

South San Francisco Parks and Recreation Department ACTIVITY GUIDE FALL 2016



CONCERT IN THE PARK

September 24th at Orange Memorial Park
12pm-5pm, Free Admission

*Get out in the
Community!*

pg. 48

*Online Registration
begins August 8, 2016!*

Register at www.ssf.net

Dear Community Members,

AS SUMMER COMES TO AN END, our staff has been reflecting on our far-reaching programs and on those who we are fortunate to serve. We want to thank you for your continued support of the Parks and Recreation Department. It's rewarding to see so many enthusiastic residents who participated in childcare programs and camps, recreation classes, sports and aquatics, and senior service programs, attended our special events and public meetings, or those dedicated volunteers who donated countless hours to support our parks and volunteer projects.

The Parks and Recreation Department will continue to be creative and resourceful in providing the highest level of services our residents deserve, and we are hopeful that our programs will continue to meet the needs of residents.

We also wish to extend the opportunity for more feedback from you. Please take a moment to complete our online survey here: <http://www.ssf.net/2330>. By doing so, you will greatly help us improve our services, community parks, and programs.

Sharon Ranals



DEPARTMENT SPOTLIGHT

Friends of Parks and Recreation Award College Scholarship

Earlier this year, the South San Francisco Friends of Parks and Recreation non-profit group sponsored a \$1,000 scholarship through the Chamber of Commerce's annual college scholarship program. The Friends group scored student applications based on outstanding educational achievements and extracurricular work, with preference given to students who were active in the Parks and Recreation field and community service. Many worthy students submitted outstanding applications, with Melinda McMonigle being awarded this fantastic gift. Melinda is a senior at El Camino High School and will be attending UCLA in the fall, where she will study Environmental Science and Policy. Melinda was a past volunteer at the Water Quality Control Plant, where she helped with outreach for environmental programs. More recently, Melinda participated in the Parks and Recreation Department's Youth Government Day Program.

About the Friends of Parks and Recreation

The South San Francisco Friends of Parks and Recreation is a non-profit group of dedicated volunteers who work tirelessly to support recreational programs in our community. Each

year, the Friends volunteer countless hours of their time and raise funds that support summer camp and class scholarships, special events, and program supplies that benefit our residents. Interested in becoming a Friend? Visit their webpage at <http://www.ssf.net/766/> or call (650) 829-3800 for more information.



City Council

Mark N. Addiego, *Mayor*
Pradeep Gupta, Ph.D., *Vice Mayor*
Richard A. Garbarino,
Councilmember
Karyl Matsumoto,
Councilmember
Liza Normandy, *Councilmember*

City Manager

Mike Futrell

Parks & Recreation Commission

Bill Lock, Kristy Camacho, Sean Garrone, Betty Battaglia, Richard Holt, Doug Reynolds, Cynthia Velez

Meets the fourth Thursday of each month at the Municipal Services Building in the Community Room at 7:00pm. The public is invited to attend.

Cultural Arts Commission

Cassandra Woo, James Bertoldi, Lenita Boldenweck, Rena Donati, Paula Claudine Hobson-Coard, Shane Looper, Jessica Madrid Nickle, Amethyst Monce, Jacquelyn Pettinari

Meets the third Thursday of each month at the Municipal Services Building, Betty Weber Room at 6:30pm. The public is invited to attend.

Professional Staff

Sharon Ranals, *Director of Parks and Recreation*
Samantha Haimovitch, *Parks Manager*
Greg Mediati, *Recreation Manager*
Brian Crume, *Facility Manager*
Angela Duldulao, *Management Analyst II*

Parks and Recreation Supervisors

Drew Arzaga, *Parks & Common Greens*
Laura Armanino, *Assistant Supervisor Child Care*
Kelli Jo Cullinan, *Child Care*
Brandon Cutajar, *Parks*
Alex Henry, *Building Maintenance*
Joe Hunziker, *Seniors*
Mike Mulkerrins, *Facilities & Sports*
Lindsay Pinell, *Classes & Aquatics*

Coordinators

Ryan Campagna, *Child Care*
Danele Dixon, *Child Care*
Elisia Espinoza, *Child Care*
Laura Gigi, *Seniors*
Diana Gonzalez, *Child Care*
Kimberly Morrison, *Child Care*

Erin O'Brien, *Classes*
Cristina Rodriguez, *Child Care*
Ercie Santos, *Cultural Arts*
Devin Stenhouse, *Facilities*
Bill Stridbeck, *Sports*

Administrative Support

Janice Hill, Susan Filereto, Marie Patea, Cristina Simmons

Administrative Offices

Municipal Services Building
33 Arroyo Drive
(650) 829-3800
Hours: M-F 8:00am - 5:00pm

Magnolia Recreation Center

601 Grand Ave
(650) 829-3820

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Westborough Recreation Building

2380 Galway Drive
(650) 875-6981

Joseph A. Fernekes Recreation Building

Orange Memorial Park
781 Tennis Drive
(650) 875-6900
Office Hours: M-F
8:00am - 5:00pm

Orange Pool

1 West Orange Avenue (Corner of Orange Avenue and Tennis Drive)
(650) 875-6973
Office Hours: M-F
8:00am - 5:00pm

Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Center

Magnolia 601 Grand Avenue
(650) 829-3820
Adult Day Care 601 Grand Avenue
(650) 829-3824

Pre-Schools

Siebecker Center
510 Elm Court
(650) 875-6979
Westborough Pre-School
(Westborough & Galway)
(650) 875-6980 and
(650) 875-6998

Little Steps

520 Tamarack Lane
(650) 877-8540

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Programs September–December 2016

Brochure Printed July 2016

After School Recreation Programs

Monte Verde Elementary School
2551 St. Cloud Drive, San Bruno
(650) 742-0613

Ponderosa Elementary School
295 Ponderosa Road
(650) 873-1096

Spruce Elementary School
501 Spruce Avenue
(650) 873-0924

Buri Buri Elementary School
120 El Campo Drive
(650) 208-1305

REAL Program – Los Cerritos Elementary School
201 W. Orange Avenue
(650) 875-6906

REAL Program – Martin Elementary School
35 School Street
(650) 875-6905

Parks and Facilities Administration

Corporation Yard
550 North Canal Street
(650) 829-3837

SOUTH SAN FRANCISCO FRIENDS OF PARKS AND RECREATION

Chair: John Sanna
Treasurer: Bill Lock
Secretary: Judy Bush
Directors: Jeannette Holt,
Richard Holt, Marie Patea

Brochure Subscription

Would you like to have the brochure delivered direct to your home by first-class mail? Cost is \$5.00/per year. Use registration form, barcode #ADBS-901

PRESCHOOL

LICENSED PRESCHOOLS:

Little Steps Preschool,
Siebecker Preschool, and
Westborough Preschool

The South San Francisco Preschool curriculum provides a learning environment and experiences that help young children develop socially, intellectually, physically and emotionally. Our program is play-based and is characterized by a predictable structure, providing children with a dependable routine. We believe that children learn through play. What may seem like simple child's play to us is actually a laboratory of work to a child. Through play, children act out life. They experiment with relationships, learn the difference between imagination and real life, practice communication skills, and begin to build social structures. Play is an integral part of a child's life. Play based learning does not mean that the children just do what they like all day. There will be times when the children come together as a group where they will learn to listen to each other, share information, follow rules and partake in group activities. Play based activities don't replace intentional teaching, rather complement and enhance it! Open ended play based learning focuses on the process not the product. It is the learning that is taking place that is the all important factor.

Our program assesses children's current levels and progress using the Desired Results Developmental Profile (DRDP), Ages and Stages Questionnaire and Ages and Sates Questionnaire Social Emotional (ASQ and ASQ-SE). The DRDP for children encompass the four developmental domains, i.e., cognitive, social-emotional, language, and physical development, which are reflected and integrated throughout the indicators, measures, and examples of the measures. The ASQ and ASQ-SE are developmental and social-emotional screening for children from one month to 5 ½ years. Highly reliable and valid, it looks at strengths and trouble spots, educates parents about developmental milestones, and incorporates parents' expert knowledge about their children. It is especially helpful to identify developmental delays, and addresses five development areas: communication, gross motor, fine motor, problem solving, and personal-social.

To be eligible for Westborough and Siebecker Preschool, children must be between 2 ½ and 5 years old and be fully toilet trained. To be eligible for Little Steps Preschool children must be between 3 and 5 years old and be fully toilet trained. Preschool is a year-round licensed program that runs Monday-Friday 7:30am to 6pm. There are three preschools, Siebecker Preschool is located at 510 Elm Court, (650) 875-6979, Facility #410509769 and Westborough Preschool is located at 2380 Galway, (650)875-6980, Facility #410517397. Our new preschool Little Steps is

located at 520 Tamarack Lane, (650) 877-8545, Facility #414004145. Little Steps is a Big Lift grant funded preschool. Enrollment is full time only and based on family size and gross monthly income.

Our goal as teachers is to provide a safe, nurturing environment with many developmentally appropriate activities and opportunities for children to creatively explore and learn through play. We are experienced and trained in the areas of Early Childhood Education, First Aid and CPR.

For more information please email **Diana Gonzalez**, Preschool Coordinator, at diana.gonzalez@ssf.net or call (650) 875-6900.

To schedule a tour you may call the school directly for an appointment. A waiting list/brochure is available to print online at www.ssf.net. Currently there is a 3-4 year wait list for our schools. Being on the waiting list does not guarantee a spot in the program.

REGISTRATION FEE:

A \$60.00 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$25.00 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. The current waiting list is approximately 3-4 years.

BILLING POLICIES:

Siblings with a Full time schedule receive a 15% discount on combined monthly fees.

FULL DAY FEE: (Over 4 hrs. per day)*

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$599.00/month	\$672.00/month
3 DAYS	\$370.00/month	\$416.00/month
2 DAYS	\$257.00/month	\$288.00/month

PART-TIME FEE: (Under 4 hrs. per day; half day 8:30am-12:30pm)*

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$525.00/month	\$588.00/month
3 DAYS	\$325.00/month	\$364.00/month
2 DAYS	\$225.00/month	\$252.00/month

**Fees subject to change.*

Little Steps Preschool fees are a sliding scale based on family size and gross monthly income.

LICENSED AFTER SCHOOL RECREATION PROGRAMS:

Buri Buri School, Monte Verde School, Ponderosa School, and Spruce School

The South San Francisco Licensed After School Recreation Program is designed for children actively enrolled in Kindergarten through 5th Grade in the SSFUSD school site where the licensed program operates. The After School Recreation Programs are licensed through the Department of Social Services, Community Care Licensing. Our Programs operate in accordance with the South San Francisco Unified School District Days of operation calendar. The program is offered Monday through Friday from 7:30am to 6:00pm.

Each program is designed as an expanded learning program to meet the academic, emotional, physical, and social needs and interests of the children enrolled. The program provides some academic support, recreation activities, and cultural enrichment through a play-based curriculum. Many of the activities planned for the children enrolled meet the CORE curriculum standards as we actively partner with the schools to ensure the children are on a pathway to a successful academic career.

Our goal as site coordinators, after school teachers, and recreation leaders is to provide a safe, nurturing environment with plenty of academic challenges as children explore and learn through play. Our goal is to encourage and develop each child's self-esteem, social skills and academic skills so they can continue to grow and meet the challenges of today's world. The site coordinators, teachers and recreation leaders are experienced and trained in the areas of recreation, education, child development, supervision, first aid and CPR as well as meet the State qualifications for their positions.

For more information and an application, contact:

Kelli Jo Cullinan,
Recreation and Community Services Supervisor
(650) 875-6950 or e-mail kelli.cullinan@ssf.net

LOCATIONS:

Buri Buri Elementary School (208-1305)
120 El Campo Drive
License #414002856

Monte Verde Elementary School (742-0613)
2551 St. Cloud Drive
License #410518963

Ponderosa Elementary School (873-1096)
295 Ponderosa Road
License #410519011

Spruce Elementary School (873-0924)
501 Spruce Avenue
License #410519010

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

Days: Monday through Friday
Time: 7:30am – Morning Bell
Release Bell – 6:00pm
Ages: Kindergarten-5th grade

REGISTRATION FEE:

A \$60.00 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A new waitlist is established each May for the upcoming school year. A non-refundable fee of \$25.00 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

Tuition is based on days of operation divided into ten tuition payments. The first and last tuition payment is the month of program each year. The last tuition installment is not refundable, nor can it be used for your last month of attendance if you leave the program before the end of the school year.

# DAYS PER WEEK	BEFORE SCHOOL & AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$396.00/month	\$342.00/month
3 DAYS	\$270.00/month	\$234.00/month
2 DAYS	\$180.00/month	\$156.00/month

PRESCHOOL AGE CLASSES

Art Adventures with Parent & Me

Age: 24M - 4Y

Instructor: Nita Moreno

Location: Terrabay - Iris Room

Come explore three art stations where process rather than product is emphasized. Children have the freedom to explore age appropriate art materials. Wear your 'grubbies', making a mess is part of the creative process! Parent/Caregiver participation is required. A \$20 supply fee is payable to the instructor on the first day of class. Nita Moreno is an artist and has been teaching for 18 years.

No class: 11/24

Classes: 10 Fee: \$46.00(R)/\$61.00(N)

COURSE #	DAY	DATE	TIME
162840	Tu	Sep 20-Nov 22	9:00AM-10:00AM
162841	Tu	Sep 20-Nov 22	10:30AM-11:30AM
162839	Th	Sep 20-Dec 01	9:00AM-10:00AM
162842	Th	Sep 20-Dec 01	10:30AM-11:30AM

Gym Daddy by Monica Ehlers; A Class for All Caregivers

Age: 2 ½ Y - 6Y

Instructor: Monica Ehlers

Location: Terrabay - Gym

Join us for this Saturday-morning fitness class where EVERYONE GETS A WORKOUT. This class is the same as the trademarked fitness course 'Moms Gym by Monica Ehlers.' Adults and children play games that establish and encourage basic sports skills for the little ones while adults work up a sweat. In addition to running around with their kids, adults will perform athletic drills, interval and core training. Cost covers one adult and up to two children. Anyone who comes to class should be dressed to work out. Bring a mat and water for you and your child/ren. Moms and caregivers are welcomed to sign up, too!

No class: 11/12, 11/26

Classes: 12 Fee: \$70.00(R)/\$85.00(N)

COURSE #	DAY	DATE	TIME
162758	Sat	Sep 17-Dec 17	10:00AM-10:50AM

Kinder Class

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Westborough - Small Activity Room

New Location! Young children will participate in a variety of fun and engaging activities that will help prepare them for kindergarten. Activities will include skill building in number and letter recognition, arts and crafts and circle time. Children must be 3 years old and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. Children can only be enrolled for one class session. Joanne has been teaching Early Childhood Education for over 20 years. Angela Calestrini will assist. Not a parent participation class.

No Class: 10/10

Classes: 27 Fee: \$189.00(R)/\$204.00(N)

COURSE #	DAY	DATE	TIME
162964	M/W	Sep 12-Dec 14	9:00AM-10:30AM
162963	M/W	Sep 12-Dec 14	11:00AM-12:30PM

Kinder Tots

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Westborough - Small Activity Room

New Location! This is a great class for first time pre-schoolers! Children will participate in fun and engaging activities including; letters, numbers, colors and shape recognition, as well as arts & crafts and games & movement. Not a parent participation class in order to encourage independence. Children must be 3 years old and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. This is not a parent participation class. Angela Calestrini will assist.

No class: 11/24

Classes: 23 Fee: \$161.00(R)/\$176.00(N)

COURSE #	DAY	DATE+TIME	FEE
162965	Tu/Th	Sep 13-Dec 01	9:00AM-10:30AM



PRESCHOOL AGE CLASSES

Kindergarten Readiness

Age: 4Y- 5Y

Instructor: Raquel Ledesma

Location: MSB - Marie Peterson

We will work on getting your child ready for school through written worksheets, verbal exercises, arts and crafts projects, and music and dance. Your child will be working on letter recognition, beginning phonics, numbers, colors and shapes. Snack provided. Notify instructor of any allergies on the first day of class. This is not a parent participation class. Children must be entering Kindergarten by Fall 2017. Raquel Ledesma is a former Junior kindergarten teacher with over 10 years of teaching Pre-K. Please pack a light lunch with no peanut products. Susan Chau will assist. Please bring a \$20 supply fee payable to the instructor at the first class.

No class: 10/18, 10/20, 11/3, 11/15, 11/17, 11/24

Classes: 22 Fee: \$347.00(R)/\$362.00(N)

COURSE #	DAY	DATE	TIME
162807	Tu/Th	Sep 13-Dec 15	10:00AM-1:00PM

No class: 9/26, 10/10, 10/17, 10/19, 10/21, 11/4, 11/11, 11/14, 11/16, 11/18, 11/25

Classes: 30 Fee: \$473.00(R)/\$488.00(N)

COURSE #	DAY	DATE	TIME
162806	M/W/F	Sep 14-Dec 16	10:00AM-1:00PM

Music Time with Theresa

Age: 1M - 4Y

Instructor: Theresa Ames

Location: Terrabay - Poppy Room

Come have fun with your child! Parents or caregivers participate in learning fun chants, songs, movement and rhythms. We'll use scarves, parachute, shakers and more to play/learn this movement oriented approach to music. Bang, shake, wiggle and stomp to a variety of music! This is a parent participation class. Theresa is a member of the Children's Music Network and is a certified Music Together teacher.

No class: 10/10

Classes: 10 Fee: \$48.00(R)/\$63.00(N)

COURSE #	DAY	DATE	TIME
162998	Mon	Sep 12-Nov 21	9:15AM-10:00AM
162999	Mon	Sep 12-Nov 21	10:15AM-11:00AM
163000	Th	Sep 15-Nov 17	9:15AM-10:00AM
162997	Th	Sep 15-Nov 17	10:15AM-11:00AM

Parent & Me - Make and Take

Age: All Ages

Instructor: Raquel Ledesma

Location: MSB - Marie Peterson

Come join us for an afternoon of making fun and chemical free products for you and your child! Learn how essential oils can be beneficial for you and your families health and wellness. We will be making: playdough, room freshener, bedtime spray, focus/homework helper, and hand sanitizer. Class supply fee is \$15 per parent/guardian and child, and additional \$5 per additional child is payable to the instructor at the start of class.

Classes: 1 Fee: \$10.00

COURSE #	DAY	DATE	TIME
163165	Wed	Oct 05	1:30PM-2:20PM

Pre-School Fun

Age: 36M - 48M

Instructor: Raquel Ledesma

Location: MSB - Marie Peterson

Your child will have a great time exploring a variety of activities including puzzles, playdough, art, manipulative, stories, songs and more! They will socialize with their peers in a pre-school setting while taking another step towards independence away from parents and families. Snack will be provided. Children must be potty trained - no pullups please. A \$10 supply fee is payable to the instructor at the first class. Pre-School Fun cannot be taken concurrently with Kinder Ready classes. Susan Chau will assist.

No class: 9/26, 10/10, 10/17, 10/19, 10/21, 11/4, 11/11, 11/14, 11/16, 11/18, 11/25

Classes: 30 Fee: \$155.00(R)/\$170.00(N)

COURSE #	DAY	DATE	TIME
162808	M/W/F	Sep 14-Dec 16	8:45AM-9:45AM



PRESCHOOL AGE CLASSES

Pre-Shinkyu Shotokan Karate - Level I/ Beginners

Age: 4Y - 7Y

Instructor: Sue Miller

Location: Westborough - Multi-Use Room

An introduction to the discipline of karate in a fun and positive environment. Focus on hand and eye coordination, body awareness, following instructions and social interaction. This training, with enough practice, can build confidence and concentration. Level I students learn commands in Japanese and get familiar with exercises, kicks and blocks. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 - 4 sessions). Karate Gi (uniform) may be purchased from instructors. Parents are advised to stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 7th degree black belt with Sensei Leroy Rodrigues (Shinkyu Shotokan). Jason Leung will assist and has 12 yrs training w/Shinkyu Shotokan and is a 4th degree black belt.

No class: 10/22, 11/26

Classes: 12 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
162946	Sat	Sep 17-Dec 17	8:30AM-9:15AM
162947	Sat	Sep 17-Dec 17	9:30AM-10:15AM

Pre-Shinkyu Shotokan Karate - Level II/Colored Belts

Age: 4Y - 7Y

Instructor: Sue Miller

Location: Westborough - Multi-Use Room

For Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. Need instructor approval to enroll. Jason Leung will assist.

No class: 10/22, 11/8, 11/26

Lev II White/beginner

Classes: 24 Fee: \$69.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
162949	Sa/Tu	Sep 17-Dec 17	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)

Lev II Color Yellow and Up

Classes: 24 Fee: \$127.00(R)/\$142.00(N)

COURSE #	DAY	DATE	TIME
162948	Sa/Tu	Sep 17-Dec 17	10:30AM-12:00AM (Sa) 6:00PM-7:15PM (Tu)

Soccer Tots Level I

Age: 2Y - 3Y

Instructor: Guillermo Belisto

Location: Terrabay-Gymnasium

Soccer Tots I is a parent participation class designed for children 2-3 years of age. This course is designed to develop motor skills, promote physical fitness, and self-confidence while also focusing on providing a fun, noncompetitive environment for soccer based fun and games. Instructor, Guillermo Belisto, has over 20 years of experience instructing various levels of soccer and physical training. Regular athletic shoes (no cleats) are required. Shinguards are optional.

Classes: 8 Fee: \$33.00(R)/\$48.00(N)

COURSE #	DAY	DATE	TIME
162869	M/W	Sep 12-Oct 05	9:00AM-9:45AM
Session I			
162870	M/W	Oct 17-Nov 09	9:00AM-9:45AM
Session II			
162871	M/W	Nov 21-Dec 14	9:00AM-9:45AM
Session III			

Soccer Tots Level II

Age: 3 ½ Y - 5Y

Instructor: Guillermo Belisto

Location: Terrabay-Gymnasium

Soccer Tots II is a parent participation class designed for children 3 ½ -5 years of age. This course is designed to develop motor skills, promote physical fitness, and self-confidence while also focusing on providing a fun, noncompetitive environment for soccer based fun and games. Instructor, Guillermo Belisto, has over 20 years of experience instructing various levels of soccer and physical training. Regular athletic shoes (no cleats) are required. Shinguards are optional.

Classes: 8 Fee: \$33.00(R)/\$48.00(N)

COURSE #	DAY	DATE	TIME
162873	M/W	Sep 12-Oct 05	10:00AM-10:45AM
Session I			
162872	M/W	Oct 17-Nov 09	10:00AM-10:45AM
Session II			
162874	M/W	Nov 21-Dec 14	10:00AM-10:45AM
Session III			

Toddlergarten

Age: 18M - 3Y

Instructor: Raquel Ledesma

Location: MSB - Marie Peterson

This class is designed to provide the growing infant to toddler with a chance to experience various toys, games, and work on their social skills; such as, sharing, listening, making friends, and taking turns. This is a parent participation class. Susan Chau will assist.

No class: 10/18, 10/20, 11/3, 11/15, 11/17, 11/24

Classes: 22 Fee: \$65.00(R)/\$80.00(N)

COURSE #	DAY	DATE	TIME
162809	Tu/Th	Sep 13-Dec 15	8:45AM-9:45AM

YOUTH CLASSES

Aikido-Youth

Age: 7Y-13Y

Instructor: Sue Gorte

Location: Aikido Assoc. - Studio

Aikido teaches smooth, balanced and relaxed movement. It is excellent physical exercise and an effective self-defense. Classes are taught in a formal setting with the discipline and etiquette that reflects traditional Japanese martial arts. Aikido Association is located at 1405 Huntington Ave., Unit B, So. San Francisco. For information, please call (650) 393-3872 or email webmaster@higirikan.org
No class: 11/24

Classes: 8 Fee: \$70.00(R)/\$85.00(N)

COURSE #	DAY	DATE	TIME
162936	Tu/Th	Sep 13-Oct 06	6:00PM-7:00PM
Session I			
162937	Tu/Th	Oct 11-Nov 03	6:00PM-7:00PM
Session II			
162938	Tu/Th	Nov 08-Dec 06	6:00PM-7:00PM
Session III			

Animated Films and Art

Age: 5Y-8Y

Instructor: Rebecca Gigi

Location: MSB - Belloni Room

This fun and exciting art program will engage your child's artistic abilities that include painting, drawing, sculpture, and crafts through projects inspired by some of their favorite animated films like Frozen, Despicable Me, Toy Story and more! Students enrolled must have completed Kindergarten. Rebecca worked for the Recreation Department's Childcare division for six years at both the After-School and Summer Camp programs. She is currently obtaining her Master's in Communication Studies at San Francisco State University, as well as teaching an Introduction to Public Speaking class to incoming freshmen. Students enrolled must have completed Kindergarten. A \$10.00 supply fee is due to the instructor at the first class.

No class: 10/10

Classes: 6 Fee: \$46.00(R)/\$61.00(N)

COURSE #	DAY	DATE	TIME
162792	Mon	Sep 12-Oct 24	3:30PM-4:30PM

Art Adventures

Age: 5Y-12Y

Instructor: Nita Moreno

Location: Terrabay - Iris Room

Using paints, pastels, clay and many other materials, your child will experience a comprehensive art program that includes painting, drawing, and sculpture. Artistic skills, concepts and art history will be taught in this fun-filled class! A \$20.00 supply fee is payable to the instructor at the first class.

No class: 11/24

Art Adventures (cont.)

Classes: 10 Fee: \$77.00(R)/\$92.00(N)

COURSE #	DAY	DATE	TIME
162843	Tu	Sep 20-Nov 22	4:00PM-5:00PM
162846	Th	Sep 22-Dec 01	3:30PM-4:30PM

Cooking Classes with Lisa Chan - Chocolate and Candy Making for Kids

Age: 15Y and up

Instructor: Lisa Chan

Location: MSB - Large Kitchen

Chef Lisa Chan is a graduate of California Culinary Academy Le Cordon Bleu. Chef Lisa is also the owner of Delights by Lisa. In this class, you will learn the beginning basics to make chocolate candy using piping bags molds and cutters. You will make colored designs and decorate with chocolate in different shapes and make candy such as rocky road and peppermint bark. A \$12.00 fee is payable to the instructor at the beginning of the first class.

Classes: 2 Fee: \$21.00(R) /\$36.00(N)

COURSE #	DAY	DATE	TIME
163238	Tu	Sep 13-Sep 20	4:00PM-6:00PM

Drawing Adventures for Kids

Age: 9Y - 12Y

Instructor: Nita Moreno

Location: Terrabay - Iris Room

Your child will have a fun-filled time focused on creativity while they learn different techniques, skills, and tools using both the classical and creative approaches to drawing and painting. Students will learn perspective portraiture and still-life. Students will work with charcoals and paints. A \$20 material fee is payable to the instructor on the first day of class. Taught by professional artist Juanita Moreno, BFA.
No class: 11/24

Classes: 10 Fee: \$77.00(R)/\$92.00(N)

COURSE #	DAY	DATE	TIME
162847	Tu	Sep 20-Nov 22	5:00PM-6:00PM
162850	Th	Sep 22-Dec 01	4:30PM-5:30PM



YOUTH CLASSES

Golf for Juniors

Age: 7Y – 17Y

Instructor: Tommy Kim

Location: Cypress Golf Learning Center

The Cypress Golf Learning Center (2001 Hillside Blvd., Colma).

This class offers golf instruction for juniors with little or no experience. Etiquette, stance, grip, putting, chipping and full swing will be taught. Special junior-size golf clubs will be provided. Students will purchase golf balls at the range for both first and third class of each session (\$6.00 or \$9.00 bucket). There will be no makeup classes. It is the students responsibility to be present and on time for class.

Classes: 4 Fee: \$160.00(R)/\$175.00(N)

COURSE #	DAY	DATE	TIME
162955 Session I	Sat	Sep 10–Oct 01	10:00AM–11:00AM
162956 Session II	Sat	Oct 08–Oct 29	10:00AM–11:00AM
162957 Session III	Sat	Nov 05–Nov 26	10:00AM–11:00AM
162958 Session IV	Sat	Dec 03–Dec 24	10:00AM–11:00AM

Kenpo-Eskrima for Children

Age: 5Y – 12Y

Instructor: Romeo Agloro, Jr.

Location: Westborough - Activity Room

Created by the class' instructor, Kenpo-Eskrima is a seamless blend of combat-proven techniques from the Chinese and Filipino fighting arts. A complete personal defense system, this method teaches the use of empty hands, cane, knife or any improvised weapon in a simple, effective system for unarmed and armed conflicts that is applicable in today's situations. The class includes meditation, cardio & strengthening warm-ups, and practical applications practice. Historical and cultural aspects of the art are also covered. Class uniform and training supplies may be purchased from instructor on first day of class. Romeo Agloro Jr. is ranked as Grandmaster in Kenpo, Guro in Eskrima and Sifu in Northern Style Kung-Fu. He began teaching in 1981. He is assisted by Jacy Criwsell, 3rd degree Black Belt.

No class: 10/10, 10/31, 11/7, 11/23

Classes: 24 Fee: \$100.00(R)/\$115.00(N)

COURSE #	DAY	DATE	TIME
162946	M/W	Sep 12–Dec 14	6:00PM–7:00PM



Shinkyu Shotokan Karate – Youth

Age: 8Y – 11Y

Instructor: Sue Miller

Location: Fernekes Building – Orange Park

Although self-defense may be the primary reason for taking up karate, this training has much more to offer. A young child can develop self-confidence, concentration, perseverance, good sportsmanship, a respectful attitude, good health along with techniques of self-defense. Parents can stay for first and last classes only. Students will learn commands in Japanese, become familiar with exercises, blocks, kicks and more. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 – 4 sessions). Karate Gi (uniform) is required and may be purchased from instructors. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 7th degree black belt.

No class: 10/10, 10/31, 11/23

Level I Beginners Yellow and Blue 1

Classes: 25 Fee: \$80.00(R)/\$95.00(N)

COURSE #	DAY	DATE	TIME
162950	M/W	Sep 12–Dec 14	5:00PM–6:00PM

Lev II Blue 2nd and Green 1st

Classes: 25 Fee: \$80.00(R)/\$95.00(N)

COURSE #	DAY	DATE	TIME
162951	M/W	Sep 12–Dec 14	6:00PM–7:00PM

Lev III – Green 2nd and Purple on up

Classes: 25 Fee: \$120.00(R)/\$135.00(N)

COURSE #	DAY	DATE	TIME
162952	M/W	Sep 12–Dec 14	6:00PM–7:30PM

Writing Workshop for Kids

Age: 7Y – 9Y (Session A)

Age: 10Y – 13Y (Session B)

Instructor: Griselda Huete

Location: MSB – Belloni Room

Through our themed writing exercises with a focus on improving their sentence structure, students will strengthen their writing skills. Students will write, revise, and edit their writing and receive both peer and teacher feedback. A \$10 supply fee is payable to the instructor at the first class. Griselda Huete has a Bilingual teaching credential. She currently teaches with SMFCSD, and previously worked with SFUSD.

No class: 10/7, 10/21, 11/11, 11/25

Classes: 8 Fee: \$35.00(R)/\$50.00(N)

COURSE #	DAY	DATE	TIME
162861 Session A	Fri	Sep 23–Dec 09	4:00PM–5:00PM
162862 Session B	M/W	Sep 23–Dec 09	5:15PM–6:15PM

DANCE CLASSES

South San Francisco Civic Ballet
 Maria Spremich, Artistic Director
 Kristen Quok, Instructor

Pre Ballet (Girls and Boys)

Age: 5 ½ Y – 7Y

Instructors: Maria Spremich & Kristen Quok

Location: Butterfly Dance Studio

A basic introduction to classical ballet for the very young student with emphasis on the discovery and development of motor coordination, flexibility, expressiveness and musicality. Class attire: Girls: Light pink plain leotard, light pink tights and pink leather ballet slippers are required for all classes. No tutus, ruffles, or skirts please! Hair must be tied back and secured off face and neck. Boys: White T-shirt, black shorts, white socks and white or black ballet slippers. Maria Spremich was a professional dancer with the Lines Ballet and formerly a staff instructor for the SF Conservatory of Ballet and has been teaching ballet classes for the Rec Dept. for over 25 years. Kristen Quok has a Masters in Dance from Stanford Univ. and has been teaching for 15+ years. Classes the week of 9/12-9/17 will be held in the Dance Studio. No class: (Fri - 11/11, 11/25) (Sat - 10/22, 11/26)

Level A – New Beginner Instructor: M. Spremich
 Classes: 10 Fee: \$51.00(R)/\$66.00(N)

COURSE #	DAY	DATE	TIME
163240	Fri	Sep 16-Dec 02	3:15PM-4:00PM

Level B Instructor: K. Quok
 Classes: 10 Fee: \$51.00(R)/\$66.00(N)

COURSE #	DAY	DATE	TIME
163239	Sat	Sep 17-Dec 03	10:15AM-11:00AM

Level C – Continuing Instructor: M. Spremich
 Classes: 12 Fee: \$68.00(R)/\$83.00(N)

COURSE #	DAY	DATE	TIME
163241	Wed	Sep 14-Nov 30	3:30PM-4:20PM

Ballet (Girls and Boys)

Age: 7 Y – 18 Y

Instructors: Maria Spremich & Kristen Quok

Location: (see below)

Instructors: Maria Spremich & Kristen Quok

Classical ballet technique from beginning (Intro) to advanced (9/10) levels. For Girls: Plain black leotard, (no attached skirts) light pink tights and pink leather ballet slippers ('Capezio' or 'Bloch' brand) are required for all classes. Shoulder length hair or longer must be tied back and up away from face in a "ballet bun." For Boys: White T-shirt, black shorts, white socks and white ballet slippers. Please note Pre-requisites. New students in Basic thru Level 10, please contact instructor for class placement. Parents may observe first and last class of session only.

Introduction Instructor: K. Quok

Classes: 11 Fee: \$56.00(R)/\$71.00(N) Age: 7Y – 11Y

COURSE #	DAY	DATE	TIME
163243	Wed	Sep 21-Nov 30	5:30PM-6:15PM

MSB – Dance Studio

Basic 1 Instructor: K. Quok

Classes: 10 Fee: \$56.00(R)/\$71.00(N) Age: 6Y – 11Y

COURSE #	DAY	DATE	TIME
163267	Th	Sep 15-Dec 01	4:30PM-5:20PM

MSB – Dance Studio No Class: 10/20, 11/24

Basic 2 Instructor: K. Quok

Classes: 10 Fee: \$56.00(R)/\$71.00(N) Age: 7Y – 11Y

COURSE #	DAY	DATE	TIME
163246	Th	Sep 15-Dec 01	3:30PM-4:20PM

MSB – Dance Studio No Class: 10/20, 11/24

Level 1A Instructor: M. Spremich

Classes: 11 Fee: \$62.00(R)/\$77.00(N) Age: 7Y – 11Y

COURSE #	DAY	DATE	TIME
163244	Mon	Sep 12-Nov 28	3:45PM-4:35PM

MSB – Butterfly Dance Studio No Class: 10/10

Level 1B Instructor: M. Spremich

Classes: 11 Fee: \$62.00(R)/\$77.00(N) Age: 7Y – 11Y

COURSE #	DAY	DATE	TIME
163245	Th	Sep 15-Dec 01	3:45PM-4:35PM

MSB – Butterfly Dance Studio No Class: 11/24

Level 2A Instructor: K. Quok

Classes: 11 Fee: \$75.00(R)/\$90.00(N) Age: 7Y – 12Y

COURSE #	DAY	DATE	TIME
163247	Wed	Sep 21-Nov 30	4:30PM-5:30PM

MSB – Dance Studio

Level 2B Instructor: M. Spremich

Classes: 11 Fee: \$68.00(R)/\$83.00(N) Age: 7Y – 12Y

COURSE #	DAY	DATE	TIME
163248	Mon	Sep 12-Nov 28	4:45PM-5:40PM

MSB – Butterfly Dance Studio No Class: 10/10

Level 3A Instructor: K. Quok

Classes: 11 Fee: \$75.00(R)/\$90.00(N) Age: 7Y – 12Y

COURSE #	DAY	DATE	TIME
163249	Wed	Sep 21-Nov 30	3:30PM-4:30PM

MSB – Dance Studio

Level 3B Instructor: K. Quok

Classes: 10 Fee: \$68.00(R)/\$83.00(N) Age: 7Y – 12Y

COURSE #	DAY	DATE	TIME
163250	Sat	Sep 17-Dec 03	11:15AM-12:15PM

MSB – Butterfly Dance Studio No Class: 10/22, 11/26

Level 3C Instructor: M. Spremich

Classes: 12 Fee: \$81.00(R)/\$96.00(N) Age: 7Y – 12Y

COURSE #	DAY	DATE	TIME
163254	Tu	Sep 13-Nov 29	3:45PM-4:45PM

MSB – Butterfly Dance Studio

Level 4A Instructor: M. Spremich

Classes: 12 Fee: \$102.00(R)/\$117.00(N) Age: 8Y – 12Y

COURSE #	DAY	DATE	TIME
163251	Wed	Sep 14-Nov 30	4:30PM-5:45PM

MSB – Butterfly Dance Studio

YOUTH CLASSES

Ballet (cont.)

Level 4B Instructor: K. Quok
Classes: 10 Fee: \$85.00(R)/\$100.00(N) Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
163252	Sat	Sep 17-Dec 03	9:00AM-10:15AM

MSB - Butterfly Dance Studio No Class: 10/22, 11/26

Level 5 Pre-Pointe 1 Instructor: M. Spremich
Classes: 10 Fee: \$85.00(R)/\$100.00(N) Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
163253	Fri	Sep 16-Dec 02	6:45PM-8:00PM

MSB - Butterfly Dance Studio No Class: 11/11, 11/25

Level 5 Pointe 1 Instructor: M. Spremich
Classes: 12 Fee: \$102.00(R)/\$117.00(N) Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
163264	Tu	Sep 13-Nov 29	4:45PM-6:00PM

MSB - Butterfly Dance Studio

Level 6 Instructor: M. Spremich
Classes: 11 Fee: \$93.00(R)/\$108.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163265	Thu	Sep 15-Dec 01	4:45PM-6:00PM

MSB - Butterfly Dance Studio No Class: 11/24

Level 6 Pointe 2 Instructor: M. Spremich
Classes: 12 Fee: \$95.00(R)/\$110.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163255	Tu	Sep 13-Nov 29	6:00PM-7:10PM

MSB - Butterfly Dance Studio

Level 7 Instructor: M. Spremich
Classes: 10 Fee: \$85.00(R)/\$100.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163257	Fri	Sep 16-Dec 02	4:00PM-5:15PM

MSB - Butterfly Dance Studio No Class: 11/11, 11/25

Level 7/8 Instructor: M. Spremich
Classes: 11 Fee: \$93.00(R)/\$108.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163256	Mon	Sep 12-Nov 28	5:45PM-7:00PM

MSB - Butterfly Dance Studio No Class: 10/10

Level 7/8 Pointe 3 & 4 Instructor: M. Spremich
Classes: 12 Fee: \$102.00(R)/\$117.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163258	Wed	Sep 14-Nov 30	5:45PM-7:00PM

MSB - Butterfly Dance Studio

Level 7 Combo Instructor: M. Spremich
Classes: 33 Fee: \$223.00(R)/\$238.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163259	Mon	Sep 12-Dec 02	5:45PM-7:00PM
	Wed	Sep 12-Dec 02	5:45PM-7:00PM
	Fri	Sep 12-Dec 02	4:00PM-5:15PM

MSB - Butterfly Dance Studio No Class: 10/10, 11/11, 11/25

Level 8 Combo Instructor: M. Spremich
Classes: 33 Fee: \$223.00(R)/\$238.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163260	Mon	Sep 12-Dec 02	5:45PM-7:00PM
	Wed	Sep 12-Dec 02	5:45PM-7:00PM
	Fri	Sep 12-Dec 02	5:15PM-6:45PM

MSB - Butterfly Dance Studio No Class: 10/10, 11/11, 11/25

Level 8/9 & 10 Instructor: M. Spremich
Classes: 10 Fee: \$102.00(R)/\$117.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163261	Fri	Sep 16-Dec 02	5:15PM-6:45PM

MSB - Butterfly Dance Studio No Class: 11/11, 11/25

Level 9/10 Instructor: M. Spremich
Classes: 11 Fee: \$112.00(R)/\$127.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163262	Mon	Sep 12-Nov 28	7:00PM-8:30PM

MSB - Butterfly Dance Studio No Class: 10/10

Level 9/10 Pointe 5 Instructor: M. Spremich
Classes: 12 Fee: \$122.00(R)/\$137.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163263	Wed	Sep 14-Nov 30	7:00PM-8:30PM

MSB - Butterfly Dance Studio

Level 9/10 Combo Instructor: M. Spremich
Classes: 33 Fee: \$268.00(R)/\$283.00(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163266	Mon	Sep 12-Dec 02	7:00PM-8:30PM
	Wed	Sep 12-Dec 02	7:00PM-8:30PM
	Fri	Sep 12-Dec 02	5:15PM-6:45PM

MSB - Butterfly Dance Studio No Class: 10/10, 11/11, 11/25

Mexican Folk Dance

Age: 3 ½ Y - 18Y

Instructors: Martin Cruz/Marianna Roman

Location: Terrabay - Poppy Room

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances. Students may wear any leather soled shoes. See instructor for costume requirements. Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students must have permission from instructors to advance from Level 1B - Level IX. Martin Cruz is artist in residence at SSFHS thru Calif. Arts Council. He is the Artistic Director of Ballet Folklorico Alma de Mexico SSFHS and other Bay Area Folklorico groups. He has extensive experience in choreography and staging performances. He will be teaching levels IV-Level IX. Marianna Roman has many years experience in multi-cultural dance. She will be teaching Level IA-Level III. Rosa Perez, Co-Founder of Ballet Folklorico of SSF.

Level IA-New Students Only / Level IB-Returning Students Only
No Class: (Mon 10/10); (Thu 11/24); (Fri 11/11, 11/25)

COURSE #	DAY	DATE	TIME
162933	Mon	Sep 12-Dec 05	5:30PM-6:20PM
Level V			
162927	Mon	Sep 12-Dec 05	6:25PM-7:15PM
Level IX			
162931	Mon	Sep 12-Dec 05	7:20PM-8:10PM
Level III			
162934	Tu	Sep 13-Nov 29	6:30PM-7:25PM
Level VI			
162926	Tu	Sep 13-Nov 29	7:30PM-8:25PM
Level VIII			
162935	Th	Sep 15-Dec 08	5:30PM-6:20PM
Level VIII			

MUSIC CLASSES

Mexican Folk Dance (cont.)

COURSE #	DAY	DATE	TIME
162932 Level IV	Th	Sep 15-Dec 08	6:25PM-7:15PM
162928 Level IA	Fri	Sep 09-Dec 09	5:30PM-6:00PM
162929 Level IB	Fri	Sep 09-Dec 09	6:00PM-6:45PM
162930 Level II	Fri	Sep 09-Dec 09	7:00PM-7:50PM

MUSIC CLASSES

Mariachi Music Classes

Age: 8Y and up

Instructor: Martin Cruz

Location: Magnolia Center - Multi Use Room

Would you like to learn how to play Mariachi instruments? Children, teens and adults of all ethnic backgrounds will enjoy learning a variety of songs. Guitar, Trumpet, Violin, Guitarron and Vihuela instruction will be offered. All skill levels welcome, however to register in the Intermediate level a minimum of one year of experience is required. Students must provide their own instrument.

Classes: 13 Fee: \$63.00(R) /\$78.00(N)

COURSE #	DAY	DATE	TIME
163227 Beginner	Tu	Sep 13-Dec 06	4:00PM-5:00PM
163228 Intermediate	Tu	Sep 13-Dec 06	5:00PM-6:00PM

Private Clarinet or Saxophone Lessons

Age: 10Y and up

Instructor: Wen-Liang Chung

Location: MSB - Marie Peterson

Wen-Liang Chung has an M.M. in clarinet performance from San Francisco State University and has been teaching clarinet and saxophone in the Bay Area for over 15 years. His goal is to inspire students so they will enjoy playing and listening to music. Students must have their own instrument. Lesson books are required; the instructor will determine the proper level of instruction and recommend appropriate lesson books at the first lesson.

No class: 10/21, 11/4, 11/11, 11/25

Classes: 10 Fee: \$171.00(R) /\$186.00(N)

COURSE #	DAY	DATE	TIME
163221	Fri	Sep 16-Dec 16	3:00PM-3:30PM
163222	Fri	Sep 16-Dec 16	3:30PM-4:00PM
163223	Fri	Sep 16-Dec 16	4:00PM-4:30PM
163224	Fri	Sep 16-Dec 16	4:30PM-5:00PM
163225	Fri	Sep 16-Dec 16	5:00PM-5:30PM
163226	Fri	Sep 16-Dec 16	5:30PM-6:00PM

Private Guitar Lessons - Beginner

Age: 6Y and up

Instructor: Carl Nickolas

Location: (see below)

Learn how to play the guitar! This class is designed for children, teens and adults alike with little to no experience playing guitar. Learn all the basis from proper care of the guitar to open position cords. It is strongly advised that students have access to a guitar outside of the class for practice purposes. The instructor will be able to provide you with suggestions of what to purchase if necessary. Instructor Carl Nikolas has been teaching music to kids on the Peninsula for over 5 years and has been playing guitar, piano and singing for much longer! A \$10.00 supply fee, for the required music book, is payable to the instructor at the first class.

Location: MSB - Betty Weber Room

No class: 10/10

Classes: 12 Fee: \$90.00(R) /\$105.00(N)

COURSE #	DAY	DATE	TIME
162922	Mon	Sep 12-Dec 05	2:30PM-3:00PM
162923	Mon	Sep 12-Dec 05	3:00PM-3:30PM
162924	Mon	Sep 12-Dec 05	3:30PM-4:00PM
162925	Mon	Sep 12-Dec 05	4:00PM-4:30PM

Location: MSB - Betty Weber Room

Classes: 13 Fee: \$98.00(R) /\$113.00(N)

COURSE #	DAY	DATE	TIME
162904	Tu	Sep 13-Dec 06	3:00PM-3:30PM
162905	Tu	Sep 13-Dec 06	3:30PM-4:00PM
162906	Tu	Sep 13-Dec 06	4:00PM-4:30PM
162907	Tu	Sep 13-Dec 06	4:30PM-5:00PM
162908	Tu	Sep 13-Dec 06	5:00PM-5:30PM
162909	Tu	Sep 13-Dec 06	5:30PM-6:00PM

Location: Marie Peterson Room

No class: 10/19

Classes: 12 Fee: \$90.00(R) /\$105.00(N)

COURSE #	DAY	DATE	TIME
162916	Wed	Sep 14-Dec 07	3:00PM-3:30PM
162917	Wed	Sep 14-Dec 07	3:30PM-4:00PM
162918	Wed	Sep 14-Dec 07	4:00PM-4:30PM
162919	Wed	Sep 14-Dec 07	4:30PM-5:00PM
162920	Wed	Sep 14-Dec 07	5:00PM-5:30PM
162921	Wed	Sep 14-Dec 07	5:30PM-6:00PM

Location: MSB - Betty Weber Room

No class: 10/20, 11/24

Classes: 12 Fee: \$90.00(R) /\$105.00(N)

COURSE #	DAY	DATE	TIME
162910	Th	Sep 15-Dec 15	3:00PM-3:30PM
162911	Th	Sep 15-Dec 15	3:30PM-4:00PM
162912	Th	Sep 15-Dec 15	4:00PM-4:30PM
162913	Th	Sep 15-Dec 15	4:30PM-5:00PM
162914	Th	Sep 15-Dec 15	5:00PM-5:30PM
162915	Th	Sep 15-Dec 15	5:30PM-6:00PM

MUSIC CLASSES

Ukulele Music Classes

Age: 10Y and up

Instructor: Sil Castillo

Location: Magnolia Center - Craft Room (3rd floor)

New Location!

If you have a Ukulele instrument and have not played it for awhile, or would like to learn how to play, come join this 'new' fun, social gathering for all ages. We will go over basic chords and learn to play and sing simple Hawaiian songs. Bring out the Aloha in you! Students will need to bring their own Ukulele instrument to class. Enrollment into Intermediate class needs instructor approval. The intermediate class will prepare and perform ukulele music with the Hawaiian/Tahitian dance class at an end of session recital. A \$10.00 materials fee for new students only is payable to the instructor at the first class. Sil Castillo is a professional Hawaiian style musician specializing in guitar and ukulele.

Classes: 10 Fee: \$70.00(R) /\$85.00(N)

COURSE #	DAY	DATE	TIME
163155	Th	Sep 15-Nov 17	6:30PM-7:30PM
Beginning			
163156	Th	Sep 15-Nov 17	7:30PM-8:30PM
Intermediate			

Private Piano Lessons - Theresa Ames

Age: 7Y and up

Instructor: Theresa Ames

Location: Terrabay - Piano Room

Through the piano, we will work on songs and understanding the connections with making music. This holistic approach encompasses: theory, chords, harmony, technique, memory, listening, focus, and making music in a way that works best for the student. Students must have access to a keyboard or piano to practice with. Please bring any personal piano books and materials you may already own, Theresa will determine from there if a piano lesson book or other materials will be needed. Theresa has a B.A. in music, and over 35 years of experience playing, teaching, and directing musical theater in the Bay Area.

Classes: 11 Fee: \$189.00(R) /\$204.00(N)

COURSE #	DAY	DATE	TIME
162996	Tu	Sep 13-Nov 22	4:00PM-4:30PM
162988	Tu	Sep 13-Nov 22	4:30PM-5:00PM
162989	Tu	Sep 13-Nov 22	5:00PM-5:30PM
162990	Tu	Sep 13-Nov 22	5:30PM-6:00PM
162991	Tu	Sep 13-Nov 22	6:00PM-6:30PM
162992	Tu	Sep 13-Nov 22	6:30PM-7:00PM
162993	Tu	Sep 13-Nov 22	7:00PM-7:30PM
162994	Tu	Sep 13-Nov 22	7:30PM-8:00PM
162995	Tu	Sep 13-Nov 22	8:00PM-8:30PM

Private Piano Lessons - Rosemarie Picone

Age: 7Y - 17Y

Instructor: Rosemarie Picone

Location: Westborough - Piano Room

Rosemarie Picone has a B.M. and M.M. in Piano Performance. She has studied at the Juilliard School and the Manhattan School of Music. She is a former faculty member at both Sonoma State University and San Francisco State University. Piano students may sign up for these private one half hour lessons that will focus on reading music and proper technique. Students must have access to keyboard or piano for daily practice outside of class. Piano lesson book will be required and instructor will determine the proper level of instruction at first class. Students must bring assigned books to each lesson. Registration for multiple lessons requires prior approval from instructor. Parents are invited to attend the first class of the session.

No class: 10/10, 11/24

Classes: 13 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
162765	Mon	Sep 12-Dec 12	3:00PM-3:30PM
162766	Mon	Sep 12-Dec 12	3:30PM-4:00PM
162767	Mon	Sep 12-Dec 12	4:00PM-4:30PM
162768	Mon	Sep 12-Dec 12	4:30PM-5:00PM
162762	Mon	Sep 12-Dec 12	5:00PM-5:30PM
162763	Mon	Sep 12-Dec 12	5:30PM-6:00PM
162764	Mon	Sep 12-Dec 12	6:00PM-6:30PM
162772	Mon	Sep 12-Dec 12	6:30PM-7:00PM
162773	Mon	Sep 12-Dec 12	7:00PM-7:30PM
162774	Mon	Sep 12-Dec 12	7:30PM-8:00PM
162770	Thu	Sep 15-Dec 15	3:00PM-3:30PM
162771	Thu	Sep 15-Dec 15	3:30PM-4:00PM
162779	Thu	Sep 15-Dec 15	4:00PM-4:30PM
162780	Thu	Sep 15-Dec 15	4:30PM-5:00PM
162781	Thu	Sep 15-Dec 15	5:00PM-5:30PM
162787	Thu	Sep 15-Dec 15	5:30PM-6:00PM
162788	Thu	Sep 15-Dec 15	6:00PM-6:30PM
162789	Thu	Sep 15-Dec 15	6:30PM-7:00PM
162790	Thu	Sep 15-Dec 15	7:00PM-7:30PM
162791	Thu	Sep 15-Dec 15	7:30PM-8:00PM

Classes: 14 Fee: \$240.00(R)/\$255.00(N)

COURSE #	DAY	DATE	TIME
162775	Wed	Sep 14-Dec 14	3:00PM-3:30PM
162776	Wed	Sep 14-Dec 14	3:30PM-4:00PM
162777	Wed	Sep 14-Dec 14	4:00PM-4:30PM
162778	Wed	Sep 14-Dec 14	4:30PM-5:00PM
162782	Wed	Sep 14-Dec 14	5:00PM-5:30PM
162783	Wed	Sep 14-Dec 14	5:30PM-6:00PM
162769	Wed	Sep 14-Dec 14	6:00PM-6:30PM
162784	Wed	Sep 14-Dec 14	6:30PM-7:00PM
162785	Wed	Sep 14-Dec 14	7:00PM-7:30PM
162786	Wed	Sep 14-Dec 14	7:30PM-8:00PM

MUSIC CLASSES

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: (see below)

Students must have access to keyboard or a piano for practice outside of class. A piano lesson book will be required and the instructor will determine the proper level of instruction. Sandra Pobe has a degree in music.

Location: MSB – Council Chambers *No class: 10/10*
Classes: 12 Fee: \$206.00(R) /\$221.00(N)

COURSE #	DAY	DATE	TIME
162878	Mon	Sep 12-Dec 05	3:00PM-3:30PM
162880	Mon	Sep 12-Dec 05	3:30PM-4:00PM
162879	Mon	Sep 12-Dec 05	4:00PM-4:30PM
162881	Mon	Sep 12-Dec 05	4:30PM-5:00PM
162882	Mon	Sep 12-Dec 05	5:00PM-5:30PM
162883	Mon	Sep 12-Dec 05	5:30PM-6:00PM
162884	Mon	Sep 12-Dec 05	6:00PM-6:30PM
162885	Mon	Sep 12-Dec 05	7:00PM-7:30PM
162886	Mon	Sep 12-Dec 05	7:30PM-8:00PM
162887	Mon	Sep 12-Dec 05	8:00PM-8:30PM

Location: Westborough – Piano Room

Classes: 12 Fee: \$206.00(R) /\$221.00(N)

COURSE #	DAY	DATE	TIME
162889	Tu	Sep 13-Nov 29	3:00PM-3:30PM
162890	Tu	Sep 13-Nov 29	3:30PM-4:00PM
162891	Tu	Sep 13-Nov 29	4:00PM-4:30PM
162892	Tu	Sep 13-Nov 29	4:30PM-5:00PM
162900	Tu	Sep 13-Nov 29	5:00PM-5:30PM
162901	Tu	Sep 13-Nov 29	5:30PM-6:00PM
162902	Tu	Sep 13-Nov 29	6:00PM-6:30PM
162903	Tu	Sep 13-Nov 29	7:00PM-7:30PM
162893	Tu	Sep 13-Nov 29	7:30PM-8:00PM
162894	Tu	Sep 13-Nov 29	8:00PM-8:30PM

Location: MSB – Marie Peterson Room *No class: 10/22, 11/26*

Classes: 11 Fee: \$189.00(R) /\$204.00(N)

COURSE #	DAY	DATE	TIME
162888	Sat	Sep 17-Dec 10	9:00AM-9:30AM
162895	Sat	Sep 17-Dec 10	9:30AM-10:00AM
162896	Sat	Sep 17-Dec 10	10:00AM-10:30AM
162897	Sat	Sep 17-Dec 10	10:30AM-11:00AM
162898	Sat	Sep 17-Dec 10	11:00AM-11:30AM
162899	Sat	Sep 17-Dec 10	11:30AM-12:00PM

Private Piano Lessons – Helena Saco

Age: 7Y and up

Instructor: Helena Saco

Location: Terrabay – Piano Room

Learn how to play the piano through learning basic rhythms, note reading, music notation and proper technique. Students must have access to a keyboard and or piano, and a piano lesson book will be required. Teacher will determine the level of book. Students will also learn rhythm through playing percussion instruments. Helena Saco has a B.M. in Music Education and a teaching credential from San Francisco State University.

No class: 10/10, 10/31

Classes: 11 Fee: \$189.00(R) /\$204.00(N)

COURSE #	DAY	DATE	TIME
162985	Mon	Sep 12-Dec 05	3:00PM-3:30PM
162967	Mon	Sep 12-Dec 05	3:30PM-4:00PM
162968	Mon	Sep 12-Dec 05	4:00PM-4:30PM
162969	Mon	Sep 12-Dec 05	4:30PM-5:00PM
162970	Mon	Sep 12-Dec 05	5:00PM-5:30PM
162971	Mon	Sep 12-Dec 05	5:30PM-6:00PM
162987	Mon	Sep 12-Dec 05	6:00PM-6:30PM

No class: 11/23

Classes: 12 Fee: \$206.00(R) /\$221.00(N)

COURSE #	DAY	DATE	TIME
162986	Wed	Sep 14-Dec 07	3:00PM-3:30PM
162972	Wed	Sep 14-Dec 07	3:30PM-4:00PM
162973	Wed	Sep 14-Dec 07	4:00PM-4:30PM
162974	Wed	Sep 14-Dec 07	4:30PM-5:00PM
162975	Wed	Sep 14-Dec 07	5:00PM-5:30PM
162976	Wed	Sep 14-Dec 07	5:30PM-6:00PM
162983	Wed	Sep 14-Dec 07	6:00PM-6:30PM

No class: 11/24

Classes: 12 Fee: \$206.00(R) /\$221.00(N)

COURSE #	DAY	DATE	TIME
162977	Th	Sep 15-Dec 08	3:00PM-3:30PM
162978	Th	Sep 15-Dec 08	3:30PM-4:00PM
162979	Th	Sep 15-Dec 08	4:00PM-4:30PM
162980	Th	Sep 15-Dec 08	4:30PM-5:00PM
162981	Th	Sep 15-Dec 08	5:00PM-5:30PM
162982	Th	Sep 15-Dec 08	5:30PM-6:00PM
162984	Th	Sep 15-Dec 08	6:00PM-6:30PM



TEEN AND ADULT CLASSES

DANCE CLASSES

American Tango

Age: 13Y and up

Instructor: Adrian Bermudez

Location: MSB – Social Hall

American Tango is the American adaptation of the original Argentinian Tango into North American Ballroom dance culture. It is much simpler than Argentinian tango but still maintains the passion and great patterns. It is a favorite and standard dance in American Ballroom. Come learn it and express your passion.

No class: 10/19

Classes: 13 Fee: \$87.00(R) /\$102.00(N)

COURSE #	DAY	DATE	TIME
162760	Wed	Sep 14-Dec 14	7:15PM-8:15PM

Beginning Ballet for Teens

Age: 13Y – 18Y

Instructor: Kristen Quok

Location: MSB – Dance Studio

No experience necessary. Always wanted to take ballet lessons? It is not too late to start! This class is designed for the 'older' (middle school-high school) beginner. Also a great way to supplement and enhance other forms of dance. Class attire: Girls- black leotard, ballet pink tights or black leggings, pink leather or canvas ballet slippers. Black dance shorts may be worn. Hair tied up. Boys-T-shirt, athletic shorts or jazz pants. Black, white or "flesh" canvas ballet slippers.

No class: 10/10

Classes: 10 Fee: \$68.00(R)/\$83.00(N)

COURSE #	DAY	DATE	TIME
162768	Mon	Sep 19-Nov 28	4:00PM-5:00PM

Ballet for Teens and Adults Level I

Age: 14Y & Up

Instructor: Maria Spremich

Location: MSB – Butterfly Dance Studio

This class is not an 'absolute beginners' class. Previous experience with elementary positions and concepts of classical ballet technique equal to one year of training, is helpful as this class is ongoing. This is a good level for those returning to ballet after many years as well as for students from other forms of dance (i.e. jazz, tap, hip-hop) wishing to supplement or enhance their training. Class attire: Ladies – leotard (any style/color), tights or leggings/jazz/yoga pants, leather or canvas ballet slippers. Gentlemen – T-shirt, athletic shorts/pants or jazz/yoga pants, leather or canvas ballet slippers. Leotards, tights and ballet slippers can be purchased on-line at discountdance.com, at the Capezio Dance Theater Shop in San Mateo or San Francisco Dancewear.

No class: 11/24

Ballet Level I (cont.)

Classes: 11 Fee: \$106.00(R)/\$111.00(N)

COURSE #	DAY	DATE	TIME
163269	Th	Sep 15-Dec 01	6:00PM-7:25PM

Ballet for Teens and Adults Level II & III

Age: 14Y & Up

Instructor: Maria Spremich

Location: MSB – Butterfly Dance Studio

Classical Ballet technique taught in the Intermediate Level. Must have previous training in Advanced Beginning Ballet, and experience in 'centre' work (i.e. adagio pirouettes, and allegros). Level III includes optional pointe work.

No class: 11/24

Level II/III

Classes: 12 Fee: \$102.00(R)/\$117.00(N)

COURSE #	DAY	DATE	TIME
163270	Tu	Sep 13-Nov 29	7:15PM-8:30PM

Level III

Classes: 11 Fee: \$102.00(R)/\$117.00(N)

COURSE #	DAY	DATE	TIME
163271	Th	Sep 15-Dec 01	7:30PM-8:45PM

Belly Dancing – Beginners

Age: 16Y and up

Instructor: Alisa Greer

Location: Magnolia Center – Activity Room 1st Floor

Have you always wanted to try belly dancing? In this course, we will learn some basic belly dance movements that will have you dancing in no time. The feminine art of belly dance will add fun, fitness and friendship to your life and women of any age or body type can become beautiful dancers. No previous dance experience is required. We'd love to have you join us. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alissagreer.com. She would love to see you in class. Beginning – Session I

Session I

Classes: 6 Fee: \$35.00(R)/\$50.00(N)

COURSE #	DAY	DATE	TIME
162798	Wed	Sep 14-Oct 19	6:45PM-7:45PM

Session II

Classes: 7 Fee: \$41.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
162799	Wed	Nov 02-Dec 14	6:45PM-7:45PM

TEEN AND ADULT CLASSES

Belly Dance – Intermediate/Advanced

Age: 16Y and up

Instructor: Alisa Greer

Location: Magnolia Center – Activity Room 1st Floor

This class is for students with previous knowledge of the basic steps of belly dance. We will continue refining the basics as we progress onto more complex movements. We will explore different kinds of music and props (veil, finger cymbals, sword, etc.) and we can work on a group dance too—the world is our oyster in this class! Students can expect a welcoming, fun and supportive learning environment with other lovers of belly dance. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alisagreer.com. Come join the fun! Intermediate/Advanced

Session I

Classes: 6 Fee: \$35.00(R)/\$50.00(N)

COURSE #	DAY	DATE	TIME
162800	Wed	Sep 14-Oct 19	7:45PM-8:45PM

Session II

Classes: 11 Fee: \$41.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
162801	Wed	Nov 02-Dec 14	7:45PM-8:45PM

Hawaiian & Tahitian Dance – Level I & II

Age: 13Y and up

Instructor: Millie Aranda

Location: (see below)

Come and join the fun learning dances from the South Pacific Islands. All classes will learn basic dance hip movements, footwork and gestures. Students will have the opportunity to learn dance(s) and perform on the last day of the session. Level I – no experience needed. Level II – need 3 of years of experience or instructor permission to enroll. Please bring a Pa'u Skirt & Pareo (Sarong) to class. Instructor will provide resources for purchasing at first class, if needed. Note: May require costume and or accessory purchases for performances. Basic Drumming lessons are available during Level II class for registered students, only. The Aranda Family (Mili Pasion Aranda, Remie Aranda, Reggie Aranda) have over 20 years of experience in dance, competition, music and teaching. Founders and Director of the Polynesian Performing Dance Company – 'Rahiti'. For information: rahiti1@yahoo.com.

Level I

Classes: 12 Fee: \$134.00(R) /\$149.00(N)

COURSE #	DAY	DATE	TIME
163002	Th	Sep 15-Dec 08	7:00PM-9:00PM

Magnolia Center – Multi Use Room (3rd floor) *No class: 11/24*

Level II

Classes: 13 Fee: \$91.00(R) /\$106.00(N)

DATE	TIME
163001	Tu Sep 13-Dec 13

MSB – Social Hall *No class: 12/6*

Tango Argentino

Age: 13Y and up

Instructor: Adrian Bermudez

Location: MSB – Social Hall

Embrace yourselves in this beautiful, sophisticated and challenging dance. Designed for absolute beginners, students will learn foundational skills in Argentine Tango such as partner connection, posture, walking and basic ochos. Please wear comfortable shoes (no rubber soles).

No class: 10/19

Classes: 13 Fee: \$87.00(R) /\$102.00(N)

COURSE #	DAY	DATE	TIME
162761	Wed	Sep 14-Dec 14	8:30PM-9:30PM

Tap Dance for Adults

Age: 16Y and up

Instructor: Carol Costakis

Location: MSB – Marie Peterson Room

Have you always wanted to dance like Fred or Ginger? It's never too late to start. Come join the fun, from the basic shuffle and flap to advanced rhythms. Carol Costakis is an experienced and enthusiastic instructor.

No class: 10/18

Classes: 10 Fee: \$37.00(R)/\$52.00(N)

COURSE #	DAY	DATE	TIME
163281	Tu	Sep 13-Nov 15	6:45PM-7:25PM
Intro/Level I			
163283	Tu	Sep 13-Nov 15	8:15PM-8:55PM
Level II			
163282	Tu	Sep 13-Nov 15	7:30PM-8:10PM
Level III			



TEEN AND ADULT CLASSES

ARTS, COOKING, AND SPECIAL INTERESTS

Beginning Digital Photography

Age: 18Y and up

Instructor: Marty Springer

Location: MSB - Belloni Room

In this fun, hands-on introduction to digital photography you will learn to understand your camera's menus, modes and metering while fine tuning your f-stop, shutter, flash, white balance, and ISO. We will be building skills around working with light, color and composition as we develop your artistic talents for portraiture, still life, and night shooting through activities in class. We will also post-process some of your images on the computer to bring them to the best aesthetic presentation possible. All digital cameras are welcomed, with the exception of cell phones. The instructor will be able to guide you in the direction of purchasing the best camera for your needs if desired. A \$30.00 supply fee is due to the instructor to cover materials and supplies.

Classes: 8 Fee: \$150.00(R) /\$165.00(N)

COURSE #	DAY	DATE	TIME
162851	Wed	Sep 21-Nov 09	7:00PM-9:30PM

Cooking Classes with Lisa Chan - Mediterranean Cooking

Age: 15Y and up

Instructor: Lisa Chan

Location: MSB - Large Kitchen

Chef Lisa Chan is a graduate of California Culinary Academy Le Cordon Bleu. Chef Lisa is also the owner of Delights by Lisa. In this class you will enjoy making mouth-watering, fresh, full of flavor and easy meals such as pork fillet with capers, calzone and couscous with artichokes, feta and sun dried tomatoes. A 15.00 supply fee is payable to the instructor at the first class.

Classes: 3 Fee: \$34.00(R) /\$49.00(N)

COURSE #	DAY	DATE	TIME
163235	Tu	Sep 13-Sep 27	6:30PM-8:30PM

Cooking Classes with Terri Dien - Cream Puffs and Eclairs

Age: 15Y and up

Instructor: Terri Dien

Location: MSB - Large Kitchen

Chef Terri Dien graduated from the Culinary Arts and Hospitality Studies Program at City of College of San Francisco. She has worked in local restaurants, as a private chef and has also taught for Draeger's Cooking School. She is now Resident Chef for Sur La Table in Los Gatos and is cofounder of a local startup company, Dear Martini, which produces cooking videos on for their YouTube channel. This hands-on class will cover everything from cream puffs swans, to éclairs; profiteroles to gougères! We'll make the pate a choux dough from scratch and cover the piping techniques for the many shapes puff can take! Fillings include stabilized whipped cream, pastry cream and a chocolate glaze. Materials fee: \$15 payable to the instructor at the beginning of class.

Classes: 1 Fee: \$28.00(R) /\$43.00(N)

COURSE #	DAY	DATE	TIME
163158	Th	Sep 15	6:30PM-9:00PM

Indian Cooking for Beginners

Age: 15Y and up

Instructor: Terri Dien

Location: MSB - Large Kitchen

Indian food is easier than you think! We'll cover the basics and make tasty dishes you're all familiar with: vegetable pakoras (shredded vegetable fritters), chicken tikka masala and spiced basmati rice. Materials fee: \$15 payable to the instructor at the beginning of class.

Classes: 1 Fee: \$28.00(R) /\$43.00(N)

COURSE #	DAY	DATE	TIME
163159	Th	Sep 29	6:30PM-9:00PM

Paella Party

Age: 15Y and up

Instructor: Terri Dien

Location: MSB - Large Kitchen

A filling and delicious paella can be effortless. You can feed a crowd with minimum work while you're sipping sangria and visit with your guests. Don't believe me? Just come to class and see for yourself! We'll cover the basics on how to host your very own paella party and make two delicious versions for you to try. It's the original one-pan meal! Menu: Chicken and Seafood Paella, Vegetarian Paella. Materials fee: \$15 is payable to the instructor at class.

Classes: 1 Fee: \$28.00(R) /\$43.00(N)

COURSE #	DAY	DATE	TIME
163160	Th	Nov 10	6:30PM-9:00PM

TEEN AND ADULT CLASSES

Ravioli and Tortellini

Age: 15Y and up

Instructor: Terri Dien

Location: MSB - Large Kitchen

By request, Chef Terri is offering a stuffed pasta class. In this hands-on class, learn how to make ravioli and hand-folded tortellini using freshly-made pasta sheets. Menu: Fresh pasta dough, Butternut Squash Ravioli, Spinach and Ricotta Tortellini. Simple sauces will be prepared to accompany both pastas. A \$15 materials fee is payable to the instructor at the beginning of class.

Classes: 1 Fee: \$28.00(R) /\$43.00(N)

COURSE #	DAY	DATE	TIME
163161	Th	Nov 03	6:30PM-9:00PM

Dog Training Classes

Age: 14Y and up

Instructor: Lisa Michaelis

Location: Orange Park - Skate Park

Have a new dog? Or do you and your dog need a refresher course? Learn how to teach your dog basic dog training commands. You will learn basic dog behavior to get a better understanding of how your dog thinks and the best way to train your dog through positive reinforcement.

Required: Correction collar or Gentle Leader collar, proof of Rabies Vaccination. Dog should have its full series of puppy vaccines and kennel cough vaccine to be fully protected. Normal leash, no retracting leashes. Lisa has a A.S. degree from Moorpark College in Exotic Animal Training and Management and has been teaching dog training classes for over 15 years.

Classes: 6 Fee: \$60.00(R) /\$75.00(N)

COURSE #	DAY	DATE	TIME
163232	Sat	Sep 12-Oct 22	9:00AM-10:00AM
Session I - Beginner			
163230	Sat	Sep 12-Oct 22	10:10AM-11:10AM
Session I - Intermediate			
163233	Sat	Oct 29-Dec 03	9:00AM-10:00AM
Session II - Beginner			
163231	Sat	Oct 29-Dec 03	10:10AM-11:10AM
Session II - Intermediate			

Essential Oils

Age: 18Y and up

Instructor: Pamela Gradney

Essential Oils 101

Location: Magnolia Center- Craft Room (3rd Floor)

Learn the basics of using Essential Oils. We will address everyday uses for yourself, family, home even pets! A \$2.00 supply fee is payable to the instructor at the class meeting.

Classes: 1 Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
163162	Wed	Sep 21	6:30PM-7:30PM

Fall in Love with Essential Oils

Location: Magnolia Center- Craft Room (3rd Floor)

Explore the tastes and aromas of essential oils. Fall aromas and recipes.

Classes: 1 Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
163163	Wed	Oct 12	6:30PM-8:00PM

Holiday Gift Ideas with Essential Oils

Location: MSB - Belloni Room

Learn how to make holiday dishes and gifts with Essential Oils.

Classes: 1 Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
162866	Wed	Dec 14	6:30PM-8:00PM

Spice Up the Holidays with Essential Oils

Location: MSB - Belloni Room

Holiday recipes and aromatic sprays that evoke the holidays with Essential Oils.

Classes: 1 Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
163164	Wed	Nov 16	6:30PM-8:00PM

Ikebana (Japanese Flower Arranging)

Age: 18Y and up

Instructor: Lee Okumoto

Location: MSB - Belloni Room

Enrich your life with a creative art of Ikebana. Plants and flowers in Ikebana can convey happiness or sadness, our impressions of nature, the joy of various events or creative themes. More than just a decoration, Ikebana is a very special communication between the arranger of the flowers work and the person appreciating it! You will learn basic Shoka style from a teacher from the Ikenobo School of Japan. Bring your own ceramic vase, which can hold a pin frog of at least 3 inches in diameter, as well as scissors. The teacher will supply you with the materials. A \$58 materials fee is payable to the instructor at the first class.

Classes: 6 Fee: \$45.00(R) /\$60.00(N)

COURSE #	DAY	DATE	TIME
163229	Mon	Nov 7-Dec 12	7:00PM-9:00PM

TEEN AND ADULT CLASSES

Japanese for Beginners

Age: 14Y and up

Instructor: Satoko Tsujimoto Piatt

Location: MSB – Rec Office Conference Room

Come and join the fun learning 'Nihongo', Japanese language. The class is for complete beginners. Learn basic everyday expressions, conversation, grammar and Japanese culture. You will also learn 'hiragana', one of the Japanese writing systems this fall. This class is good for anyone who is interested in learning Japanese and writings. Course materials will be provided by the instructor. Textbook fee is \$50 (optional).
No class: 10/20, 11/24

Classes: 12 Fee: \$116.00(R) /\$131.00(N)

COURSE #	DAY	DATE	TIME
162838	Th	Sep 15–Dec 15	6:00PM–7:30PM

Knitting for Beginners & Intermediates

Age: 16Y and up

Instructor: Victoria Gavidia

Location: MSB – Belloni Room

Welcome to knitting where you will learn to knit, purl, read patterns, yarn labels and more. Knit a hat, scarf, cowl, or mitts. Intermediates: Learn new skills, get help with unfinished projects or choose new ones. Learn how to change colors, work lace, cables, bobbles and more. New students bring \$10 supply fee to instructor on the first day of class. Everyone: Bring US Size 6 and 8, 16' circulars.
No class: 9/29, 10/20, 11/3, 11/17, 11/24

Classes: 8 Fee: \$64.00(R) /\$79.00(N)

COURSE #	DAY	DATE	TIME
163865	Th	Sep 22–Dec 15	7:00PM–9:00PM

Sewing – Beginners

Age: 14Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

This class is perfect for those interested in learning to sew or who want to brush up on their sewing skills. You will learn the fundamentals of sewing including pattern layout to alterations for the perfect fit. There will be an emphasis on proper sewing machine operation and the function of each presser foot along with the use of tools and equipment to enhance your sewing skills. Several shortcuts, and tried and true techniques will be shared to perfect your sewing skills. This is the perfect class for the gentleman tired of paying for alterations. Choice of a sewing pattern for the first class project will be provided. Students must bring their own sewing machines to class, or be informed of the best suitable sewing machine for your needs to purchase. A supply fee of \$30 is payable to the instructor on the first class to cover basic notions and usage of class equipment. Judy Barretto has been teaching Sewing, Hawaiian Quilting, Machine Appliquéing, and including a large variety of handicrafts for many years.
No class: 10/22, 10/29

Classes: 12 Fee: \$140.00(R) /\$155.00(N)

COURSE #	DAY	DATE	TIME
162858	Sat	Sep 17–Dec 17	11:30AM–1:30PM

Sewing- Intermediate

Age: 14Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

Now that you've learned the fundamentals of sewing, it is time to move on to more challenging projects and techniques. You will learn to alter patterns to design your own stylized clothing, work with various fabrics and master the intricacies of skilled sewing. Plus utilizing more functions available on your sewing machine, and additional presser feet to complete your projects faster. This class may be repeated endlessly. A supply fee of \$30 is payable to the instructor on the first class to cover basic notions and usage of class equipment. Prerequisite: Fundamentals of Sewing, basic sewing machine operation, knowledge of pattern alterations and techniques. Judy Barretto has been teaching Sewing, Hawaiian Quilting, Machine Appliquéing, and including a large variety of handicrafts for many years.
No class: 10/22, 10/29

Classes: 12 Fee: \$140.00(R) /\$155.00(N)

COURSE #	DAY	DATE	TIME
162859	Sat	Sep 17–Dec 17	9:00AM–11:00AM

TEEN AND ADULT CLASSES

Shibori and Batik: Dyeing for Crafters

Age: 16Y and up

Instructor: Joy- Lily

Location: MSB - Belloni Room

We'll experiment with acid dyes for hot water, fiber-reactive dyes for cold water and natural dyes such as onion skins, madder root and indigo. Try out shibori, (Japanese-style tie-dye techniques: wrapping, stitching, clamping and the 'rope trick') and hot wax resist for making patterns on fabric. Experience dyeing fiber is not necessary for this class. \$25 supply fee includes some white wool fleece or yarn and cotton yardage to dye.

No class: 10/20, 11/3

Classes: 8 Fee: \$106.00 (R) / \$121.00(N)

COURSE #	DAY	DATE	TIME
162867	Th	Sep 15-Nov 17	10:00AM-2:00PM

Wreath Making Workshop

Age: 12Y and up

Instructor: Sharon Ranals

Location: Fernekes Building - Orange Park

Create a gorgeous natural holiday wreath with fresh materials. Our workshop leaders will provide all the basic materials needed, along with hands-on instruction. Bring some of your own ornaments and accents to add to the beauty and sentiment. Workshop fee includes one wire wreath ring, a paddle of florist wire, assorted fresh greens harvested from local parks, berries, cones, and ribbon. Wear old clothes, dress warmly, and bring work gloves and pruners for snipping. This workshop is a fundraiser for the Improving Public Places group, so not only will you learn the technique and leave with a beautiful wreath, but you can feel great about contributing to civic beautification. This activity will bring out your creativity and put you in the holiday mood! Hot spiced cider and holiday music help to set the mood. Fee includes supplies for one wreath; families may work together on one wreath, or make additional wreaths by enrolling more than one person. The morning workshop is family-friendly, and aimed at all ages. The afternoon session will include wine, and is targeted at adults only. Please note that greens will be replenished between sessions!

Classes: 1 Fee: \$25.00(R)/\$25.00(N)

COURSE #	DAY	DATE	TIME
162863	Su	Dec 04	9:00AM-12:00PM
Family-Friendly			
162864	Su	Dec 04	1:00PM-4:00PM
18 years & up			

Zentangles

Age: 16Y and up

Instructor: Joy- Lily

Location: MSB - Belloni Room

Draw Zentangles is a meditative and enjoyable way to make beautiful abstract designs of repeat patterns starting with just a pen and paper. Even art-challenged students pick it up easily! Discover the basics of this fascinating new way to create art. Each week new Zen Tangles will be introduced and you'll learn to modify them to create your personal style. Color and shading will add to the fun. By the end of the session you'll be creating awesome elaborate Zen Tangles art. A \$5.00 supply fee is payable to the instructor at the first class.

Classes: 8 Fee: \$66.00(R) / \$81.00(N)

COURSE #	DAY	DATE	TIME
162868	Tu	Sep 20-Nov 08	6:30PM-9:00PM



TEEN AND ADULT CLASSES

EXERCISE AND FITNESS

Absolutely Abs

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

Here's the class you've been looking for! Strengthen the core area. Obtain proper alignment of the spine and back. Gain control, stability, flexibility and fluidity of movement. Lengthen and tone the abdominal and back muscles. Learn when/what to contract and when/what to relax. Practice relaxing the shoulder, neck, and arms while executing abdominal and back exercises and movements. Build lung capacity to help remove toxins and to help burn more calories. Various modifications for various fitness and flexibility levels will be demonstrated. Please bring towel, mat, and 2-3 lb. weights to class.

Classes: 13 Fee: \$33.00(R) /\$48.00(N)

COURSE #	DAY	DATE	TIME
162828	Tu	Sep 13-Dec 13	5:30PM-6:00PM

Aikido - Teen/Adult

Age: 14Y and up

Instructor: Masatoshi Morita

Location: Aikido Assoc. - Studio

Aikido is a Japanese martial art. The technique of Aikido emphasizes redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is excellent physical exercise and effective self defense. Please come to class wearing comfortable exercise clothes such as sweat pants and sweat shirt. Classes are held at 1405 Huntington Ave. Unit B, South San Francisco. For information, call (650) 393-3872 or email webmaster@higirikan.org

No class: 11/24

Classes: 8 Fee: \$95.00(R) /\$110.00(N)

COURSE #	DAY	DATE	TIME
162940	Tu/Th	Sep 13-Oct 06	10:00AM-11:00AM
Session I-A			
162943	Tu/Th	Sep 13-Oct 06	7:10PM-8:00PM
Session I-B			
162941	Tu/Th	Oct 11-Nov 03	10:00AM-11:00AM
Session II-A			
162942	Tu/Th	Oct 11-Nov 03	7:10PM-8:00PM
Session II-B			
162939	Tu/Th	Nov 08-Dec 08	10:00AM-11:00AM
Session III-A			
162944	Tu/Th	Nov 08-Dec 08	7:10PM-8:00PM
Session III-B			

A.M. Fit N' Fun

Age: 18Y and up

Instructor: Ercie Santos

Location: Terrabay - Gymnasium

Spring into action with this completely energizing workout! The class features cardio and resistance training, using a variety of methods. Emphasis is placed on improving spinal alignment and balance. It is designed for students familiar with exercise classes but open to all. Participants are encouraged to work at their own pace. The low impact cardio segment is 25-30 minutes. Bring a mat, towel and 1-5 pound hand weight. Ercie is ACE & ACSM certified and has taught exercise and dance classes for over 3 decades.

No class: 10/11

Classes: 12 Fee: \$60.00(R) /\$75.00(N)

COURSE #	DAY	DATE	TIME
162802	Tu	Sep 13-Dec 06	9:30AM-10:30AM

Bocce: For Beginners

Age: 15Y and up

Instructors: Germano Colombana & Kate Demorofski

Location: Orange Park - Bocce Courts

Bocce is a game in which a ball is rolled down a lane, with the intention to place it as close as possible to a smaller ball. Classes are at Orange Memorial Park (next to the Tennis courts) on a drop in basis and participation is free. Pre-registration is not required. For information regarding use of the Bocce Courts at Orange Park, please contact Bill Green, Chairperson of the Italian American Citizen Club (IACC) at (650) 871-5309 or billdianeg@att.net.

Classes: 4 Fee: \$.00(R)/\$.00(N)

COURSE #	DAY	DATE	TIME
162755	Th	Sep 01-Sep 22	10:00AM-11:30AM
162756	Th	Sep 01-Sep 22	6:30PM-8:00PM

Cardio N' Go

Age: 18Y and up

Instructor: Ercie Santos

Location: MSB - Social Hall

Busy on Saturdays? This dynamic cardio class is for you. Includes a bonus, endurance-building and fat burning leg work segment. All levels welcome. Rev up your day and energize..5 minute warm up & 30 minute Cardio N' Go.

No class: 10/1, 10/15, 10/22, 11/12, 11/26

Classes: 8 Fee: \$20.00(R) /\$35.00(N)

COURSE #	DAY	DATE	TIME
162804	Sat	Sep 17-Dec 10	9:30AM-10:00AM

TEEN AND ADULT CLASSES

Cardio N'Go Retro

Age: 18Y and up

Instructor: Ericie Santos

Location: MSB – Social Hall

Busy schedule? This dynamic, popular exercise class is for you. All levels are welcome. High and low impact options available. Includes a reinvigorating flexibility segment. Shake, bop, swing, stomp, boogie, bounce, and enjoy a fabulous mix of retro dance moves and music while getting your energizing cardio workout! Ericie is an experienced dancer having toured with several Bay Area and international dance companies during her performing career. She is ACE & ACSM certified.

Classes: 4 Fee: \$15.00(R) /\$30.00(N)

COURSE #	DAY	DATE	TIME
162803	Wed	Sep 14–Oct 05	6:15PM–7:00PM

Circuit Challenge with TRX

Age: 16Y and up

Instructor: Lizbeth Basila

Location: Terrabay – Iris Room

Join us for a total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. This class will strengthen, tone, and help you shed those pounds efficiently. TRX suspension training along with circuit training is challenging yet fun. Please bring 2 3–5lbs weights, exercise mat, and water to class. Liz is a personnel trainer, boot camp instructor and is TRX certified.

Classes: 9 Fee: \$45.00(R) /\$60.00(N)

COURSE #	DAY	DATE	TIME
162793	Th	Sep 15–Nov 10	6:00PM–7:00PM

Circuit Training – All Levels

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB – Social Hall

Circuit training is an efficient and challenging form of conditioning. It is a great way to develop strength, endurance, flexibility and coordination. Participants will perform various exercises for set periods of time at different stations. Aerobic activity is included in the class. Bring an exercise mat and weights.

No class: 10/20, 10/27, 11/24

Classes: 11 Fee: \$55.00(R) /\$70.00(N)

COURSE #	DAY	DATE	TIME
162797	Th	Sep 15–Dec 15	5:30PM–6:30PM

Complete Body Workout – All Levels

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB – Marie Peterson

This class is dedicated to all aspects of fitness including: cardiovascular activity, strength and endurance training, balance and flexibility. Bring an exercise mat and weights. Simple and complex choreography is included in the class. 25 to 40 minutes of aerobic activity.

No class: 10/10, 10/17, 10/24

Classes: 11 Fee: \$55.00(R) /\$70.00(N)

COURSE #	DAY	DATE	TIME
162794	Mon	Sep 12–Dec 12	5:30PM–6:30PM

Complete Combo: Cardio N'Go & Tone

Age: 18Y and up

Instructor: Ericie Santos

Location: MSB – Social Hall

Combines energizing cardio, and resistance training featuring various techniques to achieve total fitness benefits. A complete workout that's dynamic, thorough and FUNtastic! Bring a personal exercise mat and 2–8 pound hand weights (determined by your level of fitness).

Classes: 8 Fee: \$60.00(R) /\$75.00(N)

COURSE #	DAY	DATE	TIME
162805	Sat	Sep 17–Dec 10	9:30AM–11:00AM

Functional Fitness

Age: 13Y and up

Instructor: : Lisa Forslund

Location: MSB – Social Hall

This is a high intensity non stop workout using compound body movements to increase aerobic stamina, strength, core fitness and balance. Bring an exercise mat and 3 to 8 pound weights.

Session I

Classes: 5 Fee: \$19.00(R) /\$34.00(N)

COURSE #	DAY	DATE	TIME
162795	Wed	Sep 14–Oct 12	5:15PM–6:00PM

Session II

Classes: 22 Fee: \$26.00(R) /\$41.00(N)

COURSE #	DAY	DATE	TIME
162827	Wed	Nov 02–Dec 14	5:30PM–6:15PM

TEEN AND ADULT CLASSES

Golf Lessons for All Levels

Age: 18Y and up

Instructor: Tommy Kim

Location: Cypress Learning Center

The Cypress Learning Center (2001 Hillside Blvd., Colma). Instruction is provided in stance, grip, putting, chipping as well as full golf swing. All participants are required to wear athletic shoes. Students will be provided with golf clubs for the duration of the session if they do not already have them. Saturday students will purchase golf balls at the range for each class (\$6.00 or \$8.00 bucket). There will be no makeup classes. It is the students responsibility to be present and on time for class.

Classes: 4 Fee: \$160.00(R) /\$175.00(N)

COURSE #	DAY	DATE	TIME
162959 Session I	Sat	Sep 10–Oct 01	9:00AM–10:00AM
162960 Session II	Sat	Oct 08–Oct 29	9:00AM–10:00AM
162961 Session III	Sat	Nov 05–Nov 26	9:00AM–10:00AM
162962 Session IV	Sat	Dec 03–Dec 24	9:00AM–10:00AM

HOT HULA Fitness®

Age: 16Y and up

Instructor: Masina Misilagi

Location: MSB – Marie Peterson

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a total body workout in 60 minutes. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels are welcome. So bring a lava lava or sarong or wear comfortable clothing. Students can dance barefoot or wear shoes.

No class: 10/18, 11/15

Classes: 12 Fee: \$60.00(R) /\$75.00(N)

COURSE #	DAY	DATE	TIME
162860	Tu	Sep 13–Dec 13	5:30PM–6:30PM

Interval – Kickboxing

Age: 14Y and up

Instructor: Stephanie King

Location: MSB – Marie Peterson

A high energy aerobic and conditioning workout in an easy-to-follow format that produces results. The class focuses on punching, kicking combos at different speeds to build strength and endurance, ending with an awesome ab workout you are sure to feel. Please bring towel and mat to class.

No class: 10/19

Classes: 13 Fee: \$58.00(R) /\$73.00(N)

COURSE #	DAY	DATE	TIME
162836	Wed	Sep 14–Dec 14	6:30PM–7:30PM

Karate Basics for Adults

Age: 18Y and up

Instructor: Nobu Kaji

Location: Westborough – Small Activity Room

Learn the basics of Karate as an effective method of self defense. Develop confidence, and gain strength, flexibility, endurance in a friendly atmosphere. Beginners only. Sensei Nobu Kaji is a 7th degree black belt.

No class: 10/22, 11/26

Classes: 12 Fee: \$50.00(R) /\$65.00(N)

COURSE #	DAY	DATE	TIME
162954	Sat	Sep 17–Dec 17	10:15AM–11:15AM

Kenpo–Eskrima for Teens/Adults

Age: 12Y and up

Instructor: Romeo Agloro, Jr.

Location: Westborough – Multi-Use Room

Created by the class' instructor, Kenpo–Eskrima is a seamless blend of combat–proven techniques from the Chinese and Filipino fighting arts. A complete personal defense system, this method teaches the use of empty hands, cane, knife or any improvised weapon in a simple, effective system for unarmed and armed conflicts that is applicable in today's situations. The class includes meditation, cardio & strengthening warm-ups, and practical applications practice. Historical and cultural aspects of the art are also covered. Class uniform and training supplies may be purchased from instructor on first day of class. Romeo Agloro Jr. is ranked as Grandmaster in Kenpo, Guro in Eskrima and Sifu in Northern Style Kung-Fu. He began teaching in 1981. He is assisted by Jacy Criwsell, 3rd degree Black Belt. Students must be 12 years as of January 1, 2016.

No class: 10/10, 10/31, 11/7, 11/23

Classes: 24 Fee: \$100.00(R) /\$115.00(N)

COURSE #	DAY	DATE	TIME
162854 Beginners	M/W	Sep 12–Dec 14	7:00PM–8:00PM
162857 Intermediate/Advanced	M/W	Sep 12–Dec 14	7:00PM–8:00PM

TEEN AND ADULT CLASSES

Lunchtime Fitness: Stretch & Tone

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Butterfly Dance Studio

Lengthen & firm your body with mindfulness and breath. Perform controlled movements in order to feel the required stability, elongation, stretch, and proper alignment. Releases tension and improves circulation. Will regenerate your mood for the remainder of the business work day. Bring mat, towel, pillow, water.

No class: 11/11, 11/25

Classes: 12 Fee: \$41.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
163272	Fri	Sep 16-Dec 16	11:30AM-12:15PM

Osteo Pilates

Age: 14Y and up

Instructor: Stephanie King

Location: (see below)

This course will help increase bone density and reduce the risk of fracture through various exercises focused on low bone density as well as normal bone density. All movements will be explained and performed slowly to ensure correct alignment and mind/body connection. Soft music with slow to medium beat will be played. Bring to class: cushioned mat, towel, pillow, water, light weights. (Light weights will be used later in the session if we are ready to use them. Bands and own body weight are usually sufficient.)

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
163273	Mon	Sep 12-Dec 12	11:30AM-12:15PM
MSB - Social Hall (Lunchtime Fitness) <i>No class: 9/19, 10/10</i>			

Classes: 11 Fee: \$41.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
163274	Th	Sep 15-Dec 15	5:30PM-6:15PM
MSB - Marie Peterson <i>No class: 9/19, 10/10</i>			

Pickleball

Age: 18Y and up

Instructor: Paul Swink

Location: Terrabay-Gymnasium

Pickleball is a new paddle sport sweeping the nation. This fun sport combines many elements of tennis, badminton, and ping pong. Pickleball is played with a paddle and plastic ball on a badminton sized court. The court is separated by a modified tennis net. Instructor Paul Swink will teach skills, provide demonstrations, and facilitate matches. Register today to learn the game, improve skills, engage in some quality matches, and have a fun time! This course is a drop-in course, but participants must have script cards in order to participate. Script cards can only be purchased from the Recreation office.

No class: 10/10

Classes: 13 Fee: \$5.00/class

COURSE #	DAY	DATE	TIME
163234	Mon	Sep 12-Dec 12	7:00PM-9:00PM

Pilates

Age: 14Y and up

Instructor: Stephanie King

Location: (see below)

This system of stretching and strengthening exercises unites mind and body. Focus is on developing the 'core' (the deep abdominal and back muscles). Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a streamlined shape. Please bring a personal mat to class.

Classes: 11 Fee: \$41.00(R) /\$56.00(N)

COURSE #	DAY	DATE	TIME
162811	Mon	Sep 12-Dec 12	5:15PM-6:00PM
MSB - Social Hall <i>No class: 9/19, 10/10, 12/5</i>			

Classes: 11 Fee: \$55.00(R) /\$70.00(N)

COURSE #	DAY	DATE	TIME
162813	Mon	Sep 12-Dec 12	7:30PM-8:30PM
MSB - Social Hall <i>No class: 9/19, 10/10, 12/5</i>			

Classes: 13 Fee: : \$65.00(R) /\$80.00(N)

COURSE #	DAY	DATE	TIME
162812	Wed	Sep 14-Dec 14	7:30PM-8:30PM
MSB - Marie Peterson Room <i>No class: 10/19</i>			

Pilates - Day Time Class

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

Drop in class (no advance registration needed). \$5.00 per class payable to the instructor at each class meeting (cash only please). No senior discount.

No class: 9/19, 10/10

Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
162814	M/W	Sep 12-Dec 14	9:15AM-10:15AM

TEEN AND ADULT CLASSES

Piloxing (Pilates & Boxing Combo)

Age: 15Y and up

Instructor: Stephanie King

Location: Fernekes Building – Orange Park

Piloxing is an exciting, new inter-disciplinary program that uniquely mixes Pilates and boxing with a bit of simple dance moves into a calorie blasting, muscle toning, core-centric interval workout, guaranteed to whip you into shape, using a class format that is both fun and challenging. And, it is executed with bare feet (optional, but recommended). This strengthens your feet and builds better balance, as balance starts from the bottom of your feet. Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. To complement the Pilates and boxing movements, Piloxing incorporates the use of ½ pound weighted gloves. These Piloxing weighted gloves add a muscular and cardio challenge and are specifically made for Piloxing for safety purposes. Please bring weighted gloves, optional, but recommended.

No class: 9/24

Classes: 13 Fee: \$65.00(R) /\$80.00(N)

COURSE #	DAY	DATE	TIME
162837	Sat	Sep 17-Dec 17	9:00AM-10:00AM

Shinkyu Shotokan Karate – Adult

Age: 18Y and up

Instructor: Sue Miller

Location: Fernekes Building – Orange Park

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. Sensei Leroy Rodrigues started this program in 1965. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 7th degree black belt. She will be assisted by Nobu Kaji, 7th degree black belt.

No class: 11/24

Classes: 27 Fee: \$112.00(R) /\$127.00(N)

COURSE #	DAY	DATE	TIME
162945	Tu/Th	Sep 13-Dec 15	7:30PM-8:30PM

Shinkyu Shotokan Karate – Teens

Age: 12Y – 17Y

Instructor: Sue Miller

Location: Fernekes Building – Orange Park

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self defense in a spiritual, mental and physical way. Develop confidence, build up your endurance, focus and self awareness in a friendly atmosphere. Students should wear loose clothing. Sensei Leroy Rodrigues began the program in 1965. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 7th degree black belt . She will be assisted by Nobu Kaji, 7th degree black belt.

No class: 11/24

Classes: 27 Fee: \$112.00(R)/\$127.00(N)

COURSE #	DAY	DATE	TIME
162953	Tu/Th	Sep 13-Dec 15	6:30PM-7:30PM

Stretching and Flexibility

Age: 18Y and up

Instructor: Kevin Simmers

Location: MSB – Dance Studio

This class will focus on low impact aerobics and light handweights work. We will use various techniques to tone and strengthen the entire body as well and develop flexibility and balance.

No class: 10/20, 11/24

Classes: 24 Fee: \$120.00(R) /\$135.00(N)

COURSE #	DAY	DATE	TIME
163173	Tu/Th	Sep 13-Dec 08	1:00PM-2:00PM

Tabata Bootcamp™

Age:14Y and up

Instructor: Stephanie King

Location: (see below)

Tabata Bootcamp™ is based on the most current High Intensity Interval Training (HIIT) research and timing protocol. It is an interval, total body workout that focuses on short periods (microbursts) of high/medium intensity movements (giving it your all) with rest periods. High/ medium intensity movements are based on your own fitness and comfort level of intensity, which is unique to each participant. This efficient workout is appropriate for all fitness levels. Intensity improves when your body becomes more conditioned as a result of this Tabata/Hiit workout. Please bring a mat, towel, handweights, and water to class.

Classes: 13 Fee: \$49.00(R) /\$64.00(N)

COURSE #	DAY	DATE	TIME
162835	Tu	Sep 13-Dec 13	6:45PM-7:45PM
MSB – Social Hall			

Classes: 12 Fee: \$60.00(R) /\$75.00(N)

COURSE #	DAY	DATE	TIME
162834	Th	Sep 15-Dec 15	7:15PM-8:15PM
MSB- Social Hall			
<i>No class: 10/20, 11/3, 11/24</i>			

TEEN AND ADULT CLASSES

(Tai Chi) Chen Taiji and Qigong Beginners & Intermediate

Age: 18Y and up

Instructors: Anthony Cheung & Stella Cheung

Location: (see below)

Traditional Chen-style Taijiquan (Tai Chi) is widely acknowledged as the ancestor of all other styles of Taijiquan. This class will introduce the Traditional Chen-style Taijiquan form, Silk-reeling Exercises and Wuji Qigong. Taijiquan form will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students to cultivate internal energy (qi) which will enhance their immune systems, and to reduce physical and mental stress. Anthony and Stella Cheung are of the 21st generation of direct lineage from Chen family Taijiquan and certified instructor of American Chen Taijiquan Society.

Classes: 9 Fee: \$68.00(R) /\$83.00(N)

COURSE #	DAY	DATE	TIME
162875	Mon	Oct 17-Dec 12	7:00PM-8:30PM
Terrabay - Iris Room			
162876	Wed	Oct 19-Dec 14	7:00PM-8:30PM
Terrabay - Poppy Room			

Classes: 18 Fee: \$116.00(R) /\$131.00(N)

COURSE #	DAY	DATE	TIME
162877	M/W	Oct 17-Dec 14	7:00PM-8:30PM
Combo Class			

Tai Chi Chuan - Beginners

Age: 15Y - 72Y

Instructor: Gene Thomas

Location: Westborough

Tai Chi Chuan is an ancient art of 'meditation in motion'. This slow relaxing form of exercise is excellent for all ages in stress control and development of physical and mental awareness. Classes consist of learning a series of simple, basic forms of performing graceful movements and standing meditations.

No class: 11/8

Classes: 13 Fee: \$66.00(R) /\$81.00(N)

COURSE #	DAY	DATE	TIME
162759	Tu	Sep 13-Dec 13	7:30PM-8:30PM

Tai Chi Chuan - Intermediate

Age: 15Y - 72Y

Instructor: Gene Thomas

Location: Westborough

The Intermediate class includes refining the series of Guang Ping Yang-Tai Chi movements and basic forms. Traditional Tai Chi sword sets will be taught to qualified students. Advanced students will be introduced to the Hsing-Yi style of internal martial arts. Students practicing Hsing-Yi have been known to slow down the aging process, add energy and improve overall vitality.

No class: 11/8

Classes: 13 Fee: \$66.00(R) /\$81.00(N)

COURSE #	DAY	DATE	TIME
162966	Tu	Sep 13-Dec 13	8:30PM-9:30PM

Tai Chi Chuan for Women

Age: 18Y and up

Instructor: Elliotte Mao

Location: Fernekes Building - Orange Park

The Qi energy harnessed for centuries for its life giving force has ironically been underutilized by the most life giving souls—women!! Come join a unique, energizing and nurturing class to discover why this intrinsic energy goes beyond the masculine concept of martial arts. With a series of steps culled from nature's best movements, this gentle exercise brings life enhancing benefits to fortify us against those nagging issues such as osteoporosis, menopause, depression, fatigue. Let's discover wellness together. Level II & III is for students with prior experience in Tai Chi. Elliotte Mao is a wellness educator who has been teaching Tai Chi for over 15 years.

Classes: 14 Fee: \$71.00(R) /\$86.00(N)

COURSE #	DAY	DATE	TIME
163284	Wed	Sep 14-Dec 14	9:00AM-10:00AM
Session I			
163284	Wed	Sep 14-Dec 14	10:00AM-11:00AM
Session II			
163284	Wed	Sep 14-Dec 14	11:00AM-12:00PM
Session III			

Yoga - Hatha Yoga

Age: 15Y and up

Instructor: Kevin Simmers

Location: MSB - Dance Studio

A series of yoga postures designed to increase flexibility, strength and endurance. Improve balance with a focus on the core. Using breath work to improve focus and to calm the mind and body. Ideal for beginning to intermediate practitioner. Bring a yoga mat to class. Kevin Simmers is Certified with the Hatha Yoga Foundation and as been teaching Yoga for twenty-five years.

No class: 10/10

Classes: 25 Fee: \$176.00(R) /\$191.00(N)

COURSE #	DAY	DATE	TIME
163172	M/W	Sep 12-Dec 07	11:00AM-1:00PM

TEEN AND ADULT CLASSES

Yoga – Hatha Beginning & Intermediate Levels

Age: 13Y and up

Instructor: Linda Russell

Location: Terrabay – Iris Room

Yoga means union and is designed to assist in integrating mind, body, and spirit. Each yoga posture not only helps us to relax, strengthen, and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress, and disease, which limits us from functioning at our highest level. Take time for yourself and join this non-competitive, relaxing, and life-giving environment. No previous experience is necessary. Please bring a mat, as well as a band, belt, or strap to class. Linda Russell is a certified Hatha Yoga instructor who has been instructing classes for over 20 years.

Classes: 12 Fee: \$101.00(R) /\$116.00(N)

COURSE #	DAY	DATE	TIME
163174	Wed	Sep 14–Nov 30	7:00PM–8:30PM

Yoga (Iyengar) Mixed Level

Age: 15Y and up

Instructor: Vicki Engel

Location: MSB – Marie Peterson

The practice of hatha yoga challenges and refines your flexibility, strength and balance. We will use different types of props to help adjust the postures in order to work in a range of motion that is safe and effective. Please bring a personal mat to class. Vicki Engel teaches Hatha Yoga in the Iyengar tradition. She received her teacher training at the Iyengar Yoga Institute of San Francisco.

No class: 10/10, 10/17

Classes: 12 Fee: \$84.00(R) /\$99.00(N)

COURSE #	DAY	DATE	TIME
162757	Mon	Sep 12–Dec 12	7:15PM–8:30PM

Yoga –Stretching Beginning & Intermediate

Age: 16Y and up

Instructor: Don Amini

Location: Westborough – Multi-Use Room

Focused stretching, deep breathing and relaxation to improve flexibility, posture and vitality. Please bring a personal mat to class.

No class: 10/10, 11/24

Classes: 13 Fee: \$110.00(R) /\$125.00(N)

COURSE #	DAY	DATE	TIME
162852	Mon	Sep 12–Dec 12	10:15AM–11:45AM
162853	Th	Sep 15–Dec 15	7:30PM–9:00PM

Zumba

Age: 14Y and up

Instructor: Stephanie King

Location: (see below)

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN & EASY TO DO. It is an interval training class where fast, moderate (at your own pace) and slow rhythms & resistance training are combined to tone & sculpt your body while burning fat. We add some Latin flavor & international zest into the mix and you've got Zumba! It's fun, caloric burning, heart racing, 7 muscle pumping, body energizing movements meant to engage and captivate you for life! Stephanie King is a certified Zumba instructor.

Classes: 13 Fee: \$49.00(R) /\$64.00(N)

COURSE #	DAY	DATE	TIME
162831	Tu	Sep 13–Dec 13	6:00PM–6:45PM
MSB – Social Hall <i>No class: 12/6</i>			

Classes: 11 Fee: \$55.00(R) /\$70.00(N)

COURSE #	DAY	DATE	TIME
162830	Th	Sep 15–Dec 15	6:15PM–7:15PM
MSB – Marie Peterson <i>No class: 10/20, 11/3, 11/24</i>			

Classes: 13 Fee: \$65.00(R) /\$80.00(N)

COURSE #	DAY	DATE	TIME
162829	Sat	Sep 17–Dec 17	10:00AM–11:00AM
Fernekes Building – Orange Park <i>No class: 9/23</i>			

Zumba – Day Time Class

Age: 16Y and up

Instructor: Stephanie King

Location: Fernekes Building – Orange Park

Drop in class (no advance registration needed). \$5.00 per class payable to the instructor at each class meeting (cash only please). Please note the days and location change for the summer session. No senior discount available.

No class: 11/24

Fee: \$5.00(R) /\$5.00(N)

COURSE #	DAY	DATE	TIME
162832	Tu	Sep 13–Dec 13	9:15AM–10:15AM
162833	Th	Sep 15–Dec 15	9:15AM–10:15AM

TEEN AND ADULT CLASSES

Zumba Gold-Tone

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

Zumba Gold-Tone utilizes the same great Latin styles of music and dance used in the Zumba basic program but at a lower intensity. This easy-to-follow program allows anyone, any age or ability, to participate. Participants will build muscle strength, increase bone density, and improve mobility, posture and coordination. Zumba Gold-Tone class will use light weights (1 to 2lbs) or no weights. Participants will be taught how to tone without weights, as well. The Gold dance portion may also include hip-hop and reggaeton, as well as fitness moves. Note: This class is not the same as the traditional cardio Zumba class. Stephanie King is a certified Zumba Gold Tone instructor.

No class: 9/19, 10/10, 12/5

Classes: 11 Fee: \$55.00(R) /\$70.00(N)

COURSE #	DAY	DATE	TIME
162810	Mon	Sep 12-Dec 12	6:00PM-7:00PM

Basic Life Support for Health Care Providers

The American Heart Association BLS for Health Care Provider course is designed to meet the requirements for people who are required to have the BLS HCP for their employment or who want the full encompassing course which covers infant, pediatric, and adult CPR with choking.

Pre-registration is required for these classes. Purchase of a book may be required for some courses. Book can be obtained at the time of registration. Classes are located at the EOC/ Classroom, Station 61, 480 North Canal, SSF. This course is EMSA approved. Register in person at Fire Administration, 480 North Canal and bring proof of residency. Fee covers cost of class materials. Classes are limited to the first 12 people. For questions, call (650) 829-3950.

Classes: Fee: \$15.00(R) /\$100.00(N)

COURSE	DATE	TIME
Basic Life Support for Care Providers	Jul 23	9:00AM
Basic Life Support for Care Providers	Sep 03	9:00AM
Basic Life Support for Care Providers	Oct 22	9:00AM

*The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

Any questions or concerns regarding the AHA/CPR classes can be directed to Jack Durham (jack.durham@ssf.net).



CPR AND FIRST AID CLASSES

Heartsaver First Aid (Pediatric and Adult Classes)

The award-winning American Heart Association Heartsaver First Aid Course is designed to provide individuals with the critical life-saving skills to care for a victim of an illness or injury until EMS arrives. The course provides training in basic first aid procedures with the opportunity for training in adult CPR and the use of automated external defibrillators (AEDs). The intended audience is people assigned to respond to emergencies in the workplace or community as well as individuals who want to learn first aid and CPR skills.

Classes: 1

COURSE	DATE	TIME
Pediatric Heart Saver Fee: \$120.00(R) /\$120.00(N)	Aug 06	9:00AM
Adult Heart Saver Fee: \$15.00(R) /\$100.00(N)	Aug 20	9:00AM
Pediatric Heart Saver Fee: \$120.00(R) /\$120.00(N)	Sep 17	9:00AM
Adult Heart Saver Fee: \$15.00(R) /\$100.00(N)	Oct 08	9:00AM
Pediatric Heart Saver Fee: \$120.00(R) /\$120.00(N)	Nov 05	9:00AM
Adult Heart Saver Fee: \$15.00(R) /\$100.00(N)	Nov 19	9:00AM

TENNIS CLASSES

Tennis Facilities

Alta Loma Park

Camaritas Entrance or Promenade Entrance
off of El Camino Real
1 court

Orange Park

Tennis Drive & Orange Avenue
5 lighted courts

Brentwood Park

Rosewood & Briarwood Drives
1 court

Buri Buri Park

200 Block of Arroyo Drive
1 lighted court

Sellick Park

Appian Way
1 lighted court

Stonegate

Chestnut Ave. & Hillside Blvd.,
(across from Elks Club Parking Lot)
2 courts

Terrabay

1121 South San Francisco Drive
2 lighted courts

Westborough Park

Westborough Blvd. & Galway Place
2 courts

Information and Requirements

- Students furnish own racquet or may check out a loaner.
- Enrollment limited; early registration advised.
- Times other than those listed may be arranged, based on court and instructor availability.
- Classes and times subject to change with notice.

Class Description

NEW BEGINNER – No previous tennis instruction. Basic fundamental strokes (forehand, backhand, serve) are introduced.

BEGINNER – Pre-requisite of at least one recent session of instruction. Instruction reviews basic groundstrokes, refinement of footwork and serve.

ADVANCED BEGINNER/INTERMEDIATEs – Pre-requisite of at least two recent sessions of instruction. Groundstrokes must be consistent at this stage. Instruction tailored to specific strengths and weaknesses of each participant. Strategy and non-competitive play are introduced.

PRIVATE – The student who desires more individual attention. Instructor will work on weaknesses or student's preference.

SEMI-PRIVATE – Same as private except participants must register as a pair.

Instructors: Jeff Inocencio and Jaime Pagmanua are Certified Instructors by the U.S.P.T.R. (United States Professional Tennis Registry).



TENNIS CLASSES

Tennis: Private Lessons

Age: 8Y and up

Instructor: Jaime Pagmanua

Location: Terrabay Tennis Court #1

This class is for the student who desires more individual attention. Instructor will work on weaknesses or student's preference.

Classes: 10 Fee: \$180.00(R)/\$195.00(N)

COURSE #	DAY	DATE	TIME
163180	Sat	Sep 10-Nov 12	9:00AM-9:30AM
163181	Sat	Sep 10-Nov 12	9:30AM-10:00AM
163182	Sat	Sep 10-Nov 12	10:00AM-10:30AM
163183	Sat	Sep 10-Nov 12	10:30AM-11:00AM
163184	Sat	Sep 10-Nov 12	11:00AM-11:30AM
163185	Sat	Sep 10-Nov 12	11:30AM-12:00PM
163186	Sat	Sep 10-Nov 12	12:00PM-12:30PM
163187	Sat	Sep 10-Nov 12	12:30PM-1:00PM
163188	Sat	Sep 10-Nov 12	1:00PM-1:30PM
163196	Sat	Sep 10-Nov 12	1:30PM-2:00PM
163195	Su	Sep 11-Nov 13	8:30AM-9:00AM
163189	Su	Sep 11-Nov 13	9:00AM-9:30AM
163190	Su	Sep 11-Nov 13	9:30AM-10:00AM
163191	Su	Sep 11-Nov 13	10:00AM-10:30AM
163192	Su	Sep 11-Nov 13	10:30AM-11:00AM
163193	Su	Sep 11-Nov 13	11:00AM-11:30AM
163194	Su	Sep 11-Nov 13	11:30AM-12:00PM

Tennis: Private Lessons

Age: 8Y and up

Instructor: Jeff Inocencio

Location: Terrabay Tennis Court #2

This class is for the student who desires more individual attention. Instructor will work on weaknesses or student's preference.

Classes: 6 Fee: \$108.00(R)/\$123.00(N)

COURSE #	DAY	DATE	TIME
163214	Sat	Sep 17-Oct 22	9:00AM-9:30AM
163209	Sat	Sep 17-Oct 22	9:30AM-10:00AM
163210	Sat	Sep 17-Oct 22	10:00AM-10:30AM
163211	Sat	Sep 17-Oct 22	10:30AM-11:00AM
163212	Sat	Sep 17-Oct 22	12:30PM-1:00PM
163213	Sat	Sep 17-Oct 22	1:00PM-1:30PM
163197	Tu	Sep 20-Oct 25	5:00PM-5:30PM
163198	Tu	Sep 20-Oct 25	5:30PM-6:00PM
163199	Tu	Sep 20-Oct 25	6:00PM-6:30PM
163200	Tu	Sep 20-Oct 25	6:30PM-7:00PM
163201	Tu	Sep 20-Oct 25	7:00PM-7:30PM
163202	Tu	Sep 20-Oct 25	7:30PM-8:00PM
163203	Wed	Sep 21-Oct 26	5:00PM-5:30PM
163204	Wed	Sep 21-Oct 26	5:30PM-6:00PM
163205	Wed	Sep 21-Oct 26	6:00PM-6:30PM
163206	Wed	Sep 21-Oct 26	6:30PM-7:00PM
163207	Wed	Sep 21-Oct 26	7:00PM-7:30PM

Tennis: Private Lessons (cont.)

COURSE #	DAY	DATE	TIME
163208	Wed	Sep 21-Oct 26	7:30PM-8:00PM
163215	Th	Sep 22-Oct 27	5:00PM-5:30PM
163216	Th	Sep 22-Oct 27	5:30PM-6:00PM
163217	Th	Sep 22-Oct 27	6:00PM-6:30PM
163218	Th	Sep 22-Oct 27	6:30PM-7:00PM
163219	Th	Sep 22-Oct 27	7:00PM-7:30PM
163220	Th	Sep 22-Oct 27	7:30PM-8:00PM

Tennis: Private - Hour Long Classes

Age: 8Y and up

Instructor: Jeff Inocencio

Location: Terrabay Tennis Court #2

Classes: 6 Fee: \$212.00(R) /\$227.00(N)

COURSE #	DAY	DATE	TIME
163178	Su	Sep 18-Oct 23	11:00AM-12:00PM
163179	Su	Sep 18-Oct 23	10:00AM-11:00AM
163176	Mon	Sep 19-Oct 24	5:00PM-6:00PM
163177	Mon	Sep 19-Oct 24	6:00PM-7:00PM

Tennis: Semi Private

Age: 8Y and up

Instructors: Jeff Inocencio & Jaime Pagmanua

Semi Private Tennis Classes have only two students per instructor. Participants select a private time slot and enroll as two students. Participants must register as a pair. Please note the fee is per student. Online registration for semi-private is not available.

Classes: 6

Fee (1 hour classes): \$155.00(R)/\$170.00(N)

Fee (30 min classes): \$77.00 (R)/\$92.00 (N)

Child Tennis: Pee Wee

Age: 5Y - 7Y

Instructor: Jeff Inocencio

Location: Terrabay Tennis Court #2

An introductory class for children to learn the game and skills of tennis. Through games and drills your child will increase their hand-eye coordination, footwork and stamina. Racquets and balls will be provided.

Classes: 6 Fee: \$39.00(R)/\$54.00(N)

COURSE #	DAY	DATE	TIME
163175	Sat	Sep 24-Oct 29	11:00AM-12:00PM

YOUTH AND ADULT SPORTS

Open Gym Program

Terrabay Gymnasium and Recreation Center
Starts 9/6/16

Terrabay Gymnasium will be open for several drop-in activities during the week and on weekends. The schedule is as follows:

Basketball

Monday thru Friday 12:00PM – 3:00PM (Adults only)
Saturday 12:00PM – 3:00PM (Juniors only)
Sunday 12:30PM – 3:00PM (All Ages)

Fees:

Monday thru Friday \$3.00
Saturdays (Juniors) \$2.00
Sundays (Adults) \$3.00
Sundays (Juniors) \$2.00

Badminton

Sunday 9:15AM – 12:00PM (All Ages)

Fees:

Juniors (17 and under) \$3.00
Adults (18 and over) \$4.00
Seniors (55 and over) \$3.00

Futsal

Friday 7:15PM – 9:15PM (All Ages)

Fee: \$3.00

Adult and Junior Badminton Program

Starts 9/12/16

The Recreation Department offers a drop-in badminton program at South San Francisco High School.

Monday & Wednesday 7:15PM – 9:30PM

Location: Small Gym

Fees:

Juniors (17 & under) \$3.00
Adults (18 & over) \$4.00
Seniors (55 & over) \$3.00

Middle School Sports Program

Students who attend one of our three middle schools can participate in our sports program. Students from all three schools will be joined together to form teams that will represent the City of South San Francisco. Flag football practices and home games will be held at the Terrabay Field and volleyball practices and home games at the Terrabay Gymnasium. The Evaluation Day will have anyone who registers (40 max per grade) placed on a team which could include students from all three schools playing together. There will be no cuts, but anyone who signs up after the evaluation day or deadline will only be placed on a team if

a team is not already full. Please call (650) 829-4680 for further information on the Middle School Sports program. Registration forms will be made available at each school. We will not accept any registrations after our deadline for each season, please read the new registration format below.

Middle School Sports Registration: All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE AUGUST 26** to play Flag Football or Volleyball. **NO SIGN-UPS WILL BE TAKEN AFTER THE DEADLINE.** For a registration flyer, please call (650) 829-4683. Registration forms are also located at the Terrabay Gymnasium, 1121 South San Francisco Drive or online at www.ssf.net/index.aspx?nid=411

Parents must sign the registration form and submit fees prior to participation.

Middle School Sports Parent Information Night

Parents are welcome to attend this middle school sports information night. Parents will receive information on the different sports we offer throughout the school year as well as information about registration, practices, games, etc. Flyers for the upcoming Fall Sports will be made available that evening.

Date: Tuesday, August 23

Where: Terrabay Gymnasium and Recreation Center

Time: 7:00PM – 7:30PM

YOUTH AND ADULT SPORTS

FALL MIDDLE SCHOOL SPORTS

6th, 7th, 8th Grade Football (7 on 7 Passing League)

Location: Terrabay Field (1400 Hillside Blvd.)

EVALUATION DAY:

Monday, August 29 @ 4:30PM

PRACTICES: Weekdays (Tues/Thurs.) – practice schedule will be arranged after the evaluation day.

GAMES: Game schedules begin in September and will be announced.

COST: \$70.00 per participant and includes team shirt

COURSE #	GRADE LEVEL
163275	6th Grade
163276	7th Grade
163277	8th Grade

6th, 7th, 8th Grade Girls Volleyball

Location: Terrabay Gymnasium and Recreation Center

EVALUATION DAY:

7th grade: Tuesday, August 30 @ 5:00PM

8th grade: Tuesday, August 30 @ 6:30PM

6th grade: Wednesday, August 31 @ 5:00PM

PRACTICES: Weekdays – practice schedule will be arranged after the evaluation day.

GAMES: Game schedules begin in September and will be announced.

COST: \$70.00 per participant and includes team uniform

COURSE #	GRADE LEVEL
163287	6th Grade
163288	7th Grade
163289	8th Grade

RAPP SPORTS

R.A.P.P. coed basketball league is offered for children 3rd–5th grades. The children will learn the basic fundamentals of basketball as well as teamwork and good sportsmanship. A five game season will be played. Each team will carry a maximum of 10 players. Flyers will be passed out to the schools.

Coed 3rd – 5th Basketball League

Practice location: Spruce Elementary School Gymnasium

Game location: Terrabay Gymnasium and Recreation Center

DAYS: Monday/Tuesday/Wednesday (pick one day for practice)

TIMES: 3:30PM – 4:30PM or 4:30PM – 5:30PM (pick one time)

PRACTICE DATES: September 19 – November 11th

GAME DATES: Games begin October 14, 2016 (Fridays)

COST: \$50.00

For more information call (650) 829-4683.

COURSE #	DAY	TIME
163290	Mon	3:30PM-4:30PM
163291	Mon	4:30PM-5:30PM
163292	Tu	3:30PM-4:30PM
163290	Tu	4:30PM-5:30PM
163291	Wed	3:30PM-4:30PM
163292	Wed	4:30PM-5:30PM



AQUATICS CLASSES

Orange Memorial Pool

- Indoor, 6 lanes, 25 yards
- Approximately 84 degrees
- (650) 875-6973 (phone)/(650) 875-6976 (fax)

Swim Schedule

Holidays

- Monday, September 5, 2016- Labor Day
- Saturday, September 24, 2016- Concert in the Park
- Monday, October 10, 2016- Columbus Day
- Friday, November 11, 2016- Veteran's Day
- Thursday, November 24, 2016- Thanksgiving Day
- Friday, November 25, 2016-Day After Thanksgiving

**Winter Closure still to be determined

Adult Lap Swim (16 Years and up)

Monday thru Friday	5:30AM - 9:15AM
Saturday	7:30AM - 8:45AM
Sunday	7:30AM - 9:30AM

Adult Recreation Swim/Sauna (18 Years and up)

Monday thru Friday	10:45AM - 1:00PM
Tuesday	7:45PM - 9:30PM
Sunday	10:00AM - 12:00PM

Open Recreation (All Ages)

Friday Family Night	7:00PM - 8:30PM
\$5.50 for the family <i>no more than 5 family members and at least 1 adult is required to go into the water with the children.</i> (Additional family members will be \$2.25 per person)	
Saturday	1:30PM - 3:00PM
Sunday	12:30PM - 2:00PM

Drop-In Parent and Child Recreation Swim (Ages: 4 months to 5 Years)

Bring your child 4 months to 5 years old for playtime in the pool! This special recreation time is for caregivers and children to play in the pool together as well as a time for expecting mothers to get in for some aquatic exercise. There will be a lifeguard on duty but this is recreation time not a class. Buy a Script Card or pay the drop in fee. Children that are not potty trained must wear a swim diaper and a swimsuit. Please no outside toys.

Monday	9:30AM - 10:30AM
Wednesday	9:30AM - 10:30AM
Friday	9:30AM - 10:30AM

Fees

Recreation Swim Drop-In Fees

Children	\$4.50
Adults	\$5.50

Script Cards-Good for 10 swims and does not expire:

Child	\$22.50(R)/\$44.00(N)
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Adults	\$34.00(R)/\$54.00(N)
Family Night	\$5.50 per family (<i>limited to five family members, additional family members are \$2.25 per person</i>)
*Senior Discounts available - inquire at Orange Pool	

Adult Lap Swim Fees

Resident	\$50.00/month
Non-Resident	\$58.00/month
Daily	\$5.50
Adult Lap Swim Script Card	\$41

ONLY Yellow Adult Lap Swim Cards Accepted during these hours

Class Fees

All class fees are listed in the class schedule. There are two sets of fees, one for residents (R) and one for non-residents (N). Fees are subject to change. Payment for classes can be made by check or credit card (Visa, MasterCard, or Discover).

Rentals

Orange Pool is available for rentals by individuals on Saturdays from 3:00pm-4:30pm and from 4:30pm-6:00pm. Rentals are done on a first-come, first-serve basis. The rate is \$162 for 30 participants or less, \$183 for 31-60 participants, and \$204 for 61-100 participants. Non-residents pay an additional \$21.00. A \$50.00 non-refundable deposit is required for all rentals. For further information and date availability contact Orange Pool at (650) 875-6973.

Registration Procedures

Registration information and forms are located in the back of the brochure. You may enroll into any aquatic class listed in the class schedule. Registrations can be brought to Orange Pool or the Recreation Administrative Office. Registrations can also be faxed to Orange Pool at (650) 875-6976.

Additionally, registration is also accepted over the internet via WebReg at www.ssf.net, or by touch tone phone at (650) 829-3960. You will need your family and client numbers to access WebReg or the touch tone system.

South San Francisco Aquatics Club

South San Francisco Aquatics Club (SSFAC), co-sponsored by the Recreation Department, has been in operation since 1972. The SSFAC is a year round program which competes from novice level to national level. The team conducts workouts Monday thru Friday and competes in at least one swim meet a month. Tryouts are held on Mondays by appointment only. Candidates for swim team should be able to swim 25 yards Freestyle and Backstroke. For more information, email the team at ssfac@comcast.net or look the team up on the web at www.ssfswim.org.

AQUATICS CLASSES

INFANT/PRESCHOOL

Level I – Infants

Age: 4M-17M

This level is designed to orient the infant to the water and the various skills involved in swimming. An adult accompanies the infant in the water and infants are required to wear a swim diaper.

No class: 9/24, 10/10

Classes:8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163017	Wed	Sep 14-Nov 02	6:30PM-7:00PM
163019	Sat	Sep 17-Nov 12	12:20PM-12:50PM
163016	Su	Sep 18-Nov 06	2:30PM-3:00PM
163018	Su	Sep 18-Nov 06	4:15PM-4:45PM

Level II – Toddler

Age: 18M-35M

This level works with the toddler on orientation to the water and on teaching the various skills involved in beginning swimming. An adult accompanies the toddler in the water and all toddlers are required to wear a swim diaper.

No class: 9/24, 10/10, 10/31

Classes:8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163048	Mon	Sep 12-Nov 14	6:30PM-7:00PM
163049	Sat	Sep 17-Nov 12	9:00AM-9:30AM
163050	Sat	Sep 17-Nov 12	10:45AM-11:15AM
163047	Su	Sep 18-Nov 06	3:05PM-3:35PM

Level III – Pre-School

Age: 3Y- 4Y

The purpose of this course is to begin teaching floating and swimming skills to preschoolers. An adult accompanies the preschooler in the water. Preschoolers are required to wear a swim diaper or, if potty trained, a swim suit.

No class: 9/24, 10/10, 10/31

Classes:8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163057	Mon	Sep 12-Nov 14	7:05PM-7:35PM
163058	Th	Sep 15-Nov 03	6:30PM-7:00PM
163059	Sat	Sep 17-Nov 12	9:35AM-10:05AM
163060	Sat	Sep 17-Nov 12	11:20AM-11:50AM

Level IV- Pre-Basic Beginners

Age: 4Y- 5Y

The purpose of this course is to begin teaching floating and swimming skills to preschoolers without their parents in the water with them. The children will enter the water themselves and stand on a Tot-Dock to keep them safely above water during class. Class size will be limited to 5 children. Preschoolers are required to wear a swim diaper if not potty trained and a swim suit. Pre-requisite: Must have passed the Level III Preschool Class.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163065	Mon	Sep 12-Nov 14	6:30PM-7:00PM
163068	Tu	Sep 13-Nov 01	6:30PM-7:00PM
163069	Tu	Sep 13-Nov 01	7:00PM-7:30PM
163066	Wed	Sep 14-Nov 02	6:30PM-7:00PM
163070	Wed	Sep 14-Nov 02	7:05PM-7:35PM
163067	Sat	Sep 17-Nov 12	9:00AM-9:30AM
163071	Sat	Sep 17-Nov 12	9:35AM-10:05AM
163072	Su	Sep 18-Nov 06	2:30PM-3:00PM
163073	Su	Sep 17-Nov 06	3:05PM-3:35PM

CHILD

Level I – Basic Beginners

Age: 5Y- 15Y

This class is intended for the first time student. We will be primarily focusing on going under water unassisted, supported front floats with the face in the water and supported back float with ears in the water.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163024	Mon	Sep 12-Nov 14	7:05PM-7:35PM
163025	Mon	Sep 12-Nov 14	7:40PM-8:10PM
163026	Wed	Sep 14-Nov 02	7:05PM-7:35PM
163027	Wed	Sep 14-Nov 02	7:40PM-8:10PM
163028	Th	Sep 15-Nov 03	6:30PM-7:00PM
163029	Th	Sep 15-Nov 03	7:00PM-7:30PM
163020	Sat	Sep 17-Nov 12	9:00AM-9:30AM
163021	Sat	Sep 17-Nov 12	9:35AM-10:05AM
163022	Sat	Sep 17-Nov 12	10:10AM-10:40AM
163023	Sat	Sep 17-Nov 12	10:45AM-11:15AM
163030	Su	Sep 18-Nov 06	3:40PM-4:10PM
163031	Su	Sep 18-Nov 06	4:15PM-4:45PM

AQUATICS CLASSES

Level II – Beginners

Age: 5Y- 15Y

Prerequisites: Floating on both stomach and back for 5 seconds, kicking, and crawl stroke on stomach and back 5 yards. This class will primarily focus on streamlines, front crawl and back crawl.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163034	Mon	Sep 12-Nov 14	7:05PM-7:35PM
163035	Mon	Sep 12-Nov 14	7:40PM-8:10PM
163036	Wed	Sep 14-Nov 02	6:30PM-7:00PM
163037	Wed	Sep 14-Nov 02	7:05PM-7:35PM
163038	Wed	Sep 14-Nov 02	7:40PM-8:10PM
163039	Th	Sep 15-Nov 03	6:30PM-7:00PM
163040	Th	Sep 15-Nov 03	7:00PM-7:30PM
163044	Sat	Sep 17-Nov 12	9:00AM-9:30AM
163041	Sat	Sep 17-Nov 12	9:35AM-10:05AM
163042	Sat	Sep 17-Nov 12	10:10AM-10:40AM
163043	Sat	Sep 17-Nov 12	10:45AM-11:15AM
163045	Su	Sep 18-Nov 06	2:30PM-3:00PM
163046	Su	Sep 18-Nov 06	3:05PM-3:35PM

Level III – Advanced Beginners

Age: 5Y- 15Y

Prerequisites: The ability to swim 15 yards crawl stroke with breathing, 15 yards of back stroke, and treading water for 30 seconds. Students will mainly be focusing on their breathing to the side during the front crawl. We will be introducing breaststroke kicks as well as breaststroke arms and butterfly arms. This class is held in the deep end of the pool.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163052	Mon	Sep 12-Nov 14	6:30PM-7:00PM
163053	Wed	Sep 14-Nov 02	7:05PM-7:35PM
163054	Th	Sep 15-Nov 03	6:30PM-7:00PM
163055	Sat	Sep 17-Nov 12	9:00AM-9:30AM
163056	Su	Sep 18-Nov 06	2:30PM-3:00PM

Level IV – Intermediates

Age: 5Y- 15Y

Prerequisites: The ability to swim 25 yards of crawl stroke and back stroke, 10 yards of elementary back stroke, 10 yards of breaststroke and side stroke kick, tread water for 1 minute. In this class we will be focusing on bilateral breathing, endurance and technique. This class is held in the deep end of the pool.

No class: 9/24

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163062	Wed	Sep 14-Nov 02	7:40PM-8:10PM
163063	Fri	Sep 16-Nov 04	4:00PM-4:30PM
163064	Sat	Sep 17-Nov 12	10:10AM-10:40AM

Level V – Swimmers

Age: 5Y- 15Y

Prerequisites: The ability to swim 50 yards of crawl stroke and back stroke, 15 yards of elementary back stroke, side stroke and breast stroke, and tread water for 2 minutes. This class is designed to prepare those whom are interested in joining a swim team and swimming competitively. Students will build their endurance through lap swimming. Stroke technique will be focused on as well as introducing the IM. This class is held in the deep end of the pool.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163075	Mon	Sep 12-Nov 14	7:40PM-8:10PM
163074	Wed	Sep 14-Nov 02	6:30PM-7:00PM
163077	Fri	Sep 16-Nov 04	4:30PM-5:00PM
163076	Sat	Sep 17-Nov 12	9:35AM-10:05AM

Swim Aid Program

Age: 13Y and up

The swim aid program is a volunteer position for those who wish to assist our lesson program as Instructor Aids. The candidate will be instructed in beginning Water Safety and how to teach beginning swimming. This program is ideal for those who wish to become future swimming instructors. Requirements: Passed Intermediates or the pretest and be at least 13 years old.

No class: 9/24, 10/10, 10/31

Classes: 8 Fee: \$0.00(R) /\$0.00(N)

COURSE #	DAY	DATE	TIME
163152	Mon	Sep 12-Nov 14	6:30PM-8:00PM
163153	Wed	Sep 14-Nov 02	6:30PM-8:00PM
163154	Th	Sep 15-Nov 03	6:30PM-7:30PM
163151	Sat	Sep 17-Nov 12	9:00AM-11:00AM



AQUATICS CLASSES

SEMI PRIVATE

Age: 5Y and up

Semi Private Classes have only two students per teacher. For information on what is required for each level, please look in the descriptions listed under Child Group Lessons.

Semi Private, Level I – Basic Beginners

No class: 9/24

Classes: 8 Fee: \$96.00(R)/\$111.00(N)

COURSE #	DAY	DATE	TIME
163094 Session I	M/W	Sep 12-Oct 05	3:30PM-4:00PM
163095 Session I	M/W	Sep 12-Oct 05	4:00PM-4:30PM
163096 Session I	M/W	Sep 12-Oct 05	4:30PM-5:00PM
163097 Session I	Tu/Th	Sep 13-Oct 06	3:30PM-4:00PM
163098 Session I	Tu/Th	Sep 13-Oct 06	4:00PM-4:30PM
163099 Session I	Tu/Th	Sep 13-Oct 06	4:30PM-5:00PM
163100 Session II	M/W	Oct 17-Nov 09	3:30PM-4:00PM
163101 Session II	M/W	Oct 17-Nov 09	4:00PM-4:30PM
163102 Session II	M/W	Oct 17-Nov 09	4:30PM-5:00PM
163103 Session II	Tu/Th	Oct 18-Nov 10	3:30PM-4:00PM
163104 Session II	Tu/Th	Oct 18-Nov 10	4:00PM-4:30PM
163015 Session II	Tu/Th	Oct 18-Nov 10	4:30PM-5:00PM
163091 Saturday Session	Sat	Sep 17-Nov 12	11:20AM-11:50AM
163092 Saturday Session	Sat	Sep 17-Nov 12	11:50AM-12:20PM
163093 Saturday Session	Sat	Sep 17-Nov 12	12:20PM-12:50PM

Semi Private, Level II – Beginners

Classes: 8 Fee: \$84.00(R)/\$99.00(N)

COURSE #	DAY	DATE	TIME
163109 Session I	M/W	Sep 12-Oct 05	3:30PM-4:00PM
163110 Session I	M/W	Sep 12-Oct 05	4:00PM-4:30PM
163111 Session I	M/W	Sep 12-Oct 05	4:30PM-5:00PM
163112 Session I	Tu/Th	Sep 13-Oct 06	3:30PM-4:00PM
163114 Session I	Tu/Th	Sep 13-Oct 06	4:00PM-4:30PM
163116 Session I	Tu/Th	Sep 13-Oct 06	4:30PM-5:00PM

Semi Private, Level II (cont.)

COURSE #	DAY	DATE	TIME
163117 Session II	M/W	Oct 17-Nov 09	3:30PM-4:00PM
163118 Session II	M/W	Oct 17-Nov 09	4:00PM-4:30PM
163119 Session II	M/W	Oct 17-Nov 09	4:30PM-5:00PM
163120 Session II	Tu/Th	Oct 18-Nov 10	3:30PM-4:00PM
163166 Session II	Tu/Th	Oct 18-Nov 10	4:00PM-4:30PM
163168 Session II	Tu/Th	Oct 18-Nov 10	4:30PM-5:00PM
163106 Saturday Session	Sat	Sep 17-Nov 12	11:20AM-11:50AM
163107 Saturday Session	Sat	Sep 17-Nov 12	11:50AM-12:20PM
163108 Saturday Session	Sat	Sep 17-Nov 12	12:20PM-12:50PM

Semi Private, Level III – Advance Beginners

No class: 9/24

Classes: 8 Fee: \$84.00(R)/\$99.00(N)

COURSE #	DAY	DATE	TIME
163124 Session I	M/W	Sep 12-Oct 05	3:30PM-4:00PM
163125 Session I	M/W	Sep 12-Oct 05	4:00PM-4:30PM
163127 Session I	M/W	Sep 12-Oct 05	4:30PM-5:00PM
163128 Session I	Tu/Th	Sep 13-Oct 06	3:30PM-4:00PM
163129 Session I	Tu/Th	Sep 13-Oct 06	4:00PM-4:30PM
163131 Session I	Tu/Th	Sep 13-Oct 06	4:30PM-5:00PM
163132 Session II	M/W	Oct 17-Nov 09	3:30PM-4:00PM
163133 Session II	M/W	Oct 17-Nov 09	4:00PM-4:30PM
163134 Session II	M/W	Oct 17-Nov 09	4:30PM-5:00PM
163135 Session II	Tu/Th	Oct 18-Nov 10	3:30PM-4:00PM
163169 Session II	Tu/Th	Oct 18-Nov 10	4:00PM-4:30PM
163170 Session II	Tu/Th	Oct 18-Nov 10	4:30PM-5:00PM
163121 Saturday Session	Sat	Sep 17-Nov 12	11:20AM-11:50AM
163122 Saturday Session	Sat	Sep 17-Nov 12	11:50AM-12:20PM
163123 Saturday Session	Sat	Sep 17-Nov 12	12:20PM-12:50PM

AQUATICS CLASSES

Semi Private, Level IV – Intermediate

No class: 9/24

Classes: 8 Fee: \$84.00(R)/\$99.00(N)

COURSE #	DAY	DATE	TIME
163139 Session I	M/W	Sep 12-Oct 05	3:30PM-4:00PM
163140 Session I	M/W	Sep 12-Oct 05	4:00PM-4:30PM
163141 Session I	M/W	Sep 12-Oct 05	4:30PM-5:00PM
163142 Session I	Tu/Th	Sep 13-Oct 06	3:30PM-4:00PM
163143 Session I	Tu/Th	Sep 13-Oct 06	4:00PM-4:30PM
163144 Session I	Tu/Th	Sep 13-Oct 06	4:30PM-5:00PM
163145 Session II	M/W	Oct 17-Nov 09	3:30PM-4:00PM
163146 Session II	M/W	Oct 17-Nov 09	4:00PM-4:30PM
163147 Session II	M/W	Oct 17-Nov 09	4:30PM-5:00PM
163148 Session II	Tu/Th	Oct 18-Nov 10	3:30PM-4:00PM
163149 Session II	Tu/Th	Oct 18-Nov 10	4:00PM-4:30PM
163150 Session II	Tu/Th	Oct 18-Nov 10	4:30PM-5:00PM
163136 Saturday Session	Sat	Sep 17-Nov 12	11:20AM-11:50AM
163137 Saturday Session	Sat	Sep 17-Nov 12	11:50AM-12:20PM
163138 Saturday Session	Sat	Sep 17-Nov 12	12:20PM-12:50PM

ADULTS AND TEENS

Level I – Adult Basic Beginners

Age: 16Y and up

This class is for first time student. We will help you learn and improve your floating skills, basic arm movements and kicks.

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163014	Tu	Sep 13-Nov 01	6:30PM-7:00PM
163015	Tu	Sep 13-Nov 01	7:00PM-7:30PM

Level II – Adult Beginners

Age: 16Y and up

This course will help you learn the crawl stroke and backstroke, coordinate your breathing, and introduce you to deep water.

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163032	Tu	Sep 13-Nov 01	6:30PM-7:00PM
163033	Tu	Sep 13-Nov 01	7:00PM-7:30PM

Level III – Adult Advanced Beginners

Age: 16Y and up

In this class, we will continue to improve your existing skills, teach you the sidestroke and breaststroke.

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163051	Tu	Sep 13-Nov 01	7:00PM-7:30PM

Level IV – Adult Swimmer

Age: 16Y and up

In this class, we will improve on your existing skills, and work on endurance swimming.

Classes: 8 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
163061	Tu	Sep 13-Nov 01	6:30PM-7:00PM



AQUATICS CLASSES

EXERCISE AND FITNESS

Aqua Zumba Daytime Class (Drop In)

Age: 16Y and up

Instructor: Stephanie King

Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! **Benefits:** There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

No class: 10/10

Classes: 8 Fee: \$5.00(R)/\$5.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 13-Nov 01	1:15PM-2:15PM

Aqua Zumba

Age: 16Y and up

Instructor: Stephanie King

Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! **Benefits:** There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

No class: 7/3

Classes: 8 Fee: \$44.00(R) /\$59.00(N)

COURSE #	DAY	DATE	TIME
163013	Su	Sep 13-Nov 01	5:00PM-6:00PM

Adult Aquatic Exercise

Age: 18Y and up

This program is a low intensity water aerobic class designed for those persons in need of therapeutic exercise. It is not necessary to have swimming ability. Participation is subject to the instructor's approval.

Classes: 8 Fee: \$43.00(R) /\$58.00(N)

COURSE #	DAY	DATE	TIME
163003 Session I	Tu/Th	Sep 13-Oct 06	1:00PM-2:00PM
163004 Session I	Tu/Th	Sep 13-Oct 06	2:00PM-3:00PM
163005 Session II	Tu/Th	Oct 11-Nov 03	1:00PM-2:00PM
163006 Session II	Tu/Th	Oct 11-Nov 03	2:00PM-3:00PM

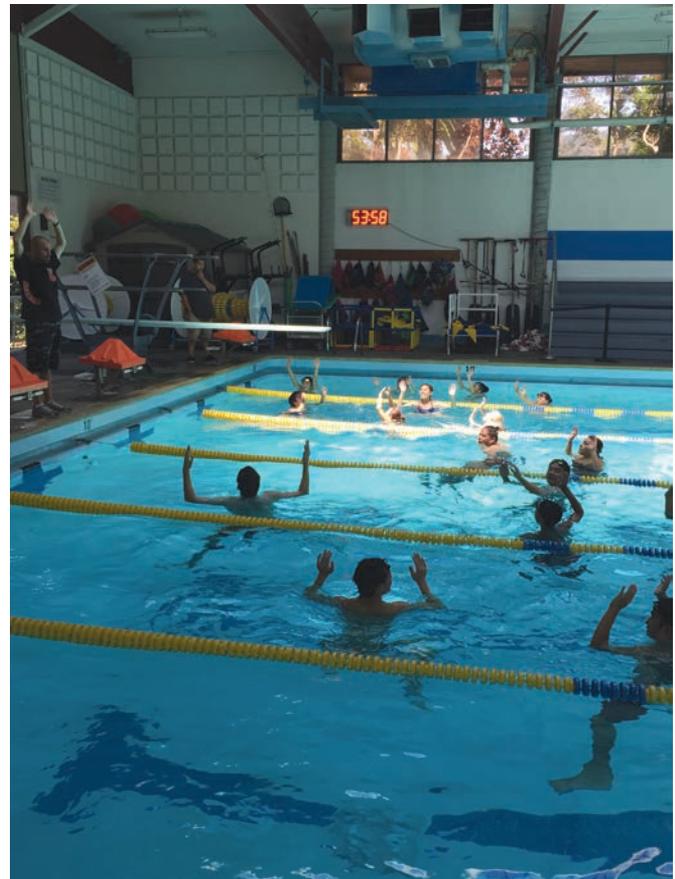
Adult Aquatic Fitness

Age: 16Y and up

The Adult Aquatic Fitness class is a shallow water exercise class. It is not necessary to have swimming ability.

Classes: 8 Fee: \$38.00 /\$53.00(N)

COURSE #	DAY	DATE	TIME
163009 Session I	Tu/Th	Sep 13-Oct 06	7:30PM-8:15PM
163011 Session I	Tu/Th	Sep 13-Oct 06	8:15PM-9:00PM
163010 Session II	Tu/Th	Oct 11-Nov 03	7:30PM-8:15PM
163012 Session II	Tu/Th	Oct 11-Nov 03	8:15PM-9:00PM



SENIOR SERVICES

Magnolia Center

601 Grand Avenue (650) 829-3820
Monday – Saturday 9:00am – 3:00pm
Sunday 12:00pm – 3:00pm

Adult Day Care Center

Since 1986, the program has helped older adults with disabilities—such as Alzheimer’s, Parkinson’s or complications from stroke—remain in the community. Too often, overwhelmed caregivers believe that nursing home placement is the only option available. The Adult Day Care Program offers a structured activity program to help participants overcome the isolation of physical and/or emotional disability and to socialize with their peers. A nutritionally balanced hot lunch is served daily. Transportation options are available. For information, please contact Joe Hunziker, Recreation and Community Services Supervisor, (650) 829-3824.

Location: Magnolia Center, 601 Grand Avenue, Second Floor
Cost: \$56.00/day with sliding scale available.

Fee subject to change.

Contact: (650) 829-3824

Senior Lunch Program

Come try our new menu (provided by a local caterer, Food Service Partners) which includes tasty, healthier, lighter lunches! Great variety for a great price! Cost of meal is \$6.00 for seniors. Advance reservations are highly encouraged. For information, please call Magnolia Center at (650) 829-3820. Meals served Monday through Friday.

Alzheimer Support Group

Meets the first and third Friday of each month from 10:00am to 12:00pm at the Magnolia Center. No charge.

Counseling

Private counseling is available for health insurance, Veterans, Social Security, personal and/or alcohol problems. Call the Magnolia Center for information.

Legal Aid

Private legal counseling is available by appointment only. A Staff Attorney from the Legal Aid Society of San Mateo, specializes in Government benefit cases, such as Social Security, SSI, Medi-Cal, in-home supportive services and more. Bi-lingual assistance is available. To schedule an appointment or for further information call (1-800) 381-8898.

Transportation

Transportation is available to the Magnolia nutrition site. Space permitted. For information call (650) 829-3820. A \$6.00 roundtrip contribution is suggested.

55 Alive/Mature Driving

DMV Approved Mature Driving class by AARP. This is an interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age related changes in vision, hearing and reaction time. Must attend full eight hours to receive certificate of completion needed for insurance discount. The \$15.00 fee includes workbook and DMV certificate. Must pre-register with payment payable to AARP. Class size is limited.

Instructor: Rob Grialou

2016 class dates are as follows: Sept. 19-20, Nov. 21-22. Registration is done at the Magnolia Senior Center. All classes are held from 9:00am – 1:00pm at the Municipal Services Building/Community Room, 33 Arroyo Drive. Call (650) 829-3820 for registration information.

SENIOR CLASSES

Municipal Services Building

CLASS	DAYS	TIME
Jewelry Making	Wed	1:00PM-3:00PM
Mature Driving/55 Alive	M/Tu (Bi-monthly)	9:00AM-1:00PM
** (Please register at Magnolia Center – Classes held at El Camino)		
Social Dance**	Tu/F	10:00AM-1:00PM
Social Dance**	Th	9:00AM-12:00PM
Tai Chi (Beginners)	Th	11:00AM-12:00PM
Tai Chi (Advanced)	Mon	9:30AM-10:30AM



Magnolia Senior Center

CLASS	DAYS	TIME
Alzheimer Support Group	F (1st & 3rd of each month)	10:00AM-12:00PM
American Line Dancing – Level 0**	Wed	9:30AM-10:30AM
American Line Dancing – Senior Level**	Wed	10:30AM-11:00AM
Bingo	Tu/Th	12:00PM-2:30PM
Bingo	Su	12:00PM-2:30PM
Bingo	Wed	12:00PM-2:30PM
Blood Pressure Screening	Wed (3rd of each month)	11:00AM-1:00PM
English as A Second Language	M/W/F	1:00PM-2:45PM
Knitting	M/W	12:30PM-2:30PM
Tai Chi (Beginners)	Fri	11:00AM-12:00PM
Tai Chi (Advanced Beginners)	Fri	10:30AM-11:00AM
Tai Chi (Advanced)	Fri	9:30AM-10:30AM



Refer to the Senior Center Newsletter available at the Magnolia Center for more detailed information on classes and services. Classes are free except those marked with an (*) and register for these through the Recreation Department. **Call (650) 829-3820 for fee information.

Classes subject to change without notice.



PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

Community parks and facilities are operated and programmed by the Parks and Recreation Department for maximum benefit to the community. They are also available for private use for weddings, parties, meetings, exhibits, craft shows, and other rentals on an hourly basis, when available.

Facilities are available at:

WESTBOROUGH PARK BUILDING is a contemporary multi-use facility ideal for gatherings of up to 150 for sitting. Features include an atrium style lobby with high beamed ceiling, skylights, pop art neon fixtures and exposed aggregate patio-type floor, two modern reception rooms, residential style kitchen that adjoins the two rooms and heavy wooden doors which can be shut to hide the kitchen or separate the two rooms.

THE MUNICIPAL SERVICES BUILDING is a highly adaptable facility just right for wedding receptions, meetings, seminars, private parties and special events. Areas include: the large auditorium/conference Community Room, the garden style Atrium area, a smaller private party/meeting room and the elegant Social Hall.

THE JOSEPH A. FERNEKES RECREATION BUILDING at Orange Memorial Park is an architecturally distinctive, flexible and functional facility which can accommodate up to 150 for sitting. The simple 6,400 square foot building is an airy, light-filled multi-purpose room that is ideal for wedding receptions, birthdays, anniversaries and business meetings.

TERRABAY GYMNASIUM & RECREATION CENTER is available for parties, meetings and gymnasium rentals. Facilities include the gymnasium, two large meeting rooms, one with a commercial kitchen.

For further information on fees and availability, please call (650) 829-3800.

ORANGE POOL is available for private parties on Saturday afternoon from 3:00pm – 4:30pm or 4:30pm – 6:00pm. For further information on fees and availability please call (650) 875-6973.

ATHLETIC FIELDS when not scheduled for recreation department activities or co-sponsored leagues, are available on a permit basis. For information on fees and availability, please call (650) 829-4680.

General information on picnic rentals:

Designated group picnic areas in specific parks may be reserved from March to November. The Parks & Recreation office begins accepting reservations for picnic areas the first of the year. Interested parties are required to apply for a permit and pay applicable fees. For further information, please call (650) 829-3800.

Picnic facilities are available by reservation at:

PARK	AREA #	CAPACITY	RESIDENT FEE
Orange Park	Shelter	150	\$330 (plus \$200 deposit)
Orange Park	2	20	\$67
Orange Park	3	30	\$82
Orange Park	4	40	\$98
Orange Park	5	50	\$113
Westborough Park	Shelter*	120	\$350 (plus \$200 deposit)
Buri Buri Park	1	70	\$130
Buri Buri Park	2	20	\$67
Buri Buri Park	3	30	\$82
Buri Buri Park	4	30	\$82
Sellick Park	-	50	\$114
Alta Loma Park	1	60	\$130
Alta Loma Park	2	20	\$67
Alta Loma Park	3	20	\$67
Avalon Park	-	50	\$93

*includes 8ft gas grill

Additional Fees: \$35 per hour for extended use if request made at time of reservation. Otherwise, \$50 per hour if request made only 10 days prior to event.

Non-Residents add \$15 per rental.

San Francisco Bay Trail

The San Francisco Bay Trail consists of six miles of continuous pathways along the San Francisco Bay shoreline in South San Francisco. The trail is a popular destination for runners, walkers, bicyclists, and due to its proximity to technology and research campuses, the trail provides a healthy and encouraging setting for regular lunch and break-time walkers. The Parks and Recreation Department also hosts its annual 5K, the Thanksgiving Fun Run along the scenic trail. Be sure to visit the Bay Trail and other South San Francisco parks, and open spaces. Maps are available in the Recreation Department office, 33 Arroyo Drive.

Bocce Courts at Orange Memorial Park

A pair of bocce courts and an attractive sheltered area are located at Orange Memorial Park, near the award-winning sculpture garden and tennis courts. The courts are owned by the city, and operated by the South San Francisco Italian American Citizen's Club, a co-sponsored group of the Parks and Recreation Department. The Club also sponsors several tournaments and league play at this location throughout the year. For more information, please call (650) 829-3800. Court Hours: The courts are open to the public, Monday through Saturday from 1:00pm – 4:00pm.

South San Francisco Improving Public Places

Do you enjoy gardening? Do you feel pride in your community? Would you like to give back to your community through volunteerism?

The **Improving Public Places Committee** is a group of people sharing a common vision of beautifying various sites in South San Francisco. In order to fulfill that vision they need volunteers like you, whether you can donate your time for one day, for an entire project, or for upkeep of an area after completion of the project. You will receive one-on-one coaching before any project begins. Volunteers will assist with tasks such as: planting new color spots, adding mulch, raking, weeding, trimming, watering, and general maintenance of an established public area. Past projects include: Joann's Triangle, Sellick Park, Buri Buri Park, Avalon Park, Orange Park Sculpture Garden, Del Paso Street Triangle Island, and various green spots. You can choose an area close to where you live. For more information on future projects, please call the SSF Parks Division at (650) 829-3837.

Historical Society of South San Francisco

Organized in 1980, the SSF Historical Society operates two museums. The **80 Chestnut Avenue Museum** is open each Tuesday and Thursday, 2–4pm, and the second and fourth Saturday of each month from 1–3pm. The Museum displays vintage clothing, a tea cup collection, historic photos and artifacts, oral history tapes, historic school yearbooks, and more. For further information, call (650) 829-3825. The **Plymire-Schwarz Center**, located at 519 Grand Avenue, is open each Wednesday, 2–4 pm, or by appointment. This historic home reflects life in early SSF and is furnished with period pieces from the early 1900s. For further information, call (650) 879-6988.

Watch Me Grow

Watch Me Grow offers free developmental screening for children 0–5 and their families to promote the health and well-being of children in these important early learning years. Through screening you can learn useful important information about your child's individual strengths and needs, have the opportunity to talk about your child's development with a child development specialist and to learn about services or resources in the community for your child and family. Watch Me Grow is funded by *First 5 San Mateo County*. Services are available in English and Spanish. For more information, please call (650) 635-0876. Free Online Developmental Screening is available in English or Spanish to any family in San Mateo County with a child 0–5 years to help you track your child's development. To participate in the online *Ages & Stages Questionnaire*: <http://www.gatepath.org/watchmegrow/screening.html>

South San Francisco Police Explorers

Are you between the ages of 14 – 21 years and either a resident of SSF or attend school in SSF? Interested in law enforcement or want to serve the community? The **Police Explorers** may be for you. Some of the duties that the Police Explorers perform are: working with the community in crime prevention, fingerprinting children, assisting with safety programs, assisting the Records and Communications section of the police department, assisting in traffic control, riding with patrol officers on the street. All new Police Explorers are required to attend a nine-week (nine consecutive Sundays) Explorer Academy. For further information and to learn about the requirements for joining the program, call (650) 829-3924.

HIP Housing's Home Sharing Program

Do you have an extra room to rent or are you looking for a place to live? In tough economic times, home sharing can help reduce housing & utility costs and save you money. Home Providers either charge rent or they request a housemate to exchange basic services in lieu of or for reduced rent. All clients are screened by HIP Housing, clients then interview each other and make their own decision about a housemate. Contact Laura Fanucchi, Associate Director at (650) 348-6660 x303 lfanucchi@hiphousing.org

Peninsula Conflict Resolution Center

Conflict can be creative—especially when it leads to mediation. In the heat of a dispute with your neighbor, a family member, a landlord, a tenant, or a business—the likelihood of a positive outcome may seem remote. As a neutral third party, the Center offers a sensitive ear to all kinds of conflicts and a calm voice to intercede in difficult situations. The Conflict Resolution Center can arrange a meeting (mediation) with you and the other party. The goal is to consider all aspects of the situation and together come up with a workable agreement. Mediation is free to residents of South San Francisco. Please call (650) 513-0330 or visit our website at www.pcrweb.org

Community Emergency Response Training (CERT)

This training covers first/aid, CPR, use of fire extinguisher, shut-off gas, electric and water utilities following a disaster as well topics that will ensure that you can do the greatest good for the greatest number of victims, while protecting your self from becoming a vi Canal and bring proof of residency. Resident fee: \$20.00 (covers the cost of class materials). Non-resident fee: \$80.00.

South San Francisco Public Library

MAIN LIBRARY

840 West Orange Avenue
(650) 829-3860

Hours:

Monday, Tuesday: 10am – 8pm
Wednesday: 10am – 6pm
Thursday: 12noon – 8pm
Friday: 10am – 6pm
Saturday: 10am – 5pm
Sunday: 2pm – 5pm

Program information & holiday hours: story times, book clubs, author visits, etc. www.ssf.net/library

Discover & Go: free tickets to local museums & more. Go to http:discover.ssf.net to reserve and print out FREE tickets with your SSF library card.

MakerSpace: at the Main Library. Come to the Library to design, tinker, code and build with 3D printers, robots, button makers and more.

Connect with us: [f](#) [in](#) [p](#) [t](#)

FRIENDS OF THE LIBRARY

Meets quarterly at the Main Library on the second Tuesday of Oct, Jan, April & July, 6 p.m. Membership \$10. Daily book sale in Main Library lobby, big book sales in May and October.

GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue
(650) 877-8530
Closed for renovation through early Fall 2016.

COMMUNITY LEARNING CENTER (CLC)

520 Tamarack Lane
(650) 877-8540 clc@ssf.net
English classes, homework assistance, computer instruction (English and Spanish), and other educational programs. Special Library services available at CLC during Grand Avenue Branch Library renovation, including drop-in computer lab.

PROJECT READ, NORTH SAN MATEO COUNTY

A service of the libraries in Daly City, San Bruno and South San Francisco. Give someone the precious gift of reading. Project Read offers free tutor training for volunteers who want to make a difference in someone's life. For more information call: (650) 829-3871. On the web: www.ssf.net/projectread

DEPARTMENT INFORMATION

City of South San Francisco Tree Preservation Ordinance

The City of South San Francisco is endowed and forested with a variety of healthy and valuable trees which must be protected and preserved. The preservation of trees is essential to the health, welfare and quality of life of the citizens of our City; these trees preserve the scenic beauty providing shade and color, maintain ecological balance, prevent erosion, counteract air pollution, oxygenate the air, absorb noise, maintain climactic and microclimatic balance, and help block wind. For these reasons, the City of South San Francisco has adopted a Tree Preservation Ordinance. Under this ordinance, essentially no "protected tree" shall be removed or pruned without a permit.

What is a "protected tree"?

Any upright, single-trunked tree with a circumference of 48" or more when measured 54" above the natural grade, which is not considered to be a "heritage tree;" or a tree or stand of trees so designated based upon findings that it is unique and of importance to the public due to its unusual appearance, location, historical significance; or a stand of trees whereby each tree is dependent upon the others for survival. For definitions of additional terms including "upright," "single-trunked," and "heritage tree," please refer to the Tree Preservation Ordinance of the SSF Municipal Code (Section 13.30).

What is the difference between pruning and trimming?

Pruning means the removal of more than one third of the crown or existing foliage of the tree or more than one third of the root system. Trimming means the removal of less than one third of the crown or existing foliage of the tree or less than one third of the root system. Trimming a protected tree is allowed without a permit.

How much does a permit cost?

The fee for a tree removal permit is \$100.00 per permit submitted.

Where do I get a permit or obtain more information on the Tree Preservation Ordinance?

A Protected Tree Pruning/Removal Permit Application or further information about the ordinance may be obtained by contacting the Parks Division at (650) 829-3837 or visiting our website at www.ssf.net.

South San Francisco Friends of Parks and Recreation

The SSF Friends of Parks & Recreation are a non-profit volunteer citizens group organized to support programs and facilities. The Friends raise funds through memberships and programs to help develop the Parks and Recreation Department resources beyond what is provided through the City's budget. Friends also help with many of the activities sponsored by the Department and participate in fun and worthwhile projects. New friends are always welcome! For further information, please call 650 829-3800.

Donation and Volunteer Program

The Parks and Recreation Department has a donation program that identifies specific items needed to improve and beautify the community, as well as ways the donors can be recognized. The program also includes volunteer opportunities. For more information, a detailed booklet can be obtained by calling (650) 829-3800, or downloaded at www.ssf.net.

CO-SPONSORED & NON-PROFIT GROUP

Affiliated with the South San Francisco Parks and Recreation Department. The following groups use City facilities and ball fields to conduct a variety of recreational activities:



AARP #3556

Karen Ann Gibson (415) 467-7205
AARP hosts monthly chapter meetings at the Magnolia Center and bi-monthly Safe Driving classes for seniors, titled "55 Alive," at the Municipal Services Building. AARP also sponsors a tax assistance program at the Magnolia Center.



Historical Society of South San Francisco

Diana Ferrari (650) 588-3431
The Historical Society of South San Francisco's purpose is to preserve and make available to the community information and artifacts from South San Francisco's past.



Ballet Folklorico of SSF

www.balletfolkloricssf.com
Ballet Folklorico of SSF provides instruction and performance opportunities in the community.



South San Francisco Aquatics Club

www.ssfswim.org
SSFAC is a USS year round competitive swim team offering high quality professional coaching and technique instruction or all ages and abilities.



South San Francisco Youth Baseball Shetland/Pinto/ Mustang Baseball/Pee Wee League/ South San Francisco Youth Baseball Association

www.ssfbaseball.org
SSF baseball is a non-profit organization for boys and girls baseball in South San Francisco. We believe in teaching the children the fundamentals of the game through good sportsmanship.

Improving Public Places

www.ssf.net/856/improving-public-places

The Parks and Recreation Department and the Improving Public Places Group host a number of cleanup days and flower and tree planting events throughout the year. Volunteers share a common vision of creating vibrant landscapes within South San Francisco by picking up litter, and planting flowers and trees.



South San Francisco Italian American Citizen's Club

Gerri Del Carlo (650) 359-2310

info@ssfiacc.org

The purpose of the Italian American Citizen's Club of South San Francisco, which was founded in 1916, is to maintain a high moral standard, foster general interest in our city, and to perpetuate the Italian heritage and culture.



S.S.F. United Youth Soccer League

ssfsoccer@gmail.com

<http://ssfsoccer.net> | (650) 741-3280

SSFUYSL is a non-profit organization that strives to make the game of soccer fun, affordable, and accessible to all children in South San Francisco and its surrounding communities.



SSF Friends of Parks & Recreation

(650) 829-3800

The South San Francisco Friends of Parks and Recreation is a non-profit volunteer citizen's group organized to support parks, programs and facilities.

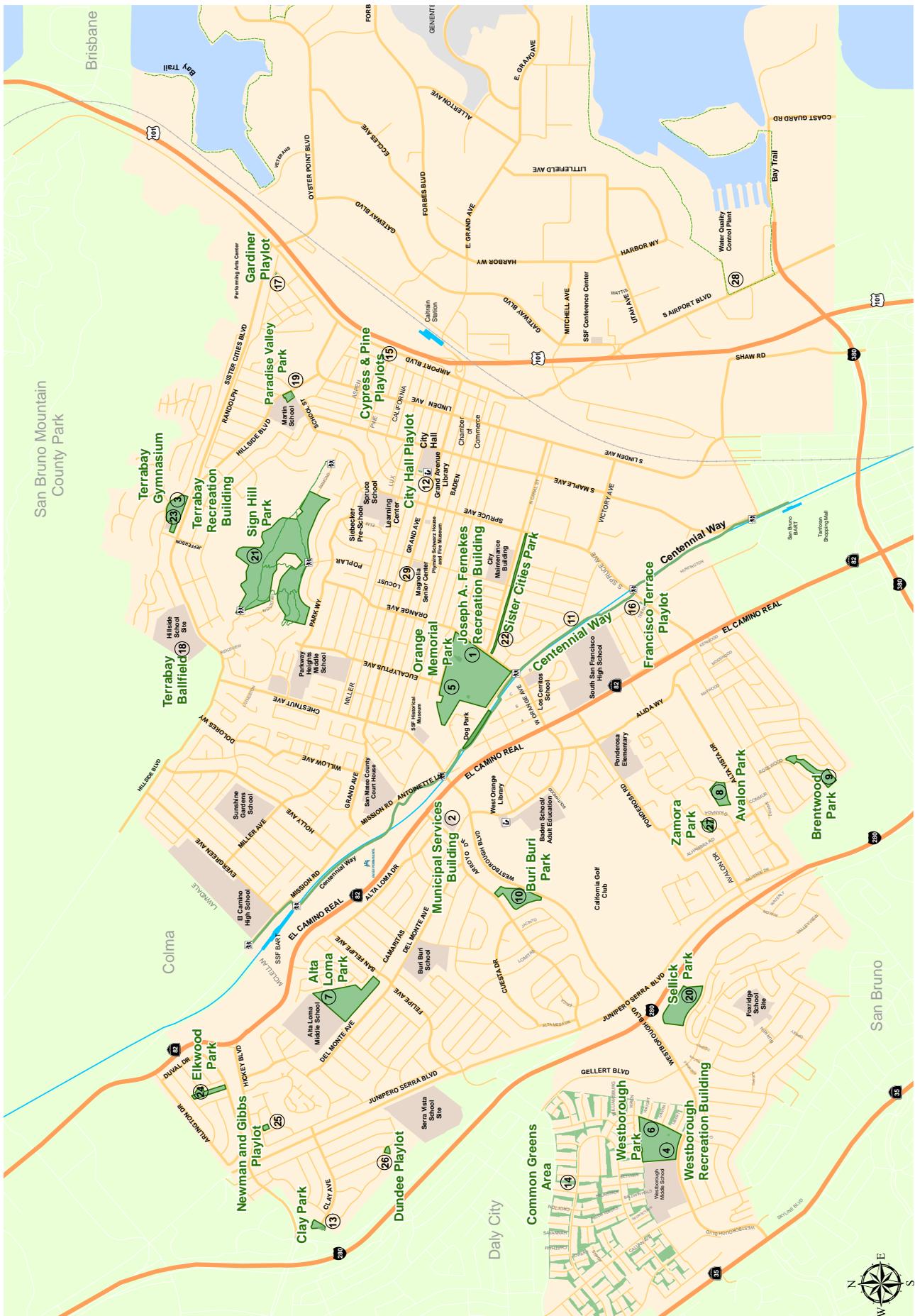


South San Francisco Mothers Club

www.ssfmothersclub.org

info@ssfmothersclub.org

The South San Francisco Mothers Club offers support, encouragement, resources, fun and friendship for parents and expectant parents living in or around South San Francisco.



PARK AND FACILITY GUIDE



MAP LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Concession Stand	Soccer Field
5 Orange Memorial Park <i>Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts</i>	Orange Ave. & Tennis Dr.	26.9	●	●	●	●	●	●	●	●	●	●		●
6 Westborough Park	Westborough & Galway	11.1	●	●	●	●	●	●	●	●	●	●		
7 Alta Loma Park	450 Camaritas	9.0	●		●	●	●		●	●	●	●	●	
8 Avalon Park	Dorado Way & Old Country Way	2.4	●		●	●	●			●				
9 Brentwood Park	Rosewood & Briarwood	3.0	●		●	●			●	●	●	●		
10 Buri Buri Park	200 Block of Arroyo	4.2	●		●	●	●		●	●	●	●	●	
12 City Hall Playlot	Miller & Walnut	0.1	●			●								
13 Clay Park	Clay & Dundee	0.8	●			●					●			
14 Common Green Areas	-	49.1	●									●		
15 Cypress & Pine Playlot	Cypress & Pine	0.3	●			●					●			
16 Francisco Terrace Playlot	Terrace & S. Spruce	0.3	●								●			
17 Gardiner Playlot	Gardiner & Randolph	0.1	●								●			
18 Terrabay Ballfield	Hillside School	4.1			●					●				●
19 Paradise Valley Park	Hillside & Spruce	0.9	●		●	●					●			
20 Sellick Park	Appian Way	4.5	●		●	●	●		●		●	●		
21 Sign Hill Park	Access on Poplar Ave.	41										●		
22 Sister Cities Park	Between Orange & Spruce	4.1										●		
23 Terrabay Gymnasium	1121 South Francisco Dr.	2.8	●	●	●	●			●		●			
24 Elkwood Park	Duval & Elkwood	1.8	●								●			
25 Newman and Gibbs Playlot	Newman & Gibbs	0.2	●			●					●			
26 Dundee Playlot	Dundee & Mansfield	0.2	●			●					●			
27 Zamora Park	Zamora Drive	0.7	●			●								

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

- Public Transit Stations
- Caltrain Route
- Bart Route
- Freeways and Highways

Recreation Facility Sites

- 1 **Joseph A. Fernekes Rec Building** 781 Tennis Drive
- 2 **Municipal Services Building** 33 Arroyo Drive
- 3 **Terrabay Rec Building** 1121 South San Francisco Drive
- 4 **Westborough Rec Building** 2380 Galway
- 29 **Magnolia Center** 601 Grand Ave

Bicycle/Pedestrian Trails

- 11 **Centennial Way** SSF BART – San Bruno BART (3 miles)
- 28 **San Francisco Bay Trail** SSF Eastern Border (6 miles)

CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____

(Required: Best Contact Phone Number)

Email: _____

(Required)

Please use separate registration forms for participants from different families and/or address.

FIRST CHOICE ACTIVITY NUMBER	SECOND CHOICE ACTIVITY NUMBER	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + PROCESSING FEE
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00

There are two ways to pay:

- 1) Make Check/Money Order Payable to **City of South San Francisco**
- 2) Charge to Visa, Mastercard, or Discover. List the following information:

Card Number _____ Exp. Date _____

Cardholder's Name _____

Signature _____

**Those 62 and over may deduct 20%*

\$5.00 Donation to Youth Scholarship Fund

TOTAL

	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00
	+\$2.00

Waiver and Release of Liability – Please Read and Sign

DO NOT SIGN THIS DOCUMENT BEFORE YOU READ IT AS IT CONTAINS A WAIVER AND RELEASE OF LIABILITY TO WHICH YOU WILL BE BOUND.

I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. Further, I give the City of South San Francisco permission to use any photos of the participant taken during Program for promotional purposes. **I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY SIGNING BELOW, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.** I understand that refunds must be requested one (1) week prior to the class start date and no refunds will be given after the first class meeting, unless class(es) are full or canceled by the Recreation Department. A service charge of \$10.00 PER CLASS will be made for all refunds requested by the participant.

Signature _____ Date _____

Do you have special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?

___ YES, please contact me about disabled services.

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE & TOUCH-TONE PHONE REGISTRATION

Residents: Begins MONDAY, August 8, 2016 at 6:00am.
Non-Residents: MONDAY, August 22, 2016

Please call the Recreation Department to set up your account and to receive your family and individual client numbers to register.

Once you have your numbers you may then log on and register 24 hours a day, 7 days a week at www.ssf.net and then go to Class Registration.

Touchtone registration (650) 829-3960



MAIL-IN

Residents: MONDAY, August 8, 2016
Non-Residents: MONDAY, August 22, 2016
*Payment can be made by check or credit card (Master Card, Visa or Discover)
*Please do not send cash

Recreation Administration Office
33 Arroyo Drive
South San Francisco, CA 94080



FAX-IN

Residents: MONDAY, August 8, 2016
Starting Non-Residents: MONDAY, August 22, 2016
*Payment can be made by credit card (Master Card, Visa or Discover) only

Recreation Department Fax # 650 877-5378 or
650 877-8678 or Aquatics 650 875-6976



WALK-IN

*Payment can be made by check or credit card (Master Card, Visa or Discover)
*Registration hours: Monday – Friday 8:00am – 5:00pm

REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- For registration information, call (650) 829-3800.
- **Register early!** Many classes fill before their start dates, so enroll early!
- Make checks payable to:
South San Francisco Parks & Recreation
- There is a \$18.00 service charge on all returned checks.
- Class may be cancelled if there is low enrollment so please enroll early.
- All registrations are taken on a first come first serve basis.
- Register on-line and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In & Fax receipts will be mailed. We will not call you to confirm registrations.
- Waiting Lists will be established if the program is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.

CLASS LOCATIONS

See page 1.

REFUND AND CREDIT POLICY – CLASSES ONLY

- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- Refund requests are subject to a \$10.00 processing fee, if requested within one week of classes starting.
- Please allow 5 weeks for any refund to be processed.

RESIDENT STATUS

Any person who lives within the South San Francisco Unified School District is considered a resident for our classes and programs. Please note on registration form. A business address will not be taken as proof of residency.

YOUTH SCHOLARSHIP FUND

The Parks and Recreation Department is now accepting donations for our Youth Scholarship Fund. This fund will help assist SSF community members ages 17 and younger in enrolling in our programs and classes. As the fund receives donations, we will create criteria for application for scholarships based on family financial need. Please call 650-829-3800 for further information.

SPECIAL EVENTS



20th Annual South San Francisco Fire Department Senior Picnic

Friday, August 19, 2016 | 11:00am – 1:00pm

Cost: \$10.00 for Seniors 50+

Orange Park/Joseph Fernekes Recreation Building

Join the SSF Fire Department and the Parks & Recreation Department for our annual senior picnic. A delicious BBQ Chicken lunch with all the fixin's will be served to seniors 50+. Live entertainment by "Party of Three," a Motown Sound and more. Advanced reservations are required. Call (650) 829-3820 for more information or to make your reservation. Hope to see you all there!



SSF Friends of Parks and Recreation's 3rd Annual Chili Cook Off

Saturday, September 10 | 11:00am – 2:00pm

*Joseph A. Fernekes Building, Orange Memorial Park
781 Tennis Drive*

Join the South San Francisco Friends of Parks and Recreation for their exciting Chili Cookoff fundraiser event. Tickets are only \$10, and gets you admission into this fun community event and a chili tasting kit. Prizes will be presented for the best chili award as voted by professional judges, and for the people's choice award. An opportunity drawing will also be held for many great prizes. All proceeds benefit parks and recreation programs in your community!



South San Francisco Cultural Arts Commission Summer Barbeque

Sunday, August 21, 2016 | 12:30pm – 2:30pm

Admission: \$15.00 for adults and \$5.00 for children-16 & under
Orange Memorial Park/Fernekes Building

Proceeds benefit South San Francisco cultural arts programs. Celebrate the summer and enjoy a delicious grilled lunch by J & J Barbecue. Activities include a silent auction for marvelous gift certificates, art and craft items and features S.F. Giants vs Atlanta Braves tickets with parking. Music will be courtesy of DJ Troy. Tickets are now available at the Parks & Recreation office, 33 Arroyo Drive and the Parks Division at 550 North Canal. They also may be purchased online, at SSF Web Registration (Activity# 162736), until Monday, August 15. Tickets will be available at the door. Only service dogs are permitted to enter the facility. For information, check the Cultural Arts-News & Events webpage at www.ssf.net or contact the Parks & Recreation Department at (650) 829-3800 or the Parks Division at (650) 829-3837.



South San Francisco Cultural Arts Commission General Art Show

Friday, October 14, 2016 | 6:00pm – 8:00 pm

Saturday, October 15, 2016 | 10:00am – 4:00 pm
Municipal Services Building, 33 Arroyo Drive

Join us for the final art gallery event of the year. Enjoy fine works in oils, pen & ink, watercolors and other two dimensional media. This perennial favorite will include works by award-winning artists. Selected works may be available for purchase. Admission is Free! For information, check the Cultural Arts-News & Events webpage at www.ssf.net or call the Parks & Recreation Department at (650) 829-3800.

SPECIAL EVENTS



2016 Halloween Extravaganza

Saturday, October 22, 2016 | 5:00pm – 8:00pm

Fee: \$5.00

Municipal Services Building, 33 Arroyo Drive

Get ready for a monstrous Halloween event! In addition to our ghosts, goblins and gremlins, we will be offering the following: Walking Tour of our Haunted House; Halloween Game Room and Entertainment. Entry to the Extravaganza will be limited to building capacity. Advance ticket sales recommended. You can purchase tickets at the Recreation Dept. through October 22 or on-line at www.ssf.net beginning October 1st. For more information call (650) 829-3800.



36th Annual Holiday Boutique

Friday, November 4, 2016 | 9:00am – 2:00pm

Municipal Services Building, 33 Arroyo Drive

The 36th Annual Holiday Boutique sponsored by South San Francisco Senior Services will be held on Friday, November 4, 2016 from 9:00am – 2:00pm at the Municipal Services Building, 33 Arroyo Drive in South San Francisco. This event features hand crafted as well as commercially produced items for sale. This includes unique jewelry, shawls, totes, toys, baby and children's wear, organic and natural, soaps and candles, greeting cards, fragrances and much, much more. Admission is free. For further information, please call (650)829-3820. Ask for Laura or Fran.



43rd Annual Thanksgiving 5K Fun Run

Saturday, November 19, 2016 | Starts at 9:00am

Runners and walkers of all ages are welcome to participate in our annual 5K Fun Run. The course will be in the industrial park and harbor area, beginning and ending at Genentech, Inc. Registration forms are available at the Recreation Department offices beginning October 10th. Pre-registration until November 11th. For further information, please call (650) 829-3800.



DEPARTMENT OF PARKS & RECREATION
33 Arroyo Drive
So. San Francisco, CA 94080

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parks and recreation department

CONCERT
in the **PARK** 2016

MUSIC - FOOD & DRINKS - FAMILY ACTIVITIES

SEPTEMBER 24
ORANGE MEMORIAL PARK
12:00 PM - 5:00 PM