

South San Francisco Parks and Recreation Department  
ACTIVITY GUIDE WINTER 2017



**THE NUTCRACKER**

Saturday, Dec. 3 at 7pm

Sunday, Dec. 4 at 1pm

Admission cost \$6.00

*(More info on back cover)*

*2016 Year in Review*

pg. 1

*Get out in the  
Community!*

pg. 48

*Online Registration  
begins November 28!*

Register at [www.ssf.net](http://www.ssf.net)

# WELCOME

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Programs January–March 2017

Brochure Printed November 2016

### 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 third Tuesday 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, Elena Gekker,  
Lenita Boldenweck, Shane Looper,

Paula Claudine Hobson–Coard,  
Jessica Madrid Nickle,  
Florida Ventura, 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 Mediate, *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*  
Erin O'Brien, *Classes*  
Devin Stenhouse, *Aquatics*

### Coordinators

Ryan Campagna, *Facilities*  
Danele Dixon, *Child Care*  
Elisia Espinoza, *Child Care*  
Laura Gigi, *Seniors*  
Diana Gonzalez, *Child Care*  
Kimberly Morrison, *Child Care*  
Cristina Rodriguez, *Child Care*  
Ercie Santos, *Cultural Arts*  
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. Fernekas 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

### 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

# PARKS AND RECREATION DEPARTMENT YEAR IN REVIEW 2016

Each year in the winter issue of the Activity Guide the Parks and Recreation Department provides the public with a summary of projects and activities for the calendar year, and reflects upon the extent to which they accomplish the Department's core mission:

*Provide opportunities for physical, cultural, and social well-being; ensure effective development, scheduling, use and maintenance of public facilities, parks, and open space; and deliver services in a timely, efficient, and cost-effective manner.*

While we are proud of the accomplishments summarized in this issue, we invite you to review and evaluate our performance. We are accountable to the community, and welcome your feedback, either directly to staff, or through one of our advisory bodies, described below.

## Advisory Bodies

The Parks and Recreation Department is advised by several legislative and volunteer review boards, including: City Council; Parks and Recreation Commission; Cultural Arts Commission; Beautification Committee; Youth Sports Advisory Board; and Senior Advisory Board.

## Co-Sponsored Groups/Non-Profit Support

The Department co-sponsors a number of non-profit community organizations that provide thousands of hours of volunteer service to support recreational and enrichment opportunities for residents. Co-sponsored groups include: Youth Baseball Managers Association, Youth Baseball Shetland/Pinto/Mustang/Pee Wee League, American Association of Retired People (AARP), Ballet Folklorico Infantil de South San Francisco, Aquatics Club, United Youth Soccer Club, the Historical Society, the South San Francisco Mothers Club and Italian American Citizens Club.

The Friends of Parks and Recreation is a special non-profit group that undertakes membership drives and fundraising efforts to support city programs. They also serve as volunteers at numerous Parks and Recreation events. For the past several years the group has funded the purchase of special furnishings and equipment, sponsored program tuition for children, and collaborated on grant applications to support health and wellness in the local community. We hope you consider being a Friend!

## Recreation Events and Programs

The Department offers a variety of special events for the community, including:

- Arbor Day Celebration
- Chili Cook-Off (Friends of Parks and Recreation)
- Coastal Clean-Up
- Concert in the Park
- Cultural Arts Commission BBQ
- Easter Egg Hunt
- General Art Show
- Halloween Extravaganza
- Holiday Boutique
- IPP Volunteer Events
- Karate Tournaments
- Memorial Day Celebration
- Movie Nights in the Park
- Middle School Dances
- Nutcracker Ballet
- Photography Exhibit
- Quilt Show
- Santa Comes to Town
- Senior Health Fair
- Senior Pancake Breakfast
- Senior Picnic
- Senior Volunteer Luncheon
- Spring Ballet Showcase
- Streets Alive/Parks Alive
- Thanksgiving Fun Run
- USTA Tennis Tournament
- Wreath Making Workshop
- Youth Art Show
- Youth Baseball Opening Day Parade
- Youth Government Day

## LITTLE STEPS PROGRAM OPEN HOUSE

Recreation staff hosted an open house celebrating the opening of the Big-Lift funded preschool at the Community Learning Center. The event began with remarks from Mayor Mark Addiego, San Mateo County Supervisor Carole Groom, Parks and Recreation Commissioner Chair Pro-Tem Kristy Camacho and San Mateo County Board of Education Trustee Hector Camacho. Each speaker spoke to the importance of investing in high quality and affordable preschool programs. Preschool families, staff and supporters all enjoyed the children's art work and socializing.

## ACTIVITY GUIDE REDESIGN

During the summer session, the activity guide was redesigned to make it easier to read with new imagery and course descriptions. We hope you enjoy the new format!

## CONCERT IN THE PARK

This year's Concert was held at the Orange Memorial Park soccer field. A large canopied main stage located near the Orange Pool housed professional music acts, including "Pride and Joy" and "Lowrider Band." The South San Francisco High School Jazz Band and El Camino High School Jazz Band performed on the community stage. The entertainment, food and drinks, and family activities were very well received by the estimated 4,000-5,000 visitors present.

# PARKS AND RECREATION DEPARTMENT

## YEAR IN REVIEW 2016

### YOUTH GOVERNMENT DAY

This year marked the 36th Annual Youth Government Day program coordinated by the Parks and Recreation Department. Eighteen students participated; nine from El Camino, eight from South San Francisco and one from Baden High Schools. On the final day of the program, students participated in a Mock City Council Meeting in the Council Chambers, where student department heads presented their staff reports before the mock council.

### EXPANDED AFTER HOURS PROGRAMS AT MAGNOLIA

Classes and Seniors Services staff have worked collaboratively to use the activity spaces at the Magnolia Center, historically only used for senior programming, for multi-generational programs after the facility's typical closing time. New "after hours" offerings include senior fitness classes such as yoga and Zumba Gold, music, cooking and wellness classes, belly dancing, pilates and creative writing.

### JUNIOR GIANTS

Recreation staff once again offered the Junior Giants Youth Baseball program this summer. Junior Giants is a great opportunity for boys and girls ages eight to 13 years old to learn the skills of baseball in a non-competitive, no cost, and fun format. This program serves nearly 200 South San Francisco children each year.

### MOVIE NIGHTS IN THE PARK

Recreation staff hosted three outdoor movie nights at Orange Memorial Park. The popular computer-animated comedy films "Minions," "Inside Out," and "Hotel Transylvania 2" were enjoyed by approximately 2,000 attendees over the course of the summer. The Friends of Parks and Recreation volunteers managed the kitchen and food sales in an effort to raise funds for recreation scholarships and program supplies.

### FRIENDS OF PARKS AND RECREATION SCHOLARSHIP

The Friends of Parks and Recreation group sponsored a \$1,000 scholarship through the Chamber of Commerce's annual college scholarship program. Many worthy students submitted outstanding applications, with Melinda McMonigle being selected. Congratulations Melinda!

### SPRING BALLET RECITAL

Over 350 family members and friends were in attendance to enjoy performances from the intermediate and advanced participants. This year, 86 students participated, including three graduating students who were honored at the end of the production. Longtime parent volunteer Jim Armstrong was recognized and awarded a certificate of appreciation as well. Staff honored instructor and artistic director Maria Spremich for the completion of her 30th season with the Civic Ballet. Maria's devotion to keeping the arts a high priority in our community is only matched by her dedication

to her students and their families. We are tremendously grateful for Maria's 30 years of commitment to the city and its residents!

## Department Honors and Awards

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### PLAYFUL CITY USA DESIGNATION

South San Francisco was once again recognized as a Playful City USA community by KaBOOM!, a recreation advocacy non-profit organization. The Playful City USA program recognizes parks and recreation departments who successfully create more playable cities. The City was first awarded this designation in 2015.

### WATER CONSERVATION AWARD

In the midst of this historic drought, the City was awarded the Silicon Valley Water Conservation award for its substantial water savings measures, primarily made in city parks and facilities. These efforts resulted in a 57% reduction in municipal water use as compared to 2013.

### CPRS DISTRICT IV AWARDS

This year's California Parks and Recreation Society District IV Award recipients included retired Facility Maintenance Supervisor Rico Reyes, who received the Professional Merit Award for his many years of dedicated service to the city; the South San Francisco Unified School District's Adult Transition Program, which received the Award of Excellence for volunteer efforts at Orange Pool; and the Parks and Recreation Master Plan, which received the Award of Excellence for exceptional parks and program planning.

### RYAN CAMPAGNA HONORED BY SSFUSD

Recreation Coordinator Ryan Campagna was acknowledged by the South San Francisco Unified School District for his participation in the Gold Ribbon Award working group by Martin Elementary School Principal Dr. Woods at the April 14 School Board meeting. The Gold Ribbon Award is a state-wide designation that recognizes schools for their overall academic excellence or their progress in closing achievement gaps among the student body.

## Capital Improvements and Maintenance Activities

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### BAY-FRIENDLY LANDSCAPING AND GARDENING COALITION

Parks Division staff completed an intensive training program presented by the Bay-Friendly Landscaping and Gardening Coalition. This four-session training program was taught by leading experts in the fields of storm water management, soil health, irrigation, plant care, integrated pest management, and tree care.

# PARKS AND RECREATION DEPARTMENT YEAR IN REVIEW 2016

## FERNEKES BUILDING AND TERRABAY GYMNASIUM EXTERIOR IMPROVEMENTS

The Fernek Building, constructed in 2008, received a much needed exterior refreshing. This building was completely refinished through a process of power washing and applying a wood cleaner and wood brightener. Then two coats of a premium translucent wood finish were applied to protect the wood and highlight the beautiful design.

The Terrabay Gymnasium also received a fresh paint job. The project included painting of the gym structure, the adjacent restrooms, the ball field restrooms and the score keeper booth.

## FRANCISCO TERRACE PLAYLOT REMODEL

Francisco Terrace Playlot at the corner of Spruce Avenue and Terrace Drive has undergone a number of enhancements in the past two years. Replacement of the play equipment was completed in July 2015. Replacement of the wood chip surfacing in the play area with poured-in-place rubber surfacing, utilizing grant funding, was completed in May of 2016.

The retaining wall along the Spruce Avenue side of the park was identified as needing replacement during the course of the playground construction work, which was completed in the Fall. The basketball courts were also resurfaced and restriped thanks to a \$5,000 donation from Bimbo Bakeries.

## BUTTERFLY ROOM CONVERSION UPDATE

The Parks and Recreation Department recently completed converting the Butterfly Room into a large dance studio space. Prior to the creation of the new dance studio, the Parks and Recreation Department's Civic Ballet operated out of a 900 square foot classroom for many years under the direction of Artistic Director Maria Spremich and Instructor Kristin Quok. In the past 10 years, the program has experienced a remarkable increase in participation necessitating a second larger studio space. In order to reduce construction costs, much of the work was completed in-house by our skilled Building Maintenance Craftworkers, under the direction of Maintenance Supervisor Alex Henry and Manager Brian Crume.

## BAY FRONT CLEANUP

The Bay Front Cleanup, an annual event sponsored by the Beautification Committee in coordination with the statewide Coastal Clean-up effort, was held on September 17. Approximately 100 individuals participated to remove nearly 600 gallons of debris from the area adjacent to the Bay Trail.

## IMPROVING PUBLIC PLACES VOLUNTEER EVENTS

Improving Public Places hosted a planting day on February 27 in Westborough Park. Over 100 low maintenance and drought tolerant plants were planted by 45 volunteers.

On October 2, the City hosted an Improving Public Places volunteer event at Francisco Terrace Park as the park was reopened following completion a new retaining wall and resurfacing of the basketball court.

## Staffing

- **Erin O'Brien** was promoted from Recreation Coordinator to Recreation Supervisor overseeing Classes.
- **Devin Stenhouse** has been promoted from Recreation Coordinator to Recreation Supervisor overseeing Aquatics.
- **Diana Gonzales** was recently promoted from Preschool Teacher to Recreation Coordinator assigned to the Preschool Program.
- **Laura Armanino** has been promoted from Recreation Coordinator to Assistant Recreation Supervisor of Childcare Programs.
- **Martin Perez** was promoted to Building Maintenance Craftworker from Lead Maintenance Custodian.
- **Anthony Solis** was hired as Building Maintenance Custodian.
- **Jose Estrada**, part-time Park Worker, was hired as a Groundsperson.
- **Joseph Hanson** was hired as a Park Maintenance Worker I.
- **Matthew Maggiolo**, part-time Park Worker, was hired as a Park Maintenance Worker I.
- **Sergio Contreras** was hired as a Park Maintenance Worker I.
- **Zachary Kust** was hired as a Tree Trimmer.
- **Nathan Pisani** was hired as a Park Maintenance Worker I.

## *We want to hear from you!*

Opt to receive our email newsletter to stay up to date on new programs and offerings.

To be added to the recipient list, email your request to: [web-rec@ssf.net](mailto:web-rec@ssf.net).

To take our Department Customer Satisfaction Survey, please visit: <https://www.surveymonkey.com/s/ssfparcsandrec>

# 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 Stages 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](mailto: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](http://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 PROGRAM:

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.

*All of the after school recreation programs are currently full but are maintaining waiting lists for this school year (16-17).*

For more information and an application, call: **Kelli Jo Cullinan**, Recreation and Community Services Supervisor at (650) 875-6950 or e-mail [kelli.cullinan@ssf.net](mailto:kelli.cullinan@ssf.net) or **Laura Armanino**, Childcare Assistant Supervisor at (650) 875-6900 or e-mail [laura.armanino@ssf.net](mailto:laura.armanino@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 due the first 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: 2Y - 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.

Classes: 9 Fee: \$31.00(R)/\$46.00(N)

COURSE #	DAY	DATE	TIME
163652	Tu	Jan 10-Mar 07	10:00AM-10:45AM
163653	Tu	Jan 10-Mar 07	11:30AM-12:15PM
162654	Th	Jan 12-Mar 09	10:00AM-10:45AM
162655	Th	Jan 12-Mar 09	11:30AM-12:15PM

## Gym Daddy by Monica Ehlers; A Class for All Caregivers

Age: 2 ½Y - 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: 2/18*

Classes: 8 Fee: \$47.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
163764	Sat	Jan 14-Mar 11	10:00AM-10:50AM

## Kinder Class

Age: 3Y - 5Y

**Instructor: Joanne Desmond**

*Location: Westborough - Small Activity Room*

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: 1/16, 2/20*

Classes: 16 Fee: \$112.00(R)/\$127.00(N)

COURSE #	DAY	DATE	TIME
163649	M/W	Jan 09-Mar 08	9:00AM-10:30AM
163650	M/W	Jan 09-Mar 08	11:00AM-12:30PM

## Kinder Tots

Age: 3Y - 5Y

**Instructor: Joanne Desmond**

*Location: Westborough - Small Activity Room*

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.

Classes: 18 Fee: \$126.00(R)/\$141.00(N)

COURSE #	DAY	DATE+TIME	FEE
163651	Tu/Th	Jan 10-Mar 09	9:00AM-10:30AM



# PRESCHOOL AGE CLASSES

## Kindergarten Readiness

Age: 52M – 5 1/2Y

**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. Please bring a \$20 supply fee payable to the instructor at the first class.

*No class: 1/16, 2/20*

Classes: 24 Fee: \$378.00(R)/\$393.00(N)

COURSE #	DAY	DATE	TIME
163850	M/W/F	Jan 09-Mar 08	10:00AM-1:00PM

Classes: 17 Fee: \$268.00(R)/\$283.00(N)

COURSE #	DAY	DATE	TIME
163849	Tu/Th	Jan 10-Mar 07	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: 1/16, 2/20*

Classes: 7 Fee: \$25.00(R)/\$40.00(N)

COURSE #	DAY	DATE	TIME
163513	Mon	Jan 09-Mar 06	9:15AM-10:00AM
163514	Mon	Jan 09-Mar 06	10:15AM-11:00AM

Classes: 9 Fee: \$33.00(R)/\$48.00(N)

COURSE #	DAY	DATE	TIME
163515	Th	Jan 12-Mar 09	9:15AM-10:00AM
163516	Th	Jan 12-Mar 09	10:15AM-11:00AM

## Pre-School Fun

Age: 3Y – 4 1/2Y

**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.

*No class: 1/16, 2/20*

Classes: 24 Fee: \$124.00(R)/\$139.00(N)

COURSE #	DAY	DATE	TIME
163851	M/W/F	Jan 09-Mar 08	8:45AM-9:45AM

## 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.

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

COURSE #	DAY	DATE	TIME
163683	Sat	Jan 21-Mar 11	8:30AM-9:15AM
163684	Sat	Jan 21-Mar 11	9:30AM-10:15AM

# PRESCHOOL AGE CLASSES

## 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.

### Lev II White/Beginner

Classes: 15 Fee: \$43.00(R)/\$58.00(N)

COURSE #	DAY	DATE	TIME
163685	Sa/Tu	Jan 21-Mar 11	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)

### Lev II Color Yellow and Up

Classes: 15 Fee: \$80.00(R)/\$95.00(N)

COURSE #	DAY	DATE	TIME
163686	Sa/Tu	Jan 21-Mar 11	10:30AM-12:00AM (Sa) 6:00PM-7:15PM (Tu)

## Soccer Tots Level I

Age: 2Y - 3Y

**Instructor: Guillermo Belisto**

*Location: Terrabay-Gym*

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: 7 Fee: \$29.00(R)/\$44.00(N)

COURSE #	DAY	DATE	TIME
163706	M/W	Jan 09-Feb 01	9:00AM-9:45AM
<b>Level I - Session I</b> <i>No Class: 1/16</i>			
163705	M/W	Feb 13-Mar 08	9:00AM-9:45AM
<b>Level I - Session II</b> <i>No Class: 2/20</i>			

## Soccer Tots Level II

Age: 3 ½Y - 5Y

**Instructor: Guillermo Belisto**

*Location: Terrabay-Gym*

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: 7 Fee: \$29.00(R)/\$44.00(N)

COURSE #	DAY	DATE	TIME
163708	M/W	Jan 09-Feb 01	10:00AM-10:45AM
<b>Level II - Session I</b> <i>No Class: 1/16</i>			
163709	M/W	Feb 13-Mar 08	10:00AM-10:45AM
<b>Level II - Session II</b> <i>No Class: 2/20</i>			



## 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.

Classes: 18 Fee: \$53.00(R)/\$68.00(N)

COURSE #	DAY	DATE	TIME
163848	Tu/Th	Jan 10-Mar 09	8:45AM-9:45AM

## 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](mailto:webmaster@higirikan.org)

Classes: 8 Fee: \$65.00(R)/\$80.00(N)

COURSE #	DAY	DATE	TIME
163693	Tu/Th	Jan 10-Feb 02	6:00PM-6:45PM
<b>Session I</b>			
163694	Tu/Th	Feb 07-Mar 02	6:00PM-6:45PM
<b>Session II</b>			

## 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.

Classes: 9 Fee: \$69.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
163656	Tu	Jan 10-Mar 07	3:30PM-4:30PM
163657	Th	Jan 12-Mar 09	3:30PM-4:30PM

## Cooking for Kids

Age: 8Y - 12Y

**Instructor: Lisa Chan**

*Location: MSB - Large Kitchen*

Students will learn about kitchen safety and sanitation and how to follow a recipe. Menu will change with the season. A \$12.00 supply fee is payable to the instructor at the beginning of the class.

Classes: 3 Fee: \$32.00(R) /\$47.00(N)

COURSE #	DAY	DATE	TIME
163579	Tu	Jan 24-Feb 07	4:00PM-6:00PM

## Diving into Creative Computing

Age: 11Y - 14Y

**Instructor: Jane Reynolds**

*Location: MSB - Belloni Room*

Over the course of six sessions we'll cover everything you need to design and build your own digital games and animations with Scratch, a programming language and online community made just for young people by the MIT Media Lab. We'll explore fundamental programming concepts with guided projects (including a Crossy Road clone) and challenges. Then you'll get a chance to flex your coding and your creative muscles by applying what you've learned to your own interactive projects. As a member of the Scratch Online Community it will be easy to share your creations with your friends—or the whole Internet—and to keep coding and learning for life. Jane Reynolds is a web designer and developer with a passion for education. She learned about Scratch while earning her masters in Interactive Digital Media at Trinity College in Dublin, and it was love at first sprite! (Scratch pun). You're also encouraged to register for the Saturday Scratch drop-ins with Jane—to finish up something you were working on in class, get answers to burning questions, or just to hang and collaborate with others who've caught the coding bug! This course is designed for children who have completed 5th-8th grade.

Classes: 9 Fee: \$145.00(R)/\$160.00(N)

COURSE #	DAY	DATE	TIME
163854	Tu	Jan 10-Mar 07	3:30PM-5:00PM

## Drawing & Painting 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 techniques, skills, and tips exploring drawing with charcoals and painting with watercolors and acrylics. A \$20 materials fee is payable to the instructor on the first day of class.

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

COURSE #	DAY	DATE	TIME
163658	Tu	Jan 10-Mar 07	4:30PM-5:30PM
163659	Th	Jan 12-Mar 09	4:30PM-5:30PM

# YOUTH CLASSES

## Getting Started with Creative Computing

Age: 9Y - 10Y

**Instructor: Jane Reynolds**

*Location: MSB - Belloni Room*

Make your own animations, interactive media, and even games (whatever you can imagine!) with Scratch, a programming language and environment made just for kids! We'll use play and hands-on projects and challenges to introduce programming fundamentals that underlie all digital technology, from video games and apps to the Mars Rover. You'll be able to share what you make with your friends, and the world (if you want to), and you'll get all the tools you need to keep coding and creating even after the course is over. Jane Reynolds is a web designer and developer with a passion for education. She learned about Scratch while earning her masters in Interactive Digital Media at Trinity College in Dublin, and it was love at first sprite! (Scratch pun). You're also encouraged to register for the Saturday Scratch drop-ins with Jane—to finish up something you were working on in class, get answers to burning questions, or just to hang and collaborate with others who've caught the coding bug! This course is designed for children who have completed 3rd or 4th grade.

*No class: 1/16, 2/20*

Classes: 7 Fee: \$113.00(R)/\$128.00(N)

COURSE #	DAY	DATE	TIME
163857	Mon	Jan 09-Mar 06	3:30PM-5:00PM

## Golf for Juniors

Age: 6Y - 17Y

**Instructor: Tommy Kim**

*Location: Cypress Golf Learning Center*

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 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
163677 Session I	Sat	Jan 07-Jan 28	10:00AM-11:00AM
163678 Session II	Sat	Feb 11-Mar 04	10:00AM-11:00AM
163679 Session III	Sat	Mar 11-Apr 01	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 Criwell, 3rd degree Black Belt.

*No class: 1/16, 2/20*

Classes: 16 Fee: \$82.00(R)/\$97.00(N)

COURSE #	DAY	DATE	TIME
163576	M/W	Jan 09-Mar 08	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: 2/20*

### Level I Beginners Yellow and Blue 1

Classes: 14 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
163689	M/W	Jan 18-Mar 08	5:00PM-6:00PM

### Lev II Blue 2nd and Green 1st

Classes: 14 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
163687	M/W	Jan 18-Mar 08	6:00PM-7:00PM

### Lev III - Green 2nd and Purple on up

Classes: 14 Fee: \$67.00(R)/\$82.00(N)

COURSE #	DAY	DATE	TIME
163688	M/W	Jan 18-Mar 08	6:00PM-7:30PM

## Writing Workshop for Kids

Age: 7Y - 12Y

**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 \$5 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: 2/17*

Classes: 6 Fee: \$26.00(R)/\$41.00(N)

COURSE #	DAY	DATE	TIME
163762	Fri	Jan 13-Feb 24	4:00PM-5:00PM

## DANCE CLASSES

South San Francisco Civic Ballet

**Maria Spremich, Artistic Director**

**Kristen Quok, Instructor**

### Pre Ballet (Girls and Boys)

**Instructors: Maria Spremich, Kristen Quok, & Noelle Campos**

*Location: (see below)*

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 30 years. Kristen Quok has a Masters in Dance from Stanford Univ. and has been teaching for 20+ years. Noelle Campos is a new instructor with the South San Francisco Civic Ballet but has many years of dance experience including a Bachelor of Arts degree in Dance.

*No class: 1/16, 2/18, 2/20*

**Creative Ballet** 

**Instructor: N. Campos**

Inspired by their creativity and imaginations, this class designed for pre-schoolers will introduce our youngest students to the *FUN*damentals of dance.

Classes: 9 Fee: \$46.00(R)/\$61.00(N) Age: 3Y - 5Y

COURSE #	DAY	DATE	TIME
163752	Tu	Jan 10-Mar 07	3:15PM-4:00PM

MSB - Dance Studio

**Level A - New Beginner**

**Instructor: M. Spremich**

Classes: 9 Fee: \$41.00(R)/\$56.00(N) Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
163726	Sat	Jan 14-Mar 11	9:45AM-10:30AM

MSB - Dance Studio *No Class: 2/18*

### Pre Ballet (cont.)

**Level A - New Beginner**

**Instructor: N. Campos**

Classes: 9 Fee: \$46.00(R)/\$61.00(N)

Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
163753	Tu	Jan 10-Mar 07	4:15PM-5:00PM

MSB - Dance Studio

**Level B - Continuing Students**

**Instructor: M. Spremich**

Classes: 9 Fee: \$46.00(R)/\$61.00(N)

Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
163724	F/Sat	Jan 13-Mar 11	3:15PM-4:00PM

MSB - Butterfly Room *No Class: 2/18*

**Level C - Continuing Students**

**Instructor: K. Quok**

Classes: 8 Fee: \$41.00(R)/\$56.00(N)

Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
163723	Sat	Jan 14-Mar 11	10:15AM-11:00AM

MSB - Butterfly Room *No Class: 2/18*

**Level D - Continuing Students**

**Instructor: M. Spremich**

Classes: 9 Fee: \$51.00(R)/\$66.00(N)

Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
163725	Wed	Jan 11-Mar 08	3:30PM-4:20PM

MSB - Butterfly Room

### Ballet (Girls and Boys)

**Instructors: Maria Spremich, Kristen Quok, & Noelle Campos**

*Location: (see below)*

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.

*No class: 1/16, 2/18, 2/20*

**Introduction**

**Instructor: K. Quok**

Classes: 7 Fee: \$40.00(R)/\$55.00(N)

Age: 7½Y - 11Y

COURSE #	DAY	DATE	TIME
163750	Mon	Jan 09-Mar 06	4:10PM-5:00PM

MSB - Dance Studio *No Class: 1/16, 2/20*

**Basic 1**

**Instructor: K. Quok**

Classes: 9 Fee: \$51.00(R)/\$66.00(N)

Age: 7½Y - 11Y

COURSE #	DAY	DATE	TIME
163727	Th	Jan 12-Mar 09	4:30PM-5:20PM

MSB - Dance Studio

**Basic 2**

**Instructor: K. Quok**

Classes: 9 Fee: \$51.00(R)/\$66.00(N)

Age: 7½Y - 11Y

COURSE #	DAY	DATE	TIME
163730	Th	Jan 12-Mar 09	3:30PM-4:20PM

MSB - Dance Studio

**Level 1A**

**Instructor: M. Spremich**

Classes: 7 Fee: \$43.00(R)/\$58.00(N)

Age: 7½Y - 11Y

COURSE #	DAY	DATE	TIME
163728	Mon	Jan 09-Mar 06	3:45PM-4:40PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

# YOUTH CLASSES

## Ballet (cont.)

**Level 1B**  
Classes: 9 Fee: \$56.00(R)/\$71.00(N) **Instructor: M. Spremich**  
Age: 7½Y - 11Y

COURSE #	DAY	DATE	TIME
163729	Th	Jan 12-Mar 09	3:45PM-4:40PM

MSB - Butterfly Room

**Level 2A**  
Classes: 9 Fee: \$61.00(R)/\$76.00(N) **Instructor: K. Quok**  
Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
163749	Wed	Jan 11-Mar 08	4:30PM-5:30PM

MSB - Dance Studio

**Level 2B**  
Classes: 7 Fee: \$43.00(R)/\$58.00(N) **Instructor: M. Spremich**  
Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
163731	Mon	Jan 09-Mar 06	4:45PM-5:40PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

**Level 3A**  
Classes: 9 Fee: \$61.00(R)/\$76.00(N) **Instructor: K. Quok**  
Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
163732	Wed	Jan 11-Mar 08	3:30PM-4:30PM

MSB - Dance Studio

**Level 3B**  
Classes: 8 Fee: \$54.00(R)/\$69.00(N) **Instructor: K. Quok**  
Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
163733	Sat	Jan 14-Mar 11	11:15AM-12:15PM

MSB - Butterfly Room *No Class: 2/18*

**Level 3C**  
Classes: 9 Fee: \$61.00(R)/\$76.00(N) **Instructor: M. Spremich**  
Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
163734	Tu	Jan 10-Mar 07	3:45PM-4:45PM

MSB - Butterfly Room

**Level 4A**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
163735	Wed	Jan 11-Mar 08	4:30PM-5:45PM

MSB - Butterfly Room

**Level 4B**  
Classes: 8 Fee: \$68.00(R)/\$83.00(N) **Instructor: K. Quok**  
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
163736	Sat	Jan 14-Mar 11	9:00AM-10:15AM

MSB - Butterfly Room *No Class: 2/18*

**Level 5**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
163751	Tu	Jan 10-Mar 07	4:45PM-6:00PM

MSB - Butterfly Room

**Level 5 Pointe 1**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
163737	Fri	Jan 13-Mar 10	6:45PM-8:00PM

MSB - Butterfly Room

**Level 6**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163738	Th	Jan 12-Mar 09	4:45PM-6:00PM

MSB - Butterfly Room

**Level 6 Pointe 2**  
Classes: 9 Fee: \$51.00(R)/\$66.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163255	Tu	Jan 10-Mar 07	6:00PM-7:10PM

MSB - Butterfly Room

**Level 7/8**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163740	Fri	Jan 13-Mar 10	4:00PM-5:15PM

MSB - Butterfly Room

**Level 7/8**  
Classes: 7 Fee: \$59.00(R)/\$74.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163741	Mon	Jan 09-Mar 06	5:45PM-7:00PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

**Level 7/8 Pointe 3 & 4**  
Classes: 9 Fee: \$76.00(R)/\$91.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163742	Wed	Jan 11-Mar 08	5:45PM-7:00PM

MSB - Butterfly Room

**Level 7/8 Combo**  
Classes: 25 Fee: \$170.00(R)/\$185.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163743	Mon	Jan 09-Mar 10	5:45PM-7:00PM
	Wed	Jan 09-Mar 10	5:45PM-7:00PM
	Fri	Jan 09-Mar 10	4:00PM-5:15PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

**Level 9/10**  
Classes: 7 Fee: \$71.00(R)/\$86.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163746	Mon	Jan 09-Mar 06	7:00PM-8:30PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

**Level 9/10**  
Classes: 9 Fee: \$91.00(R)/\$106.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163745	Fri	Jan 13-Mar 10	5:15PM-6:45PM

MSB - Butterfly Room

**Level 9/10 Pointe 5**  
Classes: 9 Fee: \$91.00(R)/\$106.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163747	Wed	Jan 11-Mar 08	7:00PM-8:30PM

MSB - Butterfly Room

**Level 9/10 Combo**  
Classes: 25 Fee: \$203.00(R)/\$218.00(N) **Instructor: M. Spremich**  
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
163748	Mon	Jan 09-Mar 10	7:00PM-8:30PM
	Wed	Jan 09-Mar 10	7:00PM-8:30PM
	Fri	Jan 09-Mar 10	5:15PM-6:45PM

MSB - Butterfly Room *No Class: 1/16, 2/20*

## Mexican Folk Dance

Age: 3½Y - 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 the folklorico dance teacher at South San Francisco High School in the Performing Arts Department, and the Co-Founder and Artistic Director of Ballet Folklorico Alma de Mexico SSFHS & Community. He has extensive experience in choreography and staging performances. He will be teaching Level 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.

*No Class: 1/16, 1/27, 2/20*

Classes: 8 Fee: \$21.00(R)/\$36.00(N)

COURSE #	DAY	DATE	TIME
163720	Fri	Jan 13-Mar 10	5:30PM-6:00PM
<b>Level IA - New Students Only</b>			
163721	Fri	Jan 13-Mar 10	6:00PM-6:45PM
<b>Level IB - Returning Students Only</b>			
163722	Fri	Jan 13-Mar 10	7:00PM-7:50PM
<b>Level II</b>			
163713	Mon	Jan 09-Mar 06	7:20PM-8:10PM
<b>Level III</b>			
163714	Th	Jan 12-Mar 09	6:25PM-7:15PM
<b>Level IV</b>			
163719	Mon	Jan 09-Mar 06	6:25PM-7:15PM
<b>Level IX</b>			
163715	Tu	Jan 10-Mar 07	6:30PM-7:25PM
<b>Level V</b>			
163716	Mon	Jan 09-Mar 06	5:30PM-6:20PM
<b>Level VI</b>			
163717	Th	Jan 12-Mar 09	5:30PM-6:20PM
<b>Level VII</b>			
163718	Tu	Jan 10-Mar 07	7:30PM-8:25PM
<b>Level VIII</b>			



## MUSIC CLASSES

### Mariachi Music Classes

Age: 8Y and up

**Instructor: Martin Cruz**

*Location: Magnolia - Multi Use Room (3rd floor)*

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: 9 Fee: \$44.00(R) /\$59.00(N)

COURSE #	DAY	DATE	TIME
163711	Tu	Jan 10-Mar 07	4:00PM-5:00PM
<b>Beginning</b>			
163712	Tu	Jan 10-Mar 07	5:00PM-6:00PM
<b>Intermediate</b>			

### 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.

Classes: 9 Fee: \$154.00(R) /\$169.00(N)

COURSE #	DAY	DATE	TIME
163664	Fri	Jan 13-Mar 10	3:00PM-3:30PM
163665	Fri	Jan 13-Mar 10	3:30PM-4:00PM
163666	Fri	Jan 13-Mar 10	4:00PM-4:30PM
163667	Fri	Jan 13-Mar 10	4:30PM-5:00PM
163668	Fri	Jan 13-Mar 10	5:00PM-5:30PM
163669	Fri	Jan 13-Mar 10	5:30PM-6:00PM

# MUSIC CLASSES

## 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 basics 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 Nickolas 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.

*No class: 1/16, 2/20*

*Location: MSB – Betty Weber Room*

Classes: 7 Fee: \$53.00(R) /\$68.00(N)

COURSE #	DAY	DATE	TIME
163841	Mon	Jan 09–Mar 06	3:00PM–3:30PM
163842	Mon	Jan 09–Mar 06	2:30PM–3:00PM
163843	Mon	Jan 09–Mar 06	3:30PM–4:00PM
163844	Mon	Jan 09–Mar 06	4:00PM–4:30PM

*Location: MSB – Betty Weber Room*

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

COURSE #	DAY	DATE	TIME
163835	Tu	Jan 10–Mar 07	3:00PM–3:30PM
163836	Tu	Jan 10–Mar 07	3:30PM–4:00PM
163837	Tu	Jan 10–Mar 07	4:00PM–4:30PM
163838	Tu	Jan 10–Mar 07	4:30PM–5:00PM
163839	Tu	Jan 10–Mar 07	5:30PM–6:00PM
163840	Tu	Jan 10–Mar 07	5:00PM–5:30PM

*Location: Marie Peterson Room*

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

COURSE #	DAY	DATE	TIME
163823	Wed	Jan 11–Mar 08	3:00PM–3:30PM
163824	Wed	Jan 11–Mar 08	3:30PM–4:00PM
163825	Wed	Jan 11–Mar 08	4:00PM–4:30PM
163826	Wed	Jan 11–Mar 08	5:00PM–5:30PM
163833	Wed	Jan 11–Mar 08	4:30PM–5:00PM
163834	Wed	Jan 11–Mar 08	5:30PM–6:00PM

*Location: MSB – Belloni Room*

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

COURSE #	DAY	DATE	TIME
163827	Th	Jan 12–Mar 09	3:00PM–3:30PM
163828	Th	Jan 12–Mar 09	3:30PM–4:00PM
162829	Th	Jan 12–Mar 09	4:00PM–4:30PM
163830	Th	Jan 12–Mar 09	5:00PM–5:30PM
163831	Th	Jan 12–Mar 09	4:30PM–5:00PM
163832	Th	Jan 12–Mar 09	5:30PM–6:00PM

## 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: 1/16, 2/20*

Classes: 7 Fee: \$120.00(R) /\$135.00(N)

COURSE #	DAY	DATE	TIME
163787	Mon	Jan 09–Mar 06	3:00PM–3:30PM
163788	Mon	Jan 09–Mar 06	3:30PM–4:00PM
163789	Mon	Jan 09–Mar 06	4:00PM–4:30PM
163790	Mon	Jan 09–Mar 06	4:30PM–5:00PM
163791	Mon	Jan 09–Mar 06	5:00PM–5:30PM
163792	Mon	Jan 09–Mar 06	5:30PM–6:00PM
163793	Mon	Jan 09–Mar 06	6:00PM–6:30PM
163794	Mon	Jan 09–Mar 06	6:30PM–7:00PM

Classes: 9 Fee: \$154.00(R) /\$169.00(N)

COURSE #	DAY	DATE	TIME
163773	Wed	Jan 11–Mar 08	4:00PM–4:30PM
163774	Wed	Jan 11–Mar 08	3:00PM–3:30PM
163775	Wed	Jan 11–Mar 08	3:30PM–4:00PM
163776	Wed	Jan 11–Mar 08	4:30PM–5:00PM
163777	Wed	Jan 11–Mar 08	5:00PM–5:30PM
163778	Wed	Jan 11–Mar 08	5:30PM–6:00PM
163786	Wed	Jan 11–Mar 08	6:00PM–6:30PM
163795	Wed	Jan 11–Mar 08	6:30PM–7:00PM

Classes: 9 Fee: \$154.00(R) /\$169.00(N)

COURSE #	DAY	DATE	TIME
163779	Th	Jan 12–Mar 09	3:00PM–3:30PM
163780	Th	Jan 12–Mar 09	3:30PM–4:00PM
163781	Th	Jan 12–Mar 09	4:00PM–4:30PM
163782	Th	Jan 12–Mar 09	4:30PM–5:00PM
163783	Th	Jan 12–Mar 09	5:00PM–5:30PM
163784	Th	Jan 12–Mar 09	5:30PM–6:00PM
163785	Th	Jan 12–Mar 09	6:00PM–6:30PM
163796	Th	Jan 12–Mar 09	6:30PM–7:00PM

# MUSIC CLASSES

## 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: 1/16, 2/20*

Classes: 7 Fee: \$120.00(R)/\$135.00(N)

COURSE #	DAY	DATE	TIME
163528	Mon	Jan 09–Mar 06	3:00PM–3:30PM
163529	Mon	Jan 09–Mar 06	3:30PM–4:00PM
163530	Mon	Jan 09–Mar 06	4:00PM–4:30PM
163531	Mon	Jan 09–Mar 06	4:30PM–5:00PM
163556	Mon	Jan 09–Mar 06	5:00PM–5:30PM
163532	Mon	Jan 09–Mar 06	5:30PM–6:00PM
163533	Mon	Jan 09–Mar 06	6:00PM–6:30PM
163534	Mon	Jan 09–Mar 06	6:30PM–7:00PM
163535	Mon	Jan 09–Mar 06	7:00PM–7:30PM
163536	Mon	Jan 09–Mar 06	7:30PM–8:00PM

Classes: 9 Fee: \$154.00(R)/\$169.00(N)

COURSE #	DAY	DATE	TIME
163537	Wed	Jan 11–Mar 08	3:00PM–3:30PM
163538	Wed	Jan 11–Mar 08	3:30PM–4:00PM
163539	Wed	Jan 11–Mar 08	4:00PM–4:30PM
163540	Wed	Jan 11–Mar 08	4:30PM–5:00PM
163541	Wed	Jan 11–Mar 08	5:00PM–5:30PM
163542	Wed	Jan 11–Mar 08	5:30PM–6:00PM
163543	Wed	Jan 11–Mar 08	6:00PM–6:30PM
163544	Wed	Jan 11–Mar 08	6:30PM–7:00PM
163545	Wed	Jan 11–Mar 08	7:00PM–7:30PM
163546	Wed	Jan 11–Mar 08	7:30PM–8:00PM

Classes: 9 Fee: \$154.00(R)/\$169.00(N)

COURSE #	DAY	DATE	TIME
163547	Thu	Jan 12–Mar 09	3:00PM–3:30PM
163548	Thu	Jan 12–Mar 09	3:30PM–4:00PM
163549	Thu	Jan 12–Mar 09	4:00PM–4:30PM
163557	Thu	Jan 12–Mar 09	4:30PM–5:00PM
163550	Thu	Jan 12–Mar 09	5:00PM–5:30PM
163551	Thu	Jan 12–Mar 09	5:30PM–6:00PM
163552	Thu	Jan 12–Mar 09	6:00PM–6:30PM
163553	Thu	Jan 12–Mar 09	6:30PM–7:00PM
163554	Thu	Jan 12–Mar 09	7:00PM–7:30PM
163555	Thu	Jan 12–Mar 09	7:30PM–8:00PM

## 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.

*No class: 1/16, 1/17, 2/20, 2/21*

*Location: MSB – Council Chambers*

Classes: 7 Fee: \$120.00(R) /\$135.00(N)

COURSE #	DAY	DATE	TIME
163813	Mon	Jan 09–Mar 06	3:00PM–3:30PM
163814	Mon	Jan 09–Mar 06	3:30PM–4:00PM
163815	Mon	Jan 09–Mar 06	4:00PM–4:30PM
163816	Mon	Jan 09–Mar 06	4:30PM–5:00PM
163817	Mon	Jan 09–Mar 06	5:00PM–5:30PM
163818	Mon	Jan 09–Mar 06	5:30PM–6:00PM
163819	Mon	Jan 09–Mar 06	6:00PM–6:30PM
163820	Mon	Jan 09–Mar 06	7:00PM–7:30PM
163821	Mon	Jan 09–Mar 06	7:30PM–8:00PM
163822	Mon	Jan 09–Mar 06	8:00PM–8:30PM

*Location: Westborough – Piano Room*

Classes: 7 Fee: \$120.00(R) /\$135.00(N)

COURSE #	DAY	DATE	TIME
163797	Tu	Jan 10–Mar 07	3:00PM–3:30PM
163798	Tu	Jan 10–Mar 07	3:30PM–4:00PM
163799	Tu	Jan 10–Mar 07	4:00PM–4:30PM
163800	Tu	Jan 10–Mar 07	4:30PM–5:00PM
163801	Tu	Jan 10–Mar 07	5:00PM–5:30PM
163802	Tu	Jan 10–Mar 07	5:30PM–6:00PM
163803	Tu	Jan 10–Mar 07	6:00PM–6:30PM
163804	Tu	Jan 10–Mar 07	7:00PM–7:30PM
163805	Tu	Jan 10–Mar 07	7:30PM–8:00PM
163806	Tu	Jan 10–Mar 07	8:00PM–8:30PM

*Location: MSB – Marie Peterson Room*

Classes: 7 Fee: \$120.00(R) /\$135.00(N)

COURSE #	DAY	DATE	TIME
163807	Sat	Jan 14–Feb 25	9:00AM–9:30AM
163808	Sat	Jan 14–Feb 25	9:30AM–10:00AM
163809	Sat	Jan 14–Feb 25	10:00AM–10:30AM
163810	Sat	Jan 14–Feb 25	10:30AM–11:00AM
163811	Sat	Jan 14–Feb 25	11:00AM–11:30AM
163812	Sat	Jan 14–Feb 25	11:30AM–12:00PM

# MUSIC CLASSES

## 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: 9 Fee: \$154.00(R) /\$169.00(N)

COURSE #	DAY	DATE	TIME
163517	Tu	Jan 10–Mar 07	4:00PM–4:30PM
163518	Tu	Jan 10–Mar 07	4:30PM–5:00PM
163519	Tu	Jan 10–Mar 07	5:00PM–5:30PM
163520	Tu	Jan 10–Mar 07	5:30PM–6:00PM
163521	Tu	Jan 10–Mar 07	6:00PM–6:30PM
163522	Tu	Jan 10–Mar 07	6:30PM–7:00PM
163523	Tu	Jan 10–Mar 07	7:00PM–7:30PM
163524	Tu	Jan 10–Mar 07	7:30PM–8:00PM
163525	Tu	Jan 10–Mar 07	8:00PM–8:30PM

## Ukulele Music Classes

Age: 10Y and up

**Instructor: Sil Castillo**

*Location: Magnolia Center – Craft Room (3rd floor)*

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: 9 Fee: \$63.00(R) /\$78.00(N)

COURSE #	DAY	DATE	TIME
163661	Th	Jan 12–Mar 09	6:30PM–7:30PM
<b>Beginning</b>			
163660	Th	Jan 12–Mar 09	7:30PM–8:30PM
<b>Intermediate</b>			

# DANCE CLASSES

## 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.

Classes: 9 Fee: \$76.00(R)/\$91.00(N)

COURSE #	DAY	DATE	TIME
163754	Wed	Jan 11–Mar 08	5:30PM–6:30PM

## Beginning Ballet for Adults

Age: 18Y and up

**Instructor: Noelle Campos**

*Location: MSB – Dance Studio*

Classical ballet technique for absolute beginners. No experience needed! Class attire: Ladies– Leotard (any style/color), tights or leggings/jazz/yoga pants, ballet slippers. Gentlemen– T-shirt and athletic shorts/pants, jazz/yoga pants, ballet slippers.

Classes: 9 Fee: \$76.00(R) /\$91.00(N)

COURSE #	DAY	DATE	TIME
163758	Tu	Jan 10–Mar 07	6:30PM–7:45PM

## Ballet for Teens and Adults Level I

Age: 14Y & Up

**Instructor: Maria Spremich**

*Location: MSB – Butterfly Room*

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](http://discountdance.com), at the Capezio Dance Theater Shop in San Mateo or San Francisco Dancewear.

Classes: 9 Fee: \$86.00(R)/\$101.00(N)

COURSE #	DAY	DATE	TIME
163755	Th	Jan 12–Mar 09	6:00PM–7:25PM

# TEEN AND ADULT CLASSES

## Ballet for Teens and Adults Level II & III

Age: 14Y & Up

**Instructor: Maria Spremich**

*Location: MSB - Butterfly Room*

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.

Level II/III

Classes: 9 Fee: \$76.00(R)/\$91.00(N)

COURSE #	DAY	DATE	TIME
163756	Tu	Jan 10-Mar 07	7:15PM-8:30PM

Level III

Classes: 9 Fee: \$102.00(R)/\$117.00(N)

COURSE #	DAY	DATE	TIME
163757	Th	Jan 12-Mar 09	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@alisagreer.com](mailto:alisa@alisagreer.com). She would love to see you in class.

Classes: 9 Fee: \$53.00(R)/\$68.00(N)

COURSE #	DAY	DATE	TIME
163701	Wed	Jan 11-Mar 08	6:45PM-7:45PM

## 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](mailto:alisa@alisagreer.com). Come join the fun!

Classes: 9 Fee: \$53.00(R)/\$68.00(N)

COURSE #	DAY	DATE	TIME
163703	Wed	Jan 11-Mar 08	7:45PM-8:45PM



## Contemporary Dance

Age: 13Y - 18Y

**Instructor: Noelle Campos**

*Location: MSB - Dance Studio*

Students will get the chance to learn improvisation, partnering and combinations. Class attire: Ladies- Leotard (any style/color), tights or leggings/jazz/yoga pants, leather ballet slippers. Gentlemen- T-shirt and athletic shorts/pants, jazz/yoga pants, leather ballet slippers. Ballet slippers and leotards may be purchased on-line: [discountdance.com](http://discountdance.com) or at the Capezio Dance Theater Shop in San Mateo.

Classes: 9 Fee: \$61.00(R)/\$76.00(N)

COURSE #	DAY	DATE	TIME
163759	Tu	Jan 10-Mar 07	5:15PM-6:15PM

## Fox Trot

Age: 13Y and up

**Instructor: Adrian Bermudez**

*Location: MSB - Social Hall*

Fox Trot is a great American dance that's been around since early in the 20th century in one form or another. It can be danced to old 20's, 30's and 40's standards as well as much of contemporary music from the 50's on to the present. It is danced on 'Dancing with the Stars' and 'So you think you can Dance' quite often. Come and enjoy this adaptable fun dance.

Classes: 9 Fee: \$61.00(R)/\$76.00(N)

COURSE #	DAY	DATE	TIME
163853	Wed	Jan 11-Mar 08	7:15PM-8:15PM

# TEEN AND ADULT CLASSES

## Hawaiian & Tahitian Dance – Level I & II

Age: 13Y and up

**Instructor: Millie Aranda**

*Location: MSB – Social Hall*

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](mailto:rahiti1@yahoo.com).

*No class: 1/24*

### Level I

Classes: 9 Fee: \$75.00(R) /\$90.00(N)

COURSE #	DAY	DATE	TIME
163671	Th	Jan 12–Mar 09	7:30PM–9:00PM

### Level II

Classes: 8 Fee: \$67.00(R) /\$82.00(N)

COURSE #	DAY	DATE	TIME
163670	Tu	Jan 10–Mar 07	7:45PM–9:15PM

## 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).

Classes: 9 Fee: \$61.00(R) /\$76.00(N)

COURSE #	DAY	DATE	TIME
163852	Wed	Jan 11–Mar 08	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.

Classes: 9 Fee: \$34.00(R)/\$49.00(N)

COURSE #	DAY	DATE	TIME
163646	Tu	Jan 10–Mar 07	6:45PM–7:25PM
<b>Intro/Level I</b>			
163647	Tu	Jan 10–Mar 07	8:15PM–8:55PM
<b>Level II</b>			
163648	Tu	Jan 10–Mar 07	7:30PM–8:10PM
<b>Level III</b>			

## ARTS, COOKING, AND SPECIAL INTERESTS

### Cooking Classes with Lisa Chan – Baking Basics

Age: 15Y and up

**Instructor: Lisa Chan**

*Location: MSB – Large Kitchen*

Learn the basics of baking including; the importance of measuring and mixing ingredients correctly; why your muffins are tough; or why your cookies are flat with steps to prevent this from ever happening again! Then you will bake recipes such a blueberry muffins, raspberry thumbprint cookies and cherry pie. Whether you're thinking of becoming a baker or love baking memories, you will have the beginning hands-on experience to get on your way. A \$15.00 supply fee is payable to the instructor at the first class. Lisa Chan is a graduate of the California Culinary Academy, Le Cordon Bleu.

Classes: 3 Fee: \$67.00(R) /\$82.00(N)

COURSE #	DAY	DATE	TIME
163580	Tu	Jan 24–Feb 07	6:30PM–8:30PM

# TEEN AND ADULT CLASSES

## Cooking Classes with Terri Dien – Easy Chinese Cooking at Home

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 Dear Martini, a local startup producing cooking videos on for their YouTube channel. In this hands-on class, we’ll explore the ingredients, flavors and cooking methods to make your favorite Chinese dishes at home! Menu: Cashew Chicken, Egg Rolls, and crispy-bottomed pot stickers. Materials Fee: \$20 payable to the instructor at the beginning of class.

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

COURSE #	DAY	DATE	TIME
163767	Th	Jan 26	6:30PM-9:00PM

## Cream Puffs and Eclairs

Age: 15Y and up

**Instructor: Terri Dien**

*Location: MSB – Large Kitchen*

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: \$20 payable to the instructor at the beginning of class.

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

COURSE #	DAY	DATE	TIME
163766	Th	Jan 12	6:30PM-9:00PM

## San Francisco Wine School Intro to Blind Tasting

Age: 21Y and up

*Location: San Francisco Wine School*

Learn about the physiology of taste and how to evaluate acidity, tannin, residual sugar (RS) and other structural elements of wine. Start building your wine description vocabulary. Attend this fun session to gain confidence in knowing what kind of wines you like and how to describe them. Or use this as the start of your journey in preparing for entry to mid-level wine exams.

Classes: 1 Fee: \$110.00(R) /\$125.00(N)

COURSE #	DAY	DATE	TIME
163878	Mon	Jan 09	6:00PM-9:00PM
163877	Wed	Feb 22	6:00PM-9:00PM
163879	Tu	Apr 04	6:00PM-9:00PM

## Sensational Sauces

Age: 15Y and up

**Instructor: Terri Dien**

*Location: MSB – Large Kitchen*

Making sauces to go with your meal doesn’t have to be complicated or time-consuming. This hands-on class will teach you the basics to making a quick pan sauce, cheesy cheddar sauce and a mayonnaise like a pro! Menu: Simple pan sauce from a seared chicken breast, cheese sauce, and aioli/mayonnaise variations. Accompaniments for tasting the sauces will be provided. A \$20 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
163884	Th	Feb 23	6:30PM-9:00PM

## Tarts and Quiches

Age: 15Y and up

**Instructor: Terri Dien**

*Location: MSB – Large Kitchen*

Boost your Baking Confidence! In this hands-on class, learn the basic components for elegant tarts and quiches—perfect for a Springtime Brunch! Menu: Sweet tart dough, vanilla pastry cream, fresh fruit tart and classic quiche Lorraine. A \$20 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
163885	Th	Mar 02	6:30PM-9:00PM

## Beginning Digital Photography

Age: 18Y and up

**Instructor: Marty Springer**

*Location: MSB – Belloni Room*

In this fun, hands-on introduction to digital photography we 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
163583	Wed	Jan 11-Mar 01	7:00PM-9:30PM

# TEEN AND ADULT CLASSES

## Dyeing for Crafters with Shibori

Age: 16Y and up

**Instructor: Joy- Lily**

*Location: MSB - Belloni Room*

Color up your knitting or crocheting yarn, felting fiber, quilt yardage and perk up your clothes. Using all natural fibers, we'll experiment with acid dyes in hot water, fiber-reactive dyes in 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' for making patterns on fabric. Experience dyeing fiber is not necessary for this class. A sense of adventure is a plus. A \$25.00 supply fee is payable to the instructor at the first class. Fee includes some white wool fleece or yarn and cotton yardage to dye.

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

COURSE #	DAY	DATE	TIME
163674	Th	Jan 12-Mar 02	10:00AM-2:00PM

## Ikebana (Japanese Flower Arranging)

Age: 18Y and up

**Instructor: Lee Okumoto**

*Location: Terrabay - Iris Room*

New Time! 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.

*No class: 1/16, 1/23, 2/20*

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

COURSE #	DAY	DATE	TIME
163676	Mon	Jan 09-Mar 06	10:00AM-12:00PM

## Japanese for Beginners

Age: 14Y and up

**Instructor: Satoko Tsujimoto Piett**

*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 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).

Classes: 8 Fee: \$78.00(R) / \$93.00(N)

COURSE #	DAY	DATE	TIME
163672	Th	Jan 19-Mar 09	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.

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

COURSE #	DAY	DATE	TIME
163673	Th	Jan 12-Mar 02	7:00PM-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 an 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: \$90.00(R)/\$105.00(N)

COURSE #	DAY	DATE	TIME
163906	Sat	Jan 14-Feb 18	9:00AM-10:00AM
<b>Beginner</b>			
163904	Sat	Jan 14-Feb 18	10:10AM-11:10AM
<b>Intermediate</b>			

# 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.

*No class: 1/24*

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

COURSE #	DAY	DATE	TIME
163625	Tu	Jan 10–Mar 07	5:30PM–6:00PM

### Aikido

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](mailto:webmaster@higirikan.org)

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

COURSE #	DAY	DATE	TIME
163695	Tu/Th	Jan 10–Feb 02	11:00AM–12:00PM
<b>Session I–A</b>			
163698	Tu/Th	Jan 10–Feb 02	7:10PM–8:00PM
<b>Session I–B</b>			
163696	Tu/Th	Feb 07–Mar 02	11:00AM–12:00PM
<b>Session II–A</b>			
163699	Tu/Th	Feb 07–Mar 02	7:10PM–8:00PM
<b>Session II–B</b>			

### A.M. Fit N' Fun

Age: 18Y and up

**Instructor: Ercie Santos**

*Location: MSB – Dance Studio*

Start your year 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: 2/7*

Classes: 8 Fee: \$40.00(R) /\$55.00(N)

COURSE #	DAY	DATE	TIME
163858	Tu	Jan 10–Mar 07	9:30AM–10:30AM

### 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: 2/11, 2/18*

Classes: 7 Fee: \$18.00(R) /\$33.00(N)

COURSE #	DAY	DATE	TIME
163586	Sat	Jan 14–Mar 11	9:30AM–10:00AM

### Circuit Training

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.

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

COURSE #	DAY	DATE	TIME
163645	Th	Jan 12–Mar 09	5:30PM–6:30PM

# TEEN AND ADULT CLASSES

## Complete Body Workout

Age: 16Y 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: 1/16, 2/20*

Classes: 7    Fee: \$35.00(R) /\$50.00(N)

COURSE #	DAY	DATE	TIME
163642	Mon	Jan 09-Mar 06	5:30PM-6:30PM

## Complete Combo: Cardio N'Go & Tone

Age: 18Y and up

**Instructor: Ercie 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).

*No class: 2/11, 2/18*

Classes: 7    Fee: \$53.00(R) /\$68.00(N)

COURSE #	DAY	DATE	TIME
163587	Sat	Jan 14-Mar 11	9:30AM-11:00AM

## Fitness Boot Camp

Age: 16Y and up

**Instructor: Timothy Fogarty**

*Location: Westborough Recreation Building - Multi-Use Room*

A fun and challenging fitness program designed to help you lose weight and have fun in a group setting. This workout incorporates High Intensity Interval Training (HIIT) as well as circuit training using mostly body weight exercises. Join the Fitness Boot Camp team to decrease that waistline and increase your energy and cardiovascular levels while improving your strength, flexibility, agility and endurance. Instructor Timothy Fogarty was a collegiate athlete in football and baseball at the University of Puget Sound where he earned his degree in Exercise Science. Timothy has a CSCS (Certified Strength and Conditioning Specialist) certification from NSCA (National Strength and Conditioning Association). He has also personally completed numerous Spartan Races and triathlons, including a Half Ironman and the Warrior Dash World Championship in 2014. Participants with yoga mats are encouraged to bring them to class.

*No class: 1/16, 2/20*

Classes: 7    Fee: \$35.00(R)/\$50.00(N)

COURSE #	DAY	DATE	TIME
163760	Mon	Jan 09-Mar 06	5:45PM-6:45PM

Classes: 8    Fee: \$40.00(R)/\$55.00(N)

COURSE #	DAY	DATE	TIME
163761	Th	Jan 12-Mar 09	6:00PM-7:00PM

## 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.

Classes: 9    Fee: \$34.00(R) /\$49.00(N)

COURSE #	DAY	DATE	TIME
163644	Wed	Jan 11-Mar 08	5:30PM-6:15PM



# TEEN AND ADULT CLASSES

## Golf Lessons for All Levels

Age: 18Y and up

**Instructor: Tommy Kim**

*Location: Cypress Golf Center - Golf Course*

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
163680 Session I	Sat	Jan 07-Jan 28	9:00AM-10:00AM
163681 Session II	Sat	Feb 11-Mar 04	9:00AM-10:00AM
163682 Session III	Sat	Mar 11-Apr 01	9:00AM-10:00AM

## 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.

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

COURSE #	DAY	DATE	TIME
163636	Wed	Jan 11-Mar 08	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.

Classes: 8 Fee: \$40.00(R) /\$45.00(N)

COURSE #	DAY	DATE	TIME
163690	Sat	Jan 21-Mar 11	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, 2017.

*No class: 1/16, 2/20*

Classes: 16 Fee: \$66.00(R) /\$81.00(N)

COURSE #	DAY	DATE	TIME
163577	M/W	Jan 09-Mar 08	7:00PM-8:00PM

## Osteo Pilates - Lunchtime Fitness

Age: 14Y and up

**Instructor: Stephanie King**

*Location: Social Hall*

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.)

*No class: 1/16, 2/20*

Classes: 7 Fee: \$26.00(R) /\$41.00(N)

COURSE #	DAY	DATE	TIME
163623	Mon	Jan 09-Mar 06	11:30AM-12:15PM

# TEEN AND ADULT CLASSES

## Pickleball – Drop-In

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! The drop-in fee is \$5.00 (cash) or one punch on your script card. Script cards are \$50.00 and can be purchased from the Recreation office.

*No class: 1/16, 2/20*

Classes: 7    Fee: \$5.00/class

COURSE #	DAY	DATE	TIME
163845	Mon	Jan 09–Mar 06	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.

*No class: 1/16, 2/20*

Classes: 7    Fee: \$26.00(R) /\$41.00(N)

COURSE #	DAY	DATE	TIME
163618	Mon	Jan 09–Mar 06	5:15PM–6:00PM
MSB – Social Hall			

Classes: 7    Fee: \$35.00(R) /\$50.00(N)

COURSE #	DAY	DATE	TIME
163619	Mon	Jan 09–Mar 06	7:30PM–8:30PM
MSB – Social Hall			

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

COURSE #	DAY	DATE	TIME
163620	Wed	Jan 11–Mar 08	7:30PM–8:30PM
MSB – Marie Peterson Room			

## Pilates – Day Time Class

Age: 15Y 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: 1/16, 2/20*

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

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

## 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.

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

COURSE #	DAY	DATE	TIME
163638	Sat	Jan 14–Mar 11	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 Rodriques 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.

Classes: 16    Fee: \$66.00(R) /\$81.00(N)

COURSE #	DAY	DATE	TIME
163691	Tu/Th	Jan 17–Mar 09	7:30PM–8:30PM

# TEEN AND ADULT CLASSES

## 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.

Classes: 16 Fee: \$66.00(R)/\$81.00(N)

COURSE #	DAY	DATE	TIME
163692	Tu/Th	Jan 17-Mar 09	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.

Classes: 16 Fee: \$80.00(R) /\$95.00(N)

COURSE #	DAY	DATE	TIME
163662	Tu/Th	Jan 17-Mar 09	1:00PM-2:00PM

## Stretch & Tone – Lunchtime Fitness

Age: 14Y and up

**Instructor: Stephanie King**

*Location: MSB – 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.

Classes: 9 Fee: \$34.00(R) /\$49.00(N)

COURSE #	DAY	DATE	TIME
163637	Fri	Jan 13-Mar 10	11:30AM-12:15PM

## 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. *No class: 1/24*

Classes: 8 Fee: \$30.00(R) /\$45.00(N)

COURSE #	DAY	DATE	TIME
163634	Tu	Jan 10-Mar 07	6:45PM-7:30PM
MSB – Social Hall			

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

COURSE #	DAY	DATE	TIME
163635	Th	Jan 12-Mar 09	7:00PM-8:00PM
MSB – Marie Peterson			

## (Tai Chi) Chen Taiji and Qigong

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. *No class: 1/16, 2/20*

Classes: 7 Fee: \$53.00(R) /\$68.00(N)

COURSE #	DAY	DATE	TIME
163772	Mon	Jan 09-Mar 06	7:00PM-8:30PM
Terrabay – Iris Room			

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

COURSE #	DAY	DATE	TIME
163770	Wed	Jan 11-Mar 08	7:00PM-8:30PM
Terrabay – Poppy Room			

Classes: 16 Fee: \$103.00(R) /\$118.00(N)

COURSE #	DAY	DATE	TIME
163771	M/W	Jan 09-Mar 08	7:00PM-8:30PM
Combo Class			

# TEEN AND ADULT CLASSES

## 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.

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

COURSE #	DAY	DATE	TIME
163584	Tu	Jan 10–Mar 07	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.

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

COURSE #	DAY	DATE	TIME
163585	Tu	Jan 10–Mar 07	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: 8 Fee: \$40.00(R) /\$55.00(N)

COURSE #	DAY	DATE	TIME
163639	Wed	Jan 11–Mar 01	9:00AM–10:00AM
<b>Level I</b>			
163640	Wed	Jan 11–Mar 01	10:00AM–11:00AM
<b>Level II</b>			
163641	Wed	Jan 11–Mar 01	11:00AM–12:00PM
<b>Level III</b>			

## 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.

Classes: 15 Fee: \$105.00(R) /\$120.00(N)

COURSE #	DAY	DATE	TIME
163663	M/W	Jan 16–Mar 08	11:00AM–12:15PM

## 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: 9 Fee: \$76.00(R) /\$91.00(N)

COURSE #	DAY	DATE	TIME
163675	Wed	Jan 11–Mar 08	7:00PM–8:30PM

## Yoga –Stretching Beginning & Intermediate

Age: 16Y and up

**Instructor: Don Amini**

*Location: Westborough – Large Multi-Use Room*

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

*No class: 1/16, 2/20*

Classes: 7 Fee: \$59.00(R) /\$74.00(N)

COURSE #	DAY	DATE	TIME
163846	Mon	Jan 09–Mar 06	10:15AM–11:45AM

Classes: 9 Fee: \$76.00(R) /\$91.00(N)

COURSE #	DAY	DATE	TIME
163847	Th	Jan 12–Mar 09	7:30PM–9:00PM

# TEEN AND ADULT CLASSES

## 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.

*No class: 1/24*

Classes: 8 Fee: \$30.00(R) /\$45.00(N)

COURSE #	DAY	DATE	TIME
163627	Tu	Jan 10-Mar 07	6:00PM-6:45PM
MSB - Social Hall			

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

COURSE #	DAY	DATE	TIME
163629	Th	Jan 12-Mar 09	6:00PM-7:00PM
MSB - Marie Peterson <i>No class: 10/20, 11/3, 11/24</i>			

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

COURSE #	DAY	DATE	TIME
163628	Sat	Jan 14-Mar 11	10:00AM-11:00AM
Fernekes Building - Orange Park			

## Zumba - Drop-In 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). No senior discount available.

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

COURSE #	DAY	DATE	TIME
163632	Tu	Jan 10-Mar 07	9:15AM-10:15AM
163633	Th	Jan 12-Mar 09	9:15AM-10:15AM



## 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: 1/16, 2/20*

Classes: 7 Fee: \$35.00(R) /\$50.00(N)

COURSE #	DAY	DATE	TIME
163624	Mon	Jan 09-Mar 06	6:00PM-7:00PM

# 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/INTERMEDIATE** – 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: 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: 6 Fee: \$106.00(R)/\$121.00(N)

COURSE #	DAY	DATE	TIME
163859	Sat	Jan 14-Feb 18	9:00AM-9:30AM
163860	Sat	Jan 14-Feb 18	9:30AM-10:00AM
163861	Sat	Jan 14-Feb 18	10:00AM-10:30AM
163862	Sat	Jan 14-Feb 18	10:30AM-11:00AM
163863	Sat	Jan 14-Feb 18	11:00AM-11:30AM
163864	Sat	Jan 14-Feb 18	11:30AM-12:00PM
163865	Sat	Jan 14-Feb 18	12:00PM-12:30PM
163866	Sat	Jan 14-Feb 18	12:30PM-1:00PM
163867	Sat	Jan 14-Feb 18	1:00PM-1:30PM
163875	Sat	Jan 14-Feb 18	1:30PM-2:00PM
163874	Su	Jan 15-Feb 19	8:30AM-9:00AM
163868	Su	Jan 15-Feb 19	9:00AM-9:30AM
163869	Su	Jan 15-Feb 19	9:30AM-10:00AM
163870	Su	Jan 15-Feb 19	10:00AM-10:30AM
163871	Su	Jan 15-Feb 19	10:30AM-11:00AM
163872	Su	Jan 15-Feb 19	11:00AM-11:30AM
163873	Su	Jan 15-Feb 19	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: \$106.00(R)/\$121.00(N)

COURSE #	DAY	DATE	TIME
163606	Sat	Jan 28-Mar 04	9:00AM-9:30AM
163601	Sat	Jan 28-Mar 04	9:30AM-10:00AM
163602	Sat	Jan 28-Mar 04	10:00AM-10:30AM
163603	Sat	Jan 28-Mar 04	10:30AM-11:00AM
163604	Sat	Jan 28-Mar 04	12:30PM-1:00PM
163605	Sat	Jan 28-Mar 04	1:00PM-1:30PM
163589	Tu	Jan 31-Mar 07	5:00PM-5:30PM
163590	Tu	Jan 31-Mar 07	5:30PM-6:00PM
163591	Tu	Jan 31-Mar 07	6:00PM-6:30PM
163592	Tu	Jan 31-Mar 07	6:30PM-7:00PM
163593	Tu	Jan 31-Mar 07	7:00PM-7:30PM
163594	Tu	Jan 31-Mar 07	7:30PM-8:00PM
163595	Wed	Feb 01-Mar 08	5:00PM-5:30PM
163596	Wed	Feb 01-Mar 08	5:30PM-6:00PM
163597	Wed	Feb 01-Mar 08	6:00PM-6:30PM
163598	Wed	Feb 01-Mar 08	6:30PM-7:00PM
163599	Wed	Feb 01-Mar 08	7:00PM-7:30PM

## Tennis: Private Lessons (cont.)

COURSE #	DAY	DATE	TIME
163600	Wed	Feb 01-Mar 08	7:30PM-8:00PM
163607	Th	Feb 02-Mar 09	5:00PM-5:30PM
163608	Th	Feb 02-Mar 09	5:30PM-6:00PM
163609	Th	Feb 02-Mar 09	6:00PM-6:30PM
163610	Th	Feb 02-Mar 09	6:30PM-7:00PM
163611	Th	Feb 02-Mar 09	7:00PM-7:30PM
163612	Th	Feb 02-Mar 09	7:30PM-8:00PM

## Tennis: Private - Hour Long Classes

Age: 8Y and up

**Instructor: Jeff Inocencio**

*Location: Terrabay Tennis Court #2*

One hour long classes for the tennis enthusiasts!

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

COURSE #	DAY	DATE	TIME
163617	Su	Jan 29-Mar 05	10:00AM-11:00PM
163616	Su	Jan 29-Mar 05	11:00AM-12:00PM
163614	Mon	Jan 30-Mar 06	5:00PM-6:00PM
163615	Mon	Jan 30-Mar 06	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
163613	Sat	Jan 28-Mar 04	11:00AM-12:00PM

# YOUTH AND ADULT SPORTS

## Open Gym Program

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

### Open Gym Basketball

Monday thru Friday 12:00PM – 3:00PM (all ages)  
Saturday 12:00PM – 3:00PM (17Y and under)  
Sunday 12:30PM – 3:00PM (all ages)

### Open Gym Badminton

Sunday 9:00AM – 12:00PM (all ages)

### Open Gym Futsal

Friday 7:15PM – 8:00PM (5Y-13Y)  
8:00PM – 9:30PM (14Y and up)

Fees:

Juniors (17 and under) \$2.00  
Adults (18 and over) \$3.00  
Seniors (55 and over) \$2.00



## Adult and Junior Badminton Program

*South San Francisco High School*

The Recreation Department offers a year-round drop-in badminton program at South San Francisco High School. Participants must bring their own equipment.

Monday & Wednesday 7:00PM – 10:00PM  
(based upon availability of school gym)

Fees:

Juniors (17 and under) \$4.00  
Adults (18 and over) \$5.00  
Seniors (55 and over) \$4.00

## Youth Sports/Co-sponsored

The Youth Sports activities listed on this page are provided by AFFILIATED non-profit groups. They are "co-sponsored" by the Recreation Department. For information, please contact the numbers listed.

### South San Francisco United Soccer Club

(www.ssfsoccer.net)  
Phone: (650) 741-3280

### South San Francisco Shetland, Pinto and Mustang Baseball Leagues (www.ssfbaseball.org)

Ages: Boys and Girls (Birthday as of April 30, 2017)

*Proof of Age Required.*

Ages 5-6 years old – Shetland (T-Ball)

Ages 7-8 years old – Pinto (Coach Pitch)

Ages 9-10 years old – Mustang (Coach Pitch + Pitch Player)

### South San Francisco Youth Baseball Managers Association

Ages: Boys and Girls 11-14 years (Birthday as of April 30, 2017)

*Proof of Age Required.*

Please check the website **SSFBbaseball.org** for updated sign up/tryouts dates and times.

Fee per child: \$110.00  
Family: \$160.00 Resident  
\$175.00 Non-Resident

Prices subject to change.

League Website: **www.ssfbaseball.org**

Phone: (650) 634-9494 League Phone

Mail: Jim Elder, 18 Clara Avenue,

South San Francisco, CA 94080

*\*Financial/Scholarships Available*

# YOUTH AND ADULT SPORTS

## YOUTH SPORTS

### R.A.P.P. Basketball Program

R.A.P.P. coed basketball league will be offered to all elementary school children. The children will learn fundamentals, teamwork, and good sportsmanship of basketball. Flyers will be passed out to the local schools as each sport approaches. List of sports offered during the school year: K-2nd grade basketball clinic, K-2nd grade basketball league, and 3rd-5th grade basketball.

### R.A.P.P. Coed K-2nd Grade Basketball Clinic

The R.A.P.P. Basketball Clinic will introduce the children to the game of basketball. The participants will learn the basics of dribbling, passing and shooting as well as teamwork and sportsmanship. This is a six-week clinic with no games. The clinic is for boys/girls from kindergarten to second grade. For more information, call Bill Stridbeck at (650) 829-4683. Information flyers to be distributed to the local schools.

*Location: Spruce Elementary School Gymnasium*

Program dates: January 23 – March 1

Cost: \$50.00 includes t-shirt

Practice days: (choose one)

COURSE #	DAY	TIME
163494	Mon	3:30PM-4:30PM
163493	Mon	4:30PM-5:30PM
163492	Wed	3:30PM-4:30PM
163491	Wed	4:30PM-5:30PM

### R.A.P.P. Coed K-2nd Grade Basketball League

Registration begins February 27. Practices begin the week of March 27. Information Flyers to be distributed to the local schools.

### Middle School Sports Program

All sport teams will be a combination of Alta Loma, Parkway Heights and Westborough students. Please visit our website for more information on middle school sports.

[www.ssf.net/index.aspx?nid=411](http://www.ssf.net/index.aspx?nid=411) or contact Bill Stridbeck at (650) 829-4683. To register, please go to [www.ssf.net](http://www.ssf.net) and register under classes.

### Sixth Grade Basketball – Boys/Girls

*Location: Terrabay Gymnasium and Recreation Center*

Evaluation Day: Wednesday, February 1

Boys: 5:00PM; Girls 6:00PM

Cost: \$70.00

COURSE #	DESCRIPTION
163497	6th Grade Girls Basketball
163495	6th Grade Boys Basketball

**Registration Deadline is January 24, 2017.** Anyone who registers after the deadline will only be placed on a team if there is still space available. No walk-ups on the evaluation days will be allowed. Practices will begin February 6 and will be arranged after evaluations to determine the number of teams formed.

## ADULT SPORTS

The City of South San Francisco offers adult basketball and men's and coed softball during the spring and summer months. For league packets and information, please visit our adult sports website at [www.quickcores.com/ssf](http://www.quickcores.com/ssf)

### Spring Adult Basketball League

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in 3 different classifications. ("Open Coed" or "Over 35" on Tuesdays, "Men's D3" on Wednesdays, and "Men's D2" on Thursdays). Season begins in March. Roster packets and information are available in January. Tuesday night league will depend on most interest upon sign-ups.

*Registration:* Deadline is February 23, 2017.

Fee: \$560.00 per team: 7 game season.\*

### Spring Adult Men's Softball League

Team slow pitch softball will begin league play in April 2017. Roster packets and information are available upon request.

*Registration Dates:* March 13th – 17th.

Fee: \$640.00 per team: 8 game season.\*

### Spring Adult Coed Softball League

Team slow pitch softball will begin league play in April 2017. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

*Registration Dates:* March 13th – 17th.

Fee: \$640.00 per team: 6 game season.\*

*Fees subject to change.*

# AQUATICS CLASSES

## Orange Memorial Pool

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- Indoor, 6 lanes, 25 yards
- Approximately 85 degrees
- (650) 875-6973 (phone)/(650) 875-6976 (fax)

## Swim Schedule

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### Holidays

- Monday, January 16, 2017- Martin Luther King Day
- Saturday, February 18, 2017- Presidents Day Weekend
- Sunday, February 19, 2017- Presidents Day Weekend
- Monday, February 20, 2017- Presidents Day

### 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

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### 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)
Adults	\$34.00(R)/\$54.00(N)

Family Night \$5.50 per family (*limited to five family members, additional family members are \$2.25 per person*)

\*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

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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](http://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

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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](mailto:ssfac@comcast.net) or look the team up on the web at [www.ssfswim.org](http://www.ssfswim.org).

## 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: 2/18, 2/21*

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

COURSE #	DAY	DATE	TIME
163319	Tu	Jan 10–Mar 07	6:30PM–7:00PM
163574	Sat	Jan 14–Mar 11	10:10AM–10:40AM
163321	Sat	Jan 14–Mar 11	11:55AM–12:25PM
163320	Sat	Jan 14–Mar 11	12:30PM–1:00PM

### 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: 2/18, 2/23*

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

COURSE #	DAY	DATE	TIME
163324	Th	Jan 12–Mar 09	6:30PM–7:00PM
163325	Sat	Jan 14–Mar 11	9:00AM–9:30AM
163326	Sat	Jan 14–Mar 11	10:45AM–11:15AM

### 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: 2/18, 2/23*

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

COURSE #	DAY	DATE	TIME
163329	Tu	Jan 10–Mar 07	7:05AM–7:35AM
163575	Th	Jan 12–Mar 09	7:05AM–7:35AM
163330	Sat	Jan 14–Mar 11	9:35AM–10:05AM
163331	Sat	Jan 14–Mar 11	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: 1/16, 2/18, 2/19, 2/20, 2/23*

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

COURSE #	DAY	DATE	TIME
163340	Mon	Jan 09–Mar 13	6:30PM–7:00PM
163880	Th	Jan 12–Mar 09	6:30PM–7:00PM
163333	Sat	Jan 14–Mar 11	9:00AM–9:30AM
163337	Sat	Jan 14–Mar 11	9:35AM–10:05AM
163334	Sat	Jan 14–Mar 11	10:10AM–10:40AM
163526	Sat	Jan 14–Mar 11	10:45AM–11:15AM
163338	Su	Jan 15–Mar 12	2:30PM–3:00PM
163339	Su	Jan 15–Mar 12	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: 1/16, 2/18, 2/19, 2/20, 2/22 & 2/23*

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

COURSE #	DAY	DATE	TIME
163346	Mon	Jan 09–Mar 13	7:05PM–7:35PM
163348	Wed	Jan 11–Mar 08	7:05PM–7:35PM
163527	Wed	Jan 11–Mar 08	7:40PM–8:10PM
163350	Th	Jan 12–Mar 09	6:30PM–7:00PM
163559	Fri	Jan 13–Mar 10	4:05PM–4:35PM
163560	Fri	Jan 13–Mar 10	4:40PM–5:10PM
163342	Sat	Jan 14–Mar 11	9:00AM–9:30AM
163343	Sat	Jan 14–Mar 11	9:35AM–10:05AM
163344	Sat	Jan 14–Mar 11	10:10AM–10:40AM
163572	Sat	Jan 14–Mar 11	10:45AM–11:15AM
163876	Su	Sep 18–Nov 06	3:40PM–4:10PM
163882	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: 1/16, 2/18, 2/19, 2/20, 2/22, 2/23

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

COURSE #	DAY	DATE	TIME
163883	Mon	Jan 09–Mar 06	6:30PM–7:00PM
163354	Mon	Jan 09–Mar 06	7:05PM–7:35PM
163512	Mon	Jan 09–Mar 06	7:40PM–8:10PM
163356	Wed	Jan 11–Mar 08	6:30PM–7:00PM
163357	Wed	Jan 11–Mar 08	7:05PM–7:35PM
163359	Th	Jan 12–Mar 09	7:05PM–7:35PM
163364	Sat	Jan 14–Mar 11	9:00AM–9:30AM
163361	Sat	Jan 14–Mar 11	9:35AM–10:05AM
163362	Sat	Jan 14–Mar 11	10:10AM–10:40AM
163890	Su	Jan 15–Mar 12	2:30PM–3:00PM
163891	Su	Jan 15–Mar 12	3:05PM–3:35PM
163365	Su	Jan 15–Mar 12	3:40PM–4:10PM
163881	Su	Jan 15–Mar 12	4:15PM–4:45PM



## 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: 2/18, 2/19, 2/22 & 2/23

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

COURSE #	DAY	DATE	TIME
163374	Wed	Jan 11–Mar 08	6:30PM–7:00PM
163368	Wed	Jan 11–Mar 08	7:40PM–8:10PM
163370	Th	Jan 12–Mar 09	7:05PM–7:35PM
163573	Sat	Jan 14–Mar 11	10:45AM–11:15AM
163372	Su	Jan 15–Mar 12	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: 1/16, 2/18, 2/20, 2/22

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

COURSE #	DAY	DATE	TIME
163558	Mon	Jan 09–Mar 13	6:30PM–7:00PM
163375	Wed	Jan 11–Mar 08	6:30PM–7:00PM
163376	Sat	Jan 14–Mar 11	9:00AM–9:30AM
163377	Sat	Jan 14–Mar 11	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: 1/16, 2/18, 2/20, 2/22

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

COURSE #	DAY	DATE	TIME
163380	Mon	Jan 09–Mar 13	7:40PM–8:10PM
163379	Wed	Jan 11–Mar 08	7:40PM–8:10PM
163381	Sat	Jan 14–Mar 11	9:35AM–10:05AM
163382	Sat	Jan 14–Mar 11	10:45AM–11:15AM

## 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: 1/16, 2/18, 2/19, 2/20, 2/22, 2/23

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

COURSE #	DAY	DATE	TIME
163385	Mon	Jan 09–Mar 13	6:30PM–8:10PM
163386	Wed	Jan 11–Mar 08	6:30PM–8:10PM
163387	Th	Jan 12–Mar 09	6:30PM–7:35PM
163384	Sat	Jan 14–Mar 11	9:00AM–11:15AM
163388	Su	Jan 15–Mar 12	2:30PM–4:45PM

## SEMI PRIVATE

### Semi Private, Level I – Basic Beginners

Age: 5Y and up

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: 2/18*

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

COURSE #	DAY	DATE	TIME
163433	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163563	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163564	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163419	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163420	Sat	Jan 14-Mar 11	12:30PM-1:00PM
163535	Sat	Jan 14-Mar 11	12:30PM-1:00PM

### Semi Private, Level II – Beginners

Age: 5Y and up

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: 2/18*

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

COURSE #	DAY	DATE	TIME
163404	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163566	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163405	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163567	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163406	Sat	Jan 14-Mar 11	12:30PM-1:00PM
163568	Sat	Jan 14-Mar 11	12:30PM-1:00PM

### Semi Private, Level III – Advance Beginners

Age: 5Y and up

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: 1/16, 2/18, 2/20-2/23*

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

COURSE #	DAY	DATE	TIME
163434	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163569	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163435	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163570	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163436	Sat	Jan 14-Mar 11	12:30PM-1:00PM
163571	Sat	Jan 14-Mar 11	12:30PM-1:00PM

### Semi Private, Level IV – Intermediate

Age: 5Y and up

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: 2/18*

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

COURSE #	DAY	DATE	TIME
163449	Sat	Jan 14-Mar 11	11:20AM-11:50AM
163450	Sat	Jan 14-Mar 11	11:55AM-12:25PM
163451	Sat	Jan 14-Mar 11	12:30PM-1:00PM

## ADULTS AND TEENS

### Level I – Adult Basic Beginners

Age: 16Y and up

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

*No class: 2/21*

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

COURSE #	DAY	DATE	TIME
163464	Tu	Jan 10-Mar 07	6:30PM-7:00PM
163465	Tu	Jan 10-Mar 07	7:05PM-7:35PM

### 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.

*No class: 2/21*

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

COURSE #	DAY	DATE	TIME
163466	Tu	Jan 10-Mar 07	6:30PM-7:00PM
163467	Tu	Jan 10-Mar 07	7:05PM-7:35PM

### 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.

*No class: 2/21*

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

COURSE #	DAY	DATE	TIME
163468	Tu	Jan 10-Mar 07	7:05PM-7:35PM

# AQUATICS CLASSES

## Level IV – Adult Swimmer

Age: 16Y and up

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

*No class: 2/21*

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

COURSE #	DAY	DATE	TIME
163469	Tu	Jan 10–Mar 07	6:30PM–7:00PM

## EXERCISE AND FITNESS

### 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.

*No class: 2/21, 2/23*

Classes: 8 Fee: \$21.00(R) /\$36.00(N)

COURSE #	DAY	DATE	TIME
163472	Tu/Th	Jan 10–Feb 02	1:00PM–2:00PM
163473	Tu/Th	Jan 10–Feb 02	2:00PM–3:00PM
163474	Tu/Th	Feb 07–Mar 09	1:00PM–2:00PM
163476	Tu/Th	Feb 07–Mar 09	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.

*No class: 2/21, 2/23*

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

COURSE #	DAY	DATE	TIME
163478	Tu/Th	Jan 10–Feb 02	7:40PM–8:25PM
163479	Tu/Th	Jan 10–Feb 02	8:30PM–9:15PM
163480	Tu/Th	Feb 07–Mar 09	7:40PM–8:25PM
163481	Tu/Th	Feb 07–Mar 09	8:30PM–9:15PM

## 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: 1/16 & 2/20*

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

COURSE #	DAY	DATE	TIME
163470	Mon	Jan 09–Mar 13	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: 2/19*

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

COURSE #	DAY	DATE	TIME
163471	Su	Jan 15–Mar 12	5:00PM–6:00PM

# 2016 Winter Camp

Terrabay Gymnasium  
1121 South San Francisco Drive  
December 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> 2016  
January 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> 2017



Winter Camp is for children ages 5 (enrolled in Kindergarten) to 12 years old  
Camp is \$33 per day for residents, \$38 per day non residents  
Camp operates 7:30 am- 6:00 pm

For more information or an application call 650-875-6900 or email  
[kelli.cullinan@ssf.net](mailto:kelli.cullinan@ssf.net) or [laura.armanino@ssf.net](mailto:laura.armanino@ssf.net)

# SENIOR SERVICES

## Magnolia Center

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

## Adult Day Care Center

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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

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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

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

## Counseling

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

## Legal Aid

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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

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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

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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

**2017 class dates are as follows:** Jan. 23-24, Mar. 20-21, May 15-16, Jul. 17-18, Sept. 18-19, Nov. 20-21. 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 ** (Please register at Magnolia Center – Classes held at El Camino)	M/Tu (Bi-monthly)	9:00AM-1:00PM
Social Dance**	Tu/F	10:00AM-1:00PM
Social Dance**	Th	9:00AM-12:00PM
Tai Chi (Advanced Beginners)	Th	10:00AM-11:00PM
Tai Chi (Beginners)	Th	11:00AM-12:00PM
Tai Chi (Advanced)	Mon	10:00AM-11:00PM



## 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-11:30AM
Bingo	Tu/Th	12:00PM-2:30PM
Bingo	Su	12:00PM-2:30PM
Blood Pressure Screening	Mon (3rd of each month)	11:00AM-12:30PM
English as A Second Language	M/W/F	1:00PM-2:45PM
Knitting	M/W	12:30PM-2:30PM
Mahjong	<i>Call for class schedule</i>	
Movies	Mon (2nd of each month)	11:00AM-1:30PM
Ping Pong	Wed	10:00AM-2:00PM
Tai Chi (Beginners)	Fri	11:30AM-12:30PM
Tai Chi (Advanced Beginners)	Fri	11:00AM-11:30AM
Tai Chi (Advanced)	Fri	10:00AM-11:00AM



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) 652-0659. 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](mailto: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](http://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 yourself from becoming a victim. Graduates are encouraged to become members of the Fire Department's CERT program. Call the CERT Hotline for upcoming class dates (650) 829-4336. Pre-registration is required. Fee: \$20.00(R)/\$80.00(N)

## 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](http://www.ssf.net/library)

**Discover & Go:** free tickets to local museums & more. Go to [http:discover.ssf.net](http://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. Open Mon-Sat.

**Connect with us:**     

### 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  
Local History Collection.

### Hours:

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

### COMMUNITY LEARNING CENTER (CLC)

520 Tamarack Lane  
(650) 877-8540 [clc@ssf.net](mailto:clc@ssf.net)  
English classes, homework assistance, computer instruction (English and Spanish), and other educational programs.

### 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](http://www.ssf.net/projectread)

# DEPARTMENT INFORMATION

## City of South San Francisco Tree Preservation Ordinance

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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](http://www.ssf.net).

## South San Francisco Friends of Parks and Recreation

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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

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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](http://www.ssf.net).

# CO-SPONSORED & NON-PROFIT GROUPS

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 #3156

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](http://www.balletfolkloricssf.com)  
Ballet Folklorico of SSF provides instruction and performance opportunities in the community.



## South San Francisco Aquatics Club

[www.ssfswim.org](http://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](http://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](http://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

Geri Del Carlo (650) 359-2310  
[info@ssfiacc.org](mailto: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](mailto: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](http://www.ssfmothersclub.org)  
[info@ssfmothersclub.org](mailto: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**


**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, November 28, 2016 at 6:00am.  
Non-Residents: MONDAY, December 12, 2016 at 6:00am.

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](http://www.ssf.net) and then go to Class Registration.

Touchtone registration (650) 829-3960



### MAIL-IN

Residents: MONDAY, November 28, 2016  
Non-Residents: MONDAY, December 12, 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, November 28, 2016  
Starting Non-Residents: MONDAY, December 12, 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 inside front cover.

### 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. Applications are available at the Recreation Office, 33 Arroyo Drive. Applicants are required to produce documentation such as qualification for free or reduced meal programs. Please call (650) 829-3800 for further information.

# SPECIAL EVENTS



## Thanksgiving Fun Run

**Saturday, November 19, 2016** | Starts at 9:00am  
Cost: \$30 (18 and up); \$12 (12Y-17Y); Free (12Y and younger)  
The 43rd annual Thanksgiving Fun Run will take place on Saturday, November 19, 2016 at 340 Point San Bruno Blvd, South San Francisco at 9:00 am. We will accept registration the day of the event prior to the race beginning. Registered participants will receive a t-shirt and will be entered into a drawing for some great prizes. Trophies and medals will be awarded after the run. Call the Recreation Office (650) 829-3800 for more details.



## IPP Wreath Making Workshop

**Sunday, December 4, 2016**  
Session 1 – 9:00am – 12:00pm  
Session 2 – 1:00pm – 4:00pm  
Cost: \$25  
*Joseph A. Fernekas Recreation Building*  
781 Tennis Drive, South San Francisco

The workshop is a fundraiser for the Improving Public Places Committee, so not only will you learn the technique and leave with a beautiful wreath but you can feel great about contributing to civic beautification. Call the Recreation Office (650) 829-3800 for more details or to register.



## Santa Comes to Town

**Saturday, December 3, 2016** | 11:00am – 3:00pm  
Cost: Free  
400 Grand Avenue

Santa Comes to Town on Saturday, December 3, 2016. Santa will arrive at 11:30am – 3:00pm at City Hall located at 400 Grand Avenue. Rain or shine Santa will still be at City Hall to visit the children. For more information please call the South San Francisco Chamber of Commerce at (650) 588-1911. This event is presented by the City of South San Francisco Parks and Recreation Department, the South San Francisco Chamber of Commerce and the Kiwanis Club.



## February 2017 – A Photography Exhibit

**Friday, February 10, 2017** | 6:00pm – 8:00pm  
**Saturday, February 11, 2017** | 10:00am – 4:00pm  
Cost: Free

*Municipal Services Building, 33 Arroyo Drive*  
Enjoy South San Francisco's first 2017 art gallery show featuring artistic photography. Landscapes, nature, action scenes, animals, cityscapes and people are just a few of the subjects that will be displayed during this two-day event. **ADMISSION IS FREE!** For detailed entry or other information, check the "Cultural Arts" webpage at [www.ssf.net](http://www.ssf.net) or phone the SSF Parks & Recreation Department at (650) 829-3800.



## 20th Annual Senior Health & Fitness Fair

**Friday, March 10, 2017** | 9:00am – 12:00pm  
Cost: Free

*Municipal Services Building, 33 Arroyo Drive*  
South San Francisco Senior Services is teaming up with Kaiser Permanente—South San Francisco to bring you another fun and informative way to learn more about your health and well-being. Free health screenings (blood pressure, body fat, vision, podiatry, and more), community health and information tables, are just some of the things that will be offered. So tell your neighbors, family & friends and take a pro-active approach to your health, lifestyles and well-being. For further information, please call Laura Gigi at the Magnolia Center at (650) 829-3820.

south san francisco   
**CONCERT** in the **PARK** 2016

THANK YOU EVENT SPONSORS:



**SOUTH SAN FRANCISCO PARKS & RECREATION WOULD LIKE TO SAY...**

*Thank you!*

The Staff and participants of South San Francisco Senior Services would like to thank the many organizations, business and individuals who have helped make our programs and services a great success! Without your continued commitment to Older Adults, your generosity and support of our programs and services, we would not be able to provide the quality services & programs to the community and those who enjoy participating at our events.

**2016 Health Fair Donors:**

Magnolia of Millbrae & Westborough Royale Assisted Living

**2016 Holiday Boutique Donors:**

Costco, First National Bank of Northern California, Liberty Bank, School House Deli, Westborough Royale, Sanrio, & Wacky Jackie Sport Fishing Boat

Recreation staff and participants would like to thank the following organizations for their generous contributions for another successful **Thanksgiving Fun Run!**

Crunchmaster, The Daily Journal, Genentech, Kaiser Permanente, KIND, O2 BodyFit, Trader Joe's





**DEPARTMENT OF PARKS & RECREATION**

33 Arroyo Drive  
So. San Francisco, CA 94080

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**THE CITY OF SOUTH SAN FRANCISCO  
DEPARTMENT OF PARKS AND RECREATION**

presents...

The South San Francisco Civic Ballet's  
2016 Performance of...

*“The Nutcracker”*

**PERFORMANCE DATES AND TIMES:**

Saturday, December 3, 2016

7:00pm

Sunday, December 4, 2016

1:00pm

South San Francisco High School Theater

Admission cost is \$6.00

Tickets can be purchased at the Recreation Office  
beginning November 7, 2016.

Please contact the Recreation Office for more details:  
33 Arroyo Dr. – (650) 829-3800 – [www.ssf.net](http://www.ssf.net)

