3:00 - 4:00 pm Purple (skill req.)
	4:15-5:15 pm BSG C&C (skill req.)	4:20 - 5:20 pm Blue (ages 5 - 9 brave on bar/beam)	
			4:15-5:15 pm BSG C&C (skill req.)
5:00-6:30 pm Bronze-ish+ (ages 10+; skill req.)	5:00-6:30 pm Bronze+ (skill req.)		5:00-6:30 pm Bronze+ (skill req.)

BRAZILIAN JIU-JITSU

ENRICHMENT PROGRAM

Empowering students with **confidence, discipline, and real-world skills** through the art of **Brazilian Jiu-Jitsu.**



PROGRAM HIGHLIGHTS



BUILDS CONFIDENCE

Students gain self-esteem and believe in themselves.



IMPROVES FOCUS

Helps students stay focused in the classroom.



TEACHES RESPECT & DISCIPLINE

Encourages respect for self, others, and instructors.



DEVELOPS COORDINATION & FITNESS

Builds strength, flexibility, balance, and overall physical health.



ANTI-BULLYING & SELF-DEFENSE

Teaches practical skills to stay safe and stand up for others.



FUN, POSITIVE ENVIRONMENT

A welcoming place where kids can learn, grow, and have fun!

PROGRAM DETAILS



PROGRAM: Mendes Brazilian Jiu Jitsu



INSTRUCTOR: Professor Nathan Mendes



LOCATION: 9481 Deschutes Rd, Palo Cedro, CA



AGES: For ages 4 and older



CLASS TIMES:

- Ages 4–7: 4:00 pm
- Ages 8–14: 4:30 pm
- Ages 15 and up: 5:30 pm



DAYS OFFERED: Monday – Thursday



PRICE: \$120 per month



CONTACT INFO: info@reddingselfdefense.com



JOIN THE JOURNEY.
STRONGER TOGETHER.



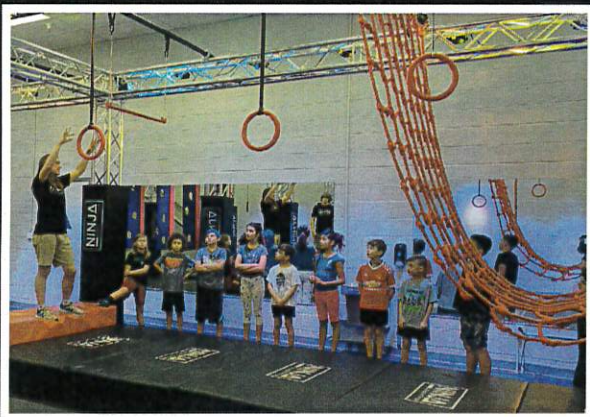
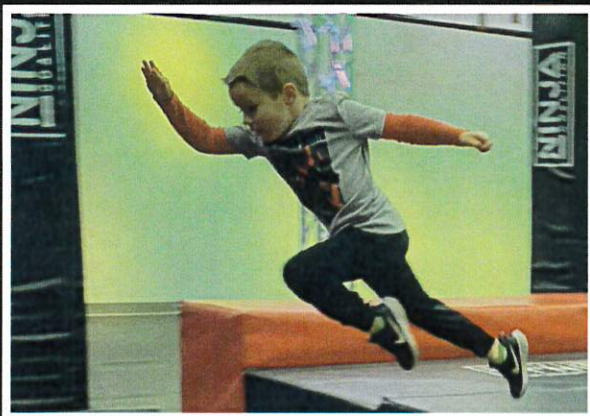
Learn more about our program
reddingselfdefense.com



9481 Deschutes Rd, Palo Cedro, CA



info@reddingselfdefense.com



OPEN GYM

Practice your skills at your own pace. Enjoy access to all of our equipment, work on obstacles, and get tips from our coaches.

PRIVATE SESSION

We offer personalized private training sessions, designed to improve fitness, build confidence, and develop healthy habits in a fun, supportive environment.

TEAM EVENT

Host your next sports or work team event at our gym, where we offer sessions that promote teamwork, fitness, and fun.

FIELD TRIP

Bring your group on an exciting field trip to our gym, where kids can tackle ninja obstacles, complete challenges, and learn about fitness in a unique hands on approach.



CELEBRATE LIKE A NINJA

ULTIMATE NINJA PARTY INCLUDES:

- Private 2 hour party
- Access to all obstacles - Ninja Trainer to demonstrate obstacles and supervise
- Birthday party room, includes:
Plates/napkins/utensils/tablecloths (Red/White/Blue)
- Party Host Birthday boy/girl will receive a NCHQ shirt
- Bring in own food/dessert (don't forget candles and a cutting knife!)

PARTY PRICING:

- Up to 8 participants \$325
 - 9 - 15 participants \$400
 - 16 - 20 participants \$475
- Parents/Guardians no charge to attend



Redding's Premier Ninja Gym

NINJA WARRIOR TRAINING

900 Dana Drive Redding, CA 96003





NINJA WARRIOR TRAINING

MONDAY - SATURDAY

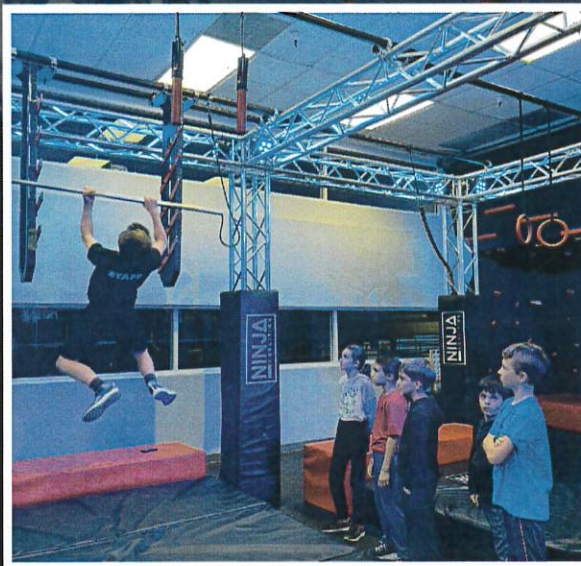
Membership Packages:

- 5 classes per month, \$89
- 8 classes per month, \$109
- 12 classes per month, \$119
- Unlimited classes per month, \$149

The fitness experience we offer is inspired by the reality television show American Ninja Warrior, and coaching is done by American Ninja Warrior competitors.

**CALL TO SCHEDULE
YOUR FIRST CLASS TODAY!**

530.605.3329



NINJAS TRAINED BY NINJAS

FOR AGES 5+

Ninja Coalition HQ's course features several different obstacles for youth to test their skills! Our one-of-a-kind training gives a unique approach to fitness that encompasses:



STRENGTH



FLEXIBILITY



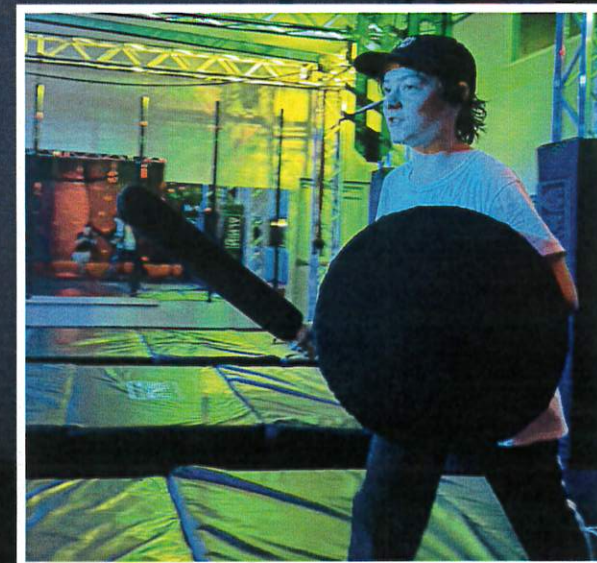
COORDINATION



CONDITIONING



PROBLEM SOLVING



BONUS SESSIONS



Laser Tag/Games: Here's your chance to enjoy an exciting hour of Laser Tag and games while making new friends in a fun and safe setting.



Medieval Combat: Learn essential life skills such as teamwork, leadership, self defense, and physical conditioning while playing team combat games and challenges using foam weapons.

Follow us on [f](#) [i](#)

PRIVATE LESSONS

VOICE & ACTING

Classical and contemporary techniques.

CLASSICAL & JAZZ PIANO

Beginning to advanced piano lessons;
classical and contemporary style.

GUITAR, BASS GUITAR, UKULELE, & MANDOLIN, & FIDDLE

Acoustic and electric guitar and bass lessons.

ORCHESTRAL STRINGS (VIOLIN/VIOLA/CELLO/DOUBLE BASS)

Beginning and intermediate lessons.

FLUTE & CLARINET

Beginning to advanced woodwind lessons.

DRUMS

Beginning to advanced woodwind lessons.

RECITALS

for PRIVATE LESSON STUDENTS

SPRING RECITAL: Sunday, March 22nd

MAY RECITAL: Sunday, May 3rd

For LESSONS, REGISTER at
www.reddingpac.com/music

ALL AGES MUSIC CLASSES

Performances: May 27th (Spring Spectacular)

STRINGS I (Beginner) WED 3:30-4:15p

Cost: \$80/mo (semester commitment)

STRINGS II (Adv. Begin.) Tue 3:30-4:15p

Cost: \$80/mo (semester commitment)

CHAMBER ENSEMBLE (Int./Adv.)

Audition Only THUR 3:30-4:30p

Cost: \$90/mo (semester commitment)

Mission Statement:

At RPAC, we create a safe space for artistic exploration and personal growth. Our mission is to provide comprehensive training for all ages, skill levels, and abilities, nurturing a profound love for the arts. We are committed to excellence across all our programs, encompassing dance, theatre, visual arts, stagecraft, and music lessons."



CONTACT INFO

LOCATION

> RPAC Studios	3266 Bechelli Lane
> Timbre Theatre	3274 Bechelli Lane
> The Box	3290 Bechelli Lane
> Warehouse	1921 California St.

MAILING

3274 Bechelli Ln
Redding, CA 96002

PHONE:

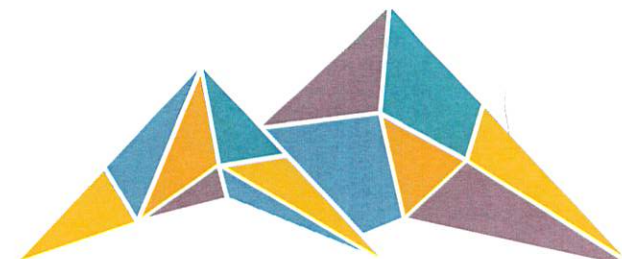
(530) 276-8321

EMAIL:

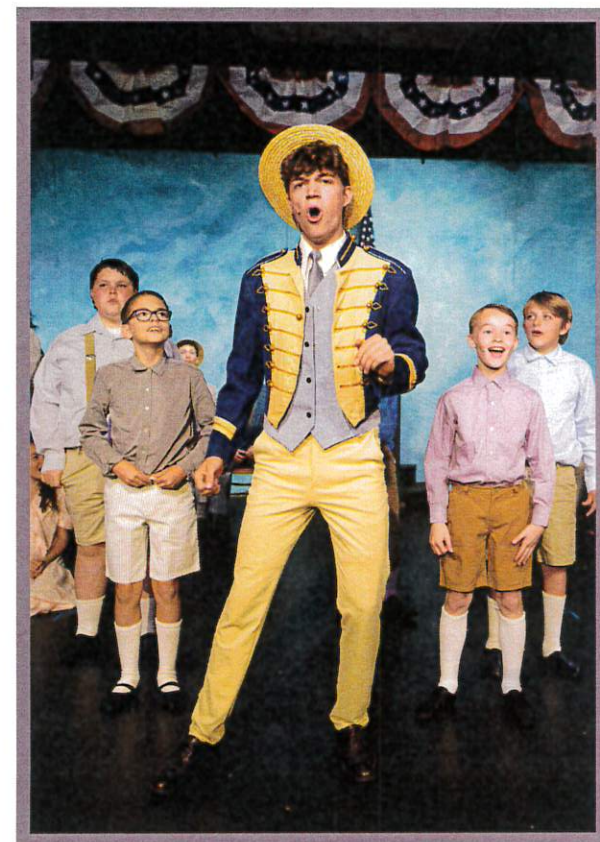
hello@reddingpac.com

WEBSITE:

REDDINGPAC.COM



REDDING PERFORMING ARTS CENTER



SPRING 2026 K-12 CLASS CATALOG

KINDERGARTEN (Ages 5 - 6)

RPAC KINDER (Ages 5-6) Thur 3:30-4:30p

Cost: \$99/mo (semester commitment)

Performances: May 27th (Spring Spectacular)

ELEMENTARY (Grades 1 - 4)

THEATRE

Fall Production:

JUNGLE BOOK KIDS

Cost: \$130/mo (semester commitment)

RPAC KIDS THEATRE - RED CAST

Level A (Gr. 1-2) Mon 4:30-5:30p

Level B (Gr. 3-4) Weds 4:30-5:30p

Performances: April 23rd, 24th, & 25th

(classes resume after Performances - see full schedule online)

RPAC KIDS THEATRE - BLUE CAST

Level A (Gr. 1-2) Tues 4:30-5:30p

Level B (Gr. 3-4) Thurs 4:30-5:30p

Performances: April 16th, 17th, & 18th

(classes resume after Performances - see full schedule online)

DANCE

Cost: \$68/mo (semester commitment)

Students enrolled in THEATRE + DANCE or 2+ DANCE Classes receive a discount.

Performances: May 27th (Spring Spectacular)

LEVEL 1 DANCE CLASSES for Grades 1 - 4

Lvl 1 - Hip Hop 1 Tues 3:30-4:20p

Lvl 1 - Ballet/Tap 1 Wed 3:30-4:20p

Lvl 1 - Jazz/Tap 1 Thur 3:30-4:20p

MUSIC

KIDS CHOIR (Grades 3-7) Mon 3:40-4:25p

Cost: \$62/mo (semester commitment)

Students enrolled in CHOIR + THEATRE receive discount.

Performances: May 27th (Spring Spectacular)

SEE BACK PAGE FOR PRIVATE LESSONS & ALL AGES MUSIC



MIDDLE SCHOOL (Grades 5 - 8)

THEATRE

Fall Production:

THE LITTLE MERMAID JR.

Cost: \$155/mo (semester commitment)

YOUTH THEATRE - GREEN CAST

Grades 5-8 Tue/Thur 4:30-6:00p

Performances: April 30th, May 1st, & 2nd

(classes resume after Performances - see full schedule online)

YOUTH THEATRE - PURPLE CAST

Grades 5-8 Mon/Wed 4:30-6:00p

Performances: May 7th, 8th, & 9th

(classes resume after Performances - see full schedule online)

DANCE

Cost: \$68/mo (semester commitment)

Students enrolled in THEATRE + DANCE or 2+ DANCE Classes receive a discount.

Performances: May 27th (Spring Spectacular)

LEVEL 2 DANCE CLASSES for Grades 5 - 12

Lvl 2 - Musical Theatre Mon 3:30-4:25p
/Jazz

Lvl 2 - Ballet 2 Tues 3:30-4:25p

Lvl 2 - Tap 2 Wed 3:30-4:25p

(Gr.7+) Lvl 2/3 - Contemporary Thur 3:30-4:25p

Lvl 2 - Hip Hop 2 Fri 4:00-5:00p

MUSIC

KIDS CHOIR (Grades 3-7) Mon 3:40-4:25p

Cost: \$62/mo (semester commitment)

Students enrolled in CHOIR + THEATRE receive discount.

Performances: May 27th (Spring Spectacular)

SEE BACK PAGE FOR PRIVATE LESSONS & ALL AGES MUSIC

HIGH SCHOOL (Grades 9 - 12)

THEATRE

PERFORMANCE THEATRE

Fall Production:

NEWSIES

Cost: \$190/mo (semester commitment)

Grades 9-12 Mon/Wed 4:00-6:00p

Performances: May 21st, 22nd, & 23rd

May 28th, 29th, & 30th

ACTORS STUDIO

Fall Production:

THE PHANTOM TOLLBOOTH

Cost: \$160/mo (semester commitment)

Grades 9-12 Tue/Thurs 4:30-6:00p

Performances: May 14th, 15th, & 16th

(classes resume after Performances - see full schedule online)

STAGECRAFT/TECH THEATRE

Cost: \$140/mo (semester commitment)

Grades 8-12 Mon/Wed 4:00-6:00p

*Optional Performances (see full schedule online)

DANCE

Cost: \$68/mo (semester commitment)

Students enrolled in THEATRE + DANCE or 2+ DANCE Classes receive a discount.

Performances: May 27th (Spring Spectacular)

LEVEL 3 DANCE CLASSES for Grades 7 - 12

Lvl 3 - Tap 3 Mon 3:15-4:00p

(Gr.7+) Lvl 2/3 - Contemporary Thurs 3:30-4:25p

Lvl 3 - Ballet 3 Fri 4:00-5:00p

Lvl 3 - Hip Hop 3 Fri 5:00-6:00p

Lvl 3 - Musical Theatre/Fri 5:00-6:00p
Jazz

MUSIC

SEE BACK PAGE FOR PRIVATE LESSONS & ALL AGES MUSIC
CLASSES: STRINGS I, STRINGS II, & CHAMBER ENSEMBLE



STARS & STRIKES American MMA
 Submission Wrestling, American Ju-Jitsu, Kick-Boxing
 Serving the Shingletown Community

Location: 28526 CA State Highway 44, Unit #2
Shingletown, CA 96088
Next to Higher Ground Coffee



Current Class Schedule:

Monday:

5:30-6:30pm Kids' Jiu-jitsu & MMA
 6:30-8:00pm Adults' Jiu-jitsu & MMA,
 Fight Camp

Tuesday:

Chair Yoga 3:00-3:45, Yoga 4:00-4:45pm
 5:30-6:30pm Kids' Kick-Boxing & MMA
 6:30-8:00pm Adults' Kick-Boxing & MMA,
 Fight Camp

Wednesday:

TBD...

Thursday:

Chair Yoga 3:00-3:45, Yoga 4:00-4:45pm
 5:30-6:30pm Kids' Kick-Boxing & MMA
 6:30-8:00pm Adults' Kick-Boxing & MMA,
 Fight Camp

Friday:

TBD...

* As attendance increases, we will offer
 classes on Wednesdays and Fridays,
 same times.



**Learn submission wrestling, Jiu-jitsu, Judo
 throws, stand up fighting & self defense.
 A comprehensive, written, and defined
 system, with available belt level
 advancement. Conditioning, weight loss &
 Yoga!**

*Individual and Private instruction available by
 appointment. A "Gi" is the Jiu-jitsu uniform of
 pants, long-sleeve lapel, and a colored belt. (How
 people dress in the winter.) No Gi" means shorts
 and a rash guard t-shirt, or any t-shirt. Basically,
 how people dress in the summer.



STARS & STRIKES American MMA

Submission Wrestling, American Ju-Jitsu, Kick-Boxing

Dojo Fee Schedule

Everyone gets 1 Free Class, of their choice, to try out our gym!

Mat Fee donation \$25.00 one-time, any class, drop-in visit, Kids or Adults.

(no monthly) (Kids = ages 5-17). Kids 15 years and above may attend Adult classes.

1 day per week monthly subscription, any classes (4 total sessions per month), Kids or Adults; Monday-Friday (Saturday Open Mat is not included):

\$75 per month (\$18.75 per class). To attend an additional week class or Saturday Open Mat, we just request a \$20.00 per session, mat fee donation. (for cleaning supplies, gym rent, & maintenance).

2 days per week monthly subscription, any classes (8 total sessions per month, Monday-Friday + 2 Saturday Open Mat included, 10 total possible sessions)

Kids \$115 per month (\$11.50 per class attending all!)

Adults \$130 per month (\$13.00 per class attending all!)

3 days per week monthly subscription (4 days total Saturday Open Mat included)

Kids \$145 per month (16 possible total sessions / \$9.06 per class attending all!)

Adults \$160 per month (16 possible sessions / \$10.00 per class attending all!)

Unlimited: 5 days per week all classes; monthly subscription, Saturday Open Mats, latter evening Mixed Martial Arts Fight Club.

Kids' \$155 per month (Kids 15 yrs. and above for MMA Fight Club)

Adults' \$175 per month

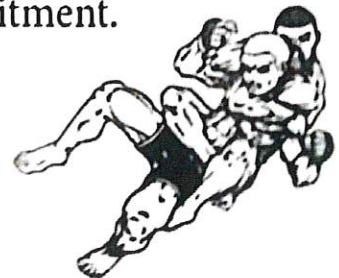
Family Plan: 3 or more people, same family, 3 month commitment.

1 day \$65 each

2 days \$110 each

3 days \$135 each

Unlimited \$145 each



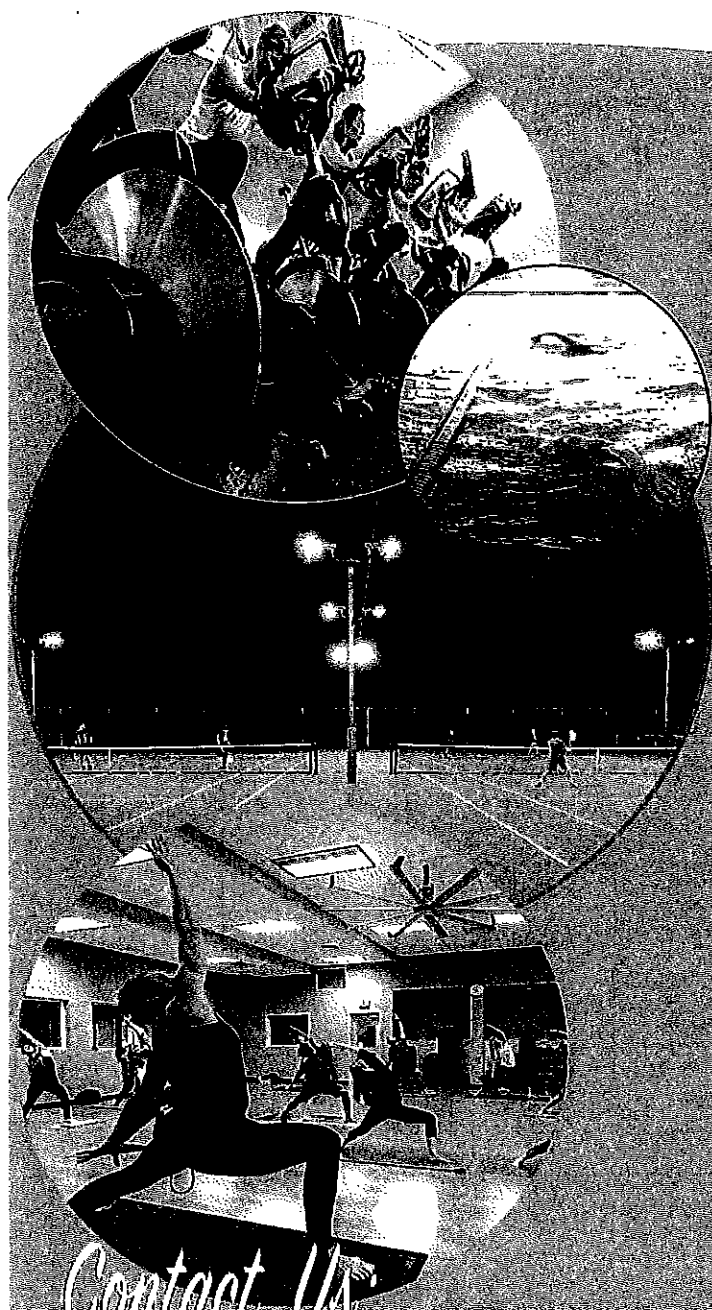
Payment of 3 months in advance, any program = 5% discount, 6 months in advance = 10% discount.

Yoga is a completely different program and is charged separately, as are all special classes or events.

Color belt advancement test \$150 (must pass a very rigid spot check of required ranking techniques for belt level, then you will receive your next belt, congratulations for your study.) Military service and veterans, and currently active law enforcement, first responders, and firefighters 10% discount, always! Thank you for your service excellence! 10% discount max. prices may be subject to change.

SUN OAKS

HEALTH | HOPE | COMMUNITY



Complete Group Fitness Center
Certified Fitness Staff
Group Fitness workouts everyday
One on one Personal Training
Boxing, TRIBE & Small Group Training
Spa Services | Massage & Esthetics
Covered Year Round Pool | Domed/Heated Pool
Sun Oaks Swim School
Complimentary Childcare
Youth Sports Training | Youth Camps
Indoor and Outdoor Basketball
Club Rentals and Birthday Parties
3 Indoor & 6 Outdoor Lighted Tennis Courts
4 Pickleball Courts
Professional Teaching Staff
Competitive and Recreational Youth Programs
Social Activities and Tournaments
Pro Shop with Stringing Services
Tennis Leagues

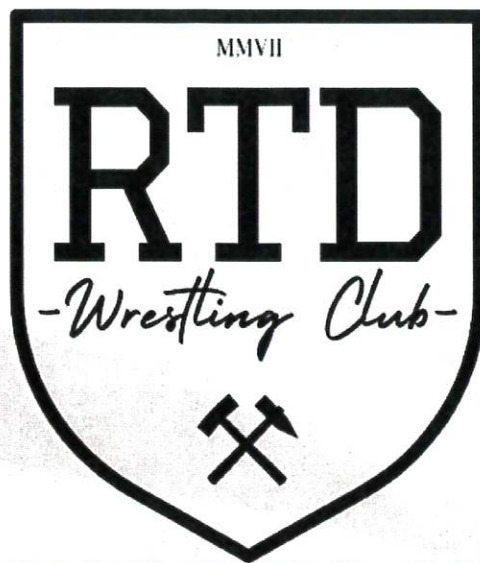
SUN OAKS

3452 Argyle Road Redding, Ca 96002
sunoaks.com

Hours: Monday - Friday 5:00am - 10:00pm
Saturday 8:00am - 6:00pm
Sunday 8:00am - 6:00pm

Contact Us:

(530) 221-4405 | membership@sunoaks.com



Run To Danger

WRESTLING

*Shasta View Academy, Whitmore & Evergreen
Vendor*

**1436 Eureka Way
Redding, CA 96001**

6th-12th: 4-5:30pm Monday thru Thursday

K-5th: 5:30-6:30pm Monday's and Wednesday's

K-8th: 11am-12pm Tuesday's and Thursday's

Cost: \$100/Month

Our wrestling class offers a dynamic blend of technical instruction and character development, designed for students of all skill levels. Divided by age groups, the class begins with step-by-step guidance on foundational and advanced wrestling techniques and concludes with live wrestling.

**Class times may vary during the course of year*

