

south san francisco

Parks & Recreation Department

activity guide

Summer 2016



Streets Alive! Parks Alive!
May 7, Orange Memorial Park

Saturday, May 7, 2016

Orange Memorial Park



Opening of the Farmer's Market

10:00AM - 2:00PM

Streets Alive! Parks Alive!

9:00AM - 1:00PM

Sculpture Dedication

Cooking Demonstrations

FUN ACTIVITIES FOR ALL AGES

Bocce Ball

Children's Sports

Zumba

Yoga

Tai Chi

Recreation Swim

Pickleball

Adult Fitness

Chalk Art

Taiko Performance



Welcome

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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 on page 47, barcode #ADBS-901

SOUTH SAN FRANCISCO FRIENDS OF PARKS AND RECREATION

Chair – John Sanna

Treasurer – Bill Lock

Secretary – Judy Bush

Directors – Jeannette Holt, Richard Holt

Membership chair – Marie Patea

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

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

Parks & Recreation Commission

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

Cultural Arts Commission

James Bertoldi, Lenita Boldenweck, Rena Donati, Shane Looper, Amethyst Moncé, Jacquelyn Pettinari, Cassandra Woo, Paula Claudine Hobson-Coard

Cultural Arts Commission

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

Professional Staff

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

Parks and Recreation Supervisors

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

Coordinators

Ryan Campagna, Child Care
Danele Dixon, Child Care
Elisia Espinoza, Child Care
Laura Gigi, Seniors
Diana Gonzalez, Child Care
Kimberly Morrison, Childcare
Erin O'Brien, Classes
Cristina Rodriguez, Child Care
Ercie Santos, Cultural Arts
Devin Stenhouse, Facilities
Bill Stridbeck, Sports

Administrative Support

Janice Hill - Susan Filereto - Marie Patea-Cristina Simmons

Administrative Offices

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

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Westborough Recreation Building

2380 Galway, (cross street Westborough Blvd)
(650) 875-6981

Joseph A. Fernekes Recreation Building

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

Orange Memorial Pool

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

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

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 Ave. (650) 875-6906
■ REAL Program - Martin Elementary School, 35 School St. (650) 875-6905

Parks and Facilities Administration

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

Preschool

Siebecker and Westborough Preschool Licensed Preschool

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

Our program assesses children's current levels and progress using the Desired Results Developmental Profile (DRDP), Ages and Stages Questionnaire and Ages and Sates Questionnaire Social Emotional (ASQ and ASQ-SE). The DRDP for children encompass the four developmental domains, i.e., cognitive, social-emotional, language, and physical development, which are reflected and integrated throughout the indicators, measures, and examples of the measures. The ASQ and ASQ-SE are developmental and social-emotional screening for children from one month to 5 ½ years. Highly reliable and valid, it looks at strengths and trouble spots, educates parents about developmental milestones, and incorporates parents' expert knowledge about their children. It is especially helpful to identify developmental delays, and addresses five development areas: communication, gross motor, fine motor, problem solving, and personal-social. To be eligible for preschool children must be between 2 ½ and 5 years old and be fully toilet trained. It is a year-round licensed program that runs Monday-Friday 7:30 am to 6 pm. There are two 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 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 call or email Diana Gonzalez, Preschool Coordinator at 650-875-6900 diana.gonzalez@ssf.net, Laura Armanino, Childcare Assistant Supervisor at 650-875-6951 laura.armanino@ssf.net or Kelli Cullinan, Recreation and Community Services Supervisor at 650-875-6950 kelli.cullinan@ssf.net. To schedule a tour you may call the school directly for an appointment. A waiting list/brochure is available to print on line at www.ssf.net.

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

Fees: Monthly (Full Day over 4 hrs. per day)

# Days	Resident	Non-Resident
5 days	\$599.00	\$672.00
3 days	\$370.00	\$416.00
2 days	\$257.00	\$288.00

*Fees:

Monthly (Part-Time under 4 hrs. per day) ½ day 8:30-12:30

# Days	Resident	Non-Resident
5 days	\$525.00	\$588.00
3 days	\$325.00	\$364.00
2 days	\$225.00	\$252.00

**Fees subject to change*



Childcare

Licensed After School Recreation Program: Buri Buri School, Monte Verde School, Ponderosa School, 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. Registration for new applicants and the general public for the 16/17 School year will be on Friday, May 6, 2016 beginning at 7:00 a.m. at the Joseph Fernekes Recreation Building (781 Tennis Drive, SSF). For more information and an application call Kelli Jo Cullinan, Recreation and Community Services Supervisor at (650) 875-6950 or e-mail kullinan@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-6:00 p.m.
Ages: Kindergarten-5th grade

*Registration Fee:

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

*Waitlist Fee:

The waitlist for the after school recreation programs is only valid for one school year. A new waitlist is established each May for the upcoming school year.

A non-refundable fee of \$25.00 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

Tuition Fees:

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

Before School & After School Program	After School Program Only
5 days per month \$396.00	\$342.00
3 days per month \$270.00	\$234.00
2 days per month \$180.00	\$156.00

NOW HIRING

CHILDCARE DIVISION

PRESCHOOL AND AFTER SCHOOL TEACHERS (REC LEADER III) | PRESCHOOL AND AFTERSCHOOL AIDES (REC LEADER II) |

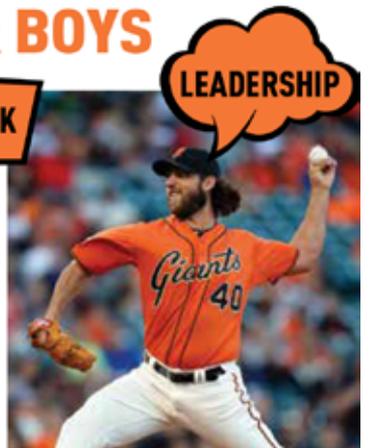
SUMMER CAMP RECREATION LEADERS (FOR SPORTS, ENRICHMENT AND TRADITIONAL CAMPS)

Applications are currently being accepted.

For more information and applications please visit the Joseph A. Fernekes Recreation Building or call (650) 875-6900.



**A FREE NONCOMPETITIVE SUMMER
BASEBALL PROGRAM FOR GIRLS & BOYS**



**KIDS & COACHES INTERESTED SHOULD CONTACT:
City of South San Francisco
Parks and Recreation**

League starts June 13 • Sign-up at jrgiants.org starting April 20 • Children ages 8-13
or in person April 27 - May 25, Wednesday, 11 AM - 7 PM • Terrabay Gymnasium and Recreation Center,
1121 South San Francisco Drive, South San Francisco
Bill Stridbeck - (650) 829-4683 • bill.stridbeck@ssf.net



1/17

Preschool Age Classes

Preschool Age Classes

Art Adventures with Parent & Me

Age: 24M-4Y
Instructor: Nita Moreno
 Location: MSB-Marie Peterson
 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.

Thu Jun 09-Aug 11
 Classes: 10
 Fee: \$46.00(R)/\$61.00(N)
 161898 10:00AM-11:00AM
 161899 11:30AM-12:30PM
Tu Jun 07-Aug 09
 Classes: 10
 Fee: \$46.00(R)/\$61.00(N)
 161896 10:00AM-11:00AM
 161897 11:30AM-12:30PM

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. 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!

Sat Jun 18-Aug 13
 No class: 7/2
 Classes: 8
 Fee: \$47.00(R)/\$62.00(N)
 161972 10:00AM-10:50AM



Kinder Class

Age: 3Y-5Y
Instructor: Joanne Desmond
 Location: MSB-Butterfly 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.

Mon/Wed Jun 06-Aug 24
 No Class: 8/17
 Classes: 23
 Fee: \$161.00(R)/\$176.00(N)
 161984 9:00AM-10:30AM
 161985 11:00AM-12:30PM

Kinder Tots

Age: 3Y-5Y
Instructor: Joanne Desmond
 Location: MSB-Butterfly 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 Calestini will assist.

Tu/Th Jun 07-Aug 25
 No class: 8/16
 Classes: 23
 Fee: \$161.00(R)/\$176.00(N)
 161986 9:00AM-10:30AM

Kindergarten, Here I Come!

Age: 4 ½ Y-6 ½ Y
Instructor: Arlene Dizon
 Location: Westborough-Small Activity Room

This camp is only for children that will be entering Kindergarten this Fall 2016. This camp will refresh skills needed for kindergarten. Activities will include: art, games and music with an emphasis on letter and number recognition. Activities will also enhance large and fine motor skills which will give your child the self-confidence and independence needed for kindergarten. Not a parent participation class. Students are required to bring lunch each day. A \$15 supply fee is payable to the instructor at the first class. Kathy Agius will assist.

Mon-Fri Aug 01-Aug 05
 Classes: 5
 Fee: \$79.00(R)/\$94.00(N)
 162505 9:00AM-12:00PM

Little Art Adventures

Age: 4Y-5Y
Instructor: Nita Moreno
 Location: MSB-Marie Peterson
 The young artist in your family will be introduced to color and shape, as well as a wide variety of artistic fun! Children will learn about drawing, painting, and collage. This is not a parent participation class. A \$20 supply fee is payable to the instructor on the first day of class. Juanita Moreno holds a B.F.A. in Illustration from the Illinois Institute of Art Chicago.

Tu Jun 07-Aug 09

Classes: 10
 Fee: \$46.00(R)/\$61.00(N)
 162504 9:00AM-10:00AM
Thu Jun 09-Aug 11
 Classes: 10
 Fee: \$46.00(R)/\$61.00(N)
 162506 9:00AM-10:00AM

Fee: \$64.00(R)/\$79.00(N)
 162131 10:30AM-11:15AM
Advanced Color Belts
Sat/Tu Jun 11-Aug 27
 Classes: 22
 Fee: \$117.00(R)/\$132.00(N)
 162132 10:30AM-12:00PM

162319 10:00AM-10:45AM
Session II
Mon/Wed Jul 06-Aug 01
 162320 10:00AM-10:45AM
Session III
Mon/Wed Aug 08-Aug 31
 162648 10:00AM-10:45AM

Pre-Shinkyu Shotokan Karate-Level I

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 3rd degree black belt.
 Level I/Beginners

Sat Jun 11-Aug 27
 No class: 8/20
 Classes: 11
 Fee: \$49.00(R)/\$64.00(N)
 162129 8:30AM-9:15AM
 162130 9:30AM-10:15AM

Pre-Shinkyu Shotokan Karate-Level II/ Colored Belts

Age: 4Y-7Y
Instructor: Sue Miller
 Location: Westborough-Multi-Use Room
 For Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. Need instructor approval to enroll. Jason Leung will assist.

Advanced White Belts
Sat/Tu Jun 11-Aug 27
 No class: 6/7, 8/20
 Classes: 22

Soccer Tots Level I

Age: 2Y - 3Y
Instructor: Guillermo Belisto
 Location: Terrabay-Tennis Court #1
 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. Shingaurds are optional.

Classes: 8
 Fee: \$33.00(R)/\$48.00(N)
Session I
Mon/Wed Jun 06-Jun 29
 162317 9:00AM-9:45AM
Session II
Mon/Wed Jul 06-Aug 01
 162318 9:00AM-9:45AM
Session III
Mon/Wed Aug 08-Aug 31
 162647 9:00AM-9:45AM

Soccer Tots Level II

Age: 3 1/2Y - 5Y
Instructor: Guillermo Belisto
 Location: Terrabay-Tennis Court #1
 Soccer Tots II is a parent participation class designed for children 3 1/2 -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. Shingaurds are optional.

Classes: 8
 Fee: \$33.00(R)/\$48.00(N)
Session I
Mon/Wed Jun 06-Jun 29

Youth Classes

Aikido-Youth

Age: 7Y-13Y
Instructor: Sue Gorte
 Location: Aikido Assoc.-Studio
 Aikido teaches smooth, balanced and relaxed movement. It is excellent physical exercise and an effective self-defense. Classes are taught in a formal setting with the discipline and etiquette that reflects traditional Japanese martial arts. Aikido Association is located at 1405 Huntington Ave., Unit B, So. San Francisco. For information, please call (650) 872-2968 or email webmaster@higirikan.org

Session I
Tu/Th Jun 07-Jun 30
 Classes: 8
 Fee: \$65.00(R)/\$80.00(N)
 161887 6:00PM-6:45PM
Session II
Tu/Th Jul 05-Jul 28
 Classes: 8
 Fee: \$65.00(R)/\$80.00(N)
 161888 6:00PM-6:45PM
Session III
Tu/Th Aug 02-Aug 25
 Classes: 8
 Fee: \$65.00(R)/\$80.00(N)
 162501 6:00PM-6:45PM

Animated Films and Art

Age: 5Y-8Y
Instructor: Rebecca Gigi
 Location: MSB-Belloni Room
 This fun and exciting art program will engage your child's artistic abilities that include painting, drawing, sculpture, and crafts through projects inspired by some of their favorite animated films like Frozen, Despicable Me, Toy Story and more! Rebecca worked for the Recreation Department's Childcare division for six years at both the After-School and Summer Camp programs. She is currently obtaining her Master's

Youth Classes

in Communication Studies at San Francisco State University, as well as teaching an Introduction to Public Speaking class to incoming freshmen. Students enrolled must have completed Kindergarten.

Mon/Wed Jun 06-Jun 27
 Classes: 7
 Fee: \$54.00(R)/\$69.00(N)
 162546 3:15PM-4:30PM

Art Adventures

Age: 5Y-12Y
Instructor: Nita Moreno
 Location: MSB-Belloni 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.

Tu Jun 07-Aug 09
 Classes: 10
 Fee: \$77.00(R)/\$92.00(N)
 161895 4:00PM-5:00PM
 162507 3:00PM-4:00PM
Th Jun 09-Aug 11
 Classes: 10
 Fee: \$77.00(R)/\$92.00(N)
 162508 3:00PM-4:00PM
 161894 4:00PM-5:00PM

Diving into Creative Computing & Coding

Age: 11Y-14Y
Instructor: Jane Reynolds
 Location: MSB-Betty Weber 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. Must bring laptop from home.

Session I
Wed Jun 08-Jul 13
 Classes: 5
 No class: 6/15
 Fee: \$80.00(R)/\$95.00(N)
 162528 3:30PM-5:00PM
Session II
Wed Jul 20-Aug 24
 Classes: 6
 Fee: \$96.00(R)/\$111.00(N)
 162529 3:30PM-

5:00PM Drawing Adventures for Kids

Age: 6Y-12Y
Instructor: Nita Moreno
 Location: MSB-Belloni Room
 Your child will have a fun-filled time focused on creativity while they learn different techniques, skills, and tools using both the classical and creative approaches to drawing and painting. Students will learn perspective portraiture and still-life. Students will work with charcoals and paints. A \$20 material fee is payable to the instructor on the first day of class. Taught by professional artist Juanita Moreno, BFA.

Tu Jun 07-Aug 09
 Classes: 10
 Fee: \$116.00(R)/\$131.00(N)
 161946 5:00PM-6:30PM
Thu Jun 09-Aug 11
 Classes: 10
 Fee: \$116.00(R)/\$131.00(N)
 161947 5:00PM-6:30PM

Getting Started with Creative Computing

Age: 9Y-10Y
Instructor: Jane Reynolds
 Location: MSB-Betty Weber 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. Must bring laptop from home.

Session I

Mon Jun 06-Jul 11
 No class: 7/4
 Classes: 5
 Fee: \$80.00(R)/\$95.00(N)
 162526 3:30PM-5:00PM

Session II

Mon Jul 18-Aug 22
 Classes: 6
 Fee: \$96.00(R)/\$111.00(N)
 162527 3:30PM-5:00PM

Golf for Juniors

Age: 6Y-17Y
Instructor: Tommy Kim
 Location: Cypress Golf Center
 The Cypress Golf Course and Learning Center features a 9 hole public golf course and a practice facility. This class offers golf instruction for juniors with little or no experience. Etiquette, stance, grip, putting, chipping and full swing will be taught. Special junior-size golf clubs will be provided. Students will purchase golf balls at the range for both first and third class of each session (\$5.00 or \$8.00 bucket). There will be no makeup classes. It is the students responsibility to be present and on time for class.

Session I

Sat Jun 04-Jun 25
 Classes: 4
 Fee: \$160.00(R)/\$175.00(N)
 161966 10:00AM-11:00AM

Session II

Sat Jul 09-Jul 30
 Classes: 4
 Fee: \$160.00(R)/\$175.00(N)
 161967 10:00AM-11:00AM

Session III

Sat Aug 06-Aug 27
 Classes: 4
 Fee: \$160.00(R)/\$175.00(N)
 161968 10:00AM-11:00AM

Kids Creative Desserts

Age: 8Y-15Y
Instructor: Lisa Chan
 Location: MSB-Large Kitchen
 Join us and create Molten Lava Cakes and Baked Alaska. Is your mouth watering? Chocolate. How about now? We will use simple recipes to make lavish desserts. Bring your sweet tooth. A \$12.00

supply fee is payable to the instructor at the first class.

Tu Aug 09-Aug 16
 Classes: 2
 Fee: \$21.00(R)/\$36.00(N)
 162490 4:00PM-6:00PM

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 Criwself, 3rd degree Black Belt.

Mon/Wed Jun 08-Aug 29
 No class: 7/4
 Classes: 23
 Fee: \$91.00(R)/\$106.00(N)
 161981 6:00PM-7:00PM

Mexican Folk Dance

Age: 4Y - 18Y
Instructor: Martin Cruz /Marianna Roman
 Location: Terrabay - Poppy Room
 Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances. Students may wear any leather soled shoes. See instructor for costume requirements. Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students must have permission from instructors to advance from Level 1B - Level IX. Martin Cruz is artist in residence at SSFHS thru Calif. Arts Council. He is the Artistic Director of Ballet Folklorico Alma de Mexico SSFHS and other Bay Area Folklorico groups. He has extensive experience in choreography and staging performances. He will be teaching levels IV-Level IX. Marianna Roman has many

years experience in multi-cultural dance. She will be teaching Level IA-Level III. Rosa Perez, Co-Founder of Ballet Folklorico of SSF.

Fee: \$21.00(R)/\$36.00(N)
 No class: 7/4
Mon Jun 06-Aug 01 (Level III)
Jun 06-Aug 22 (Level V, IX)
 162090 Lev III 8:05PM-8:55PM
 162092 Lev V 6:15PM-7:05PM
 162086 Lev IX 7:10PM-8:00PM
Tu Jun 07 - Aug 23
 162093 Lev VI 6:30PM-7:25PM
 162085 Lev VIII 7:30PM-8:25PM
Thu Jun 09 - Aug 25
 162091 Lev IV 7:10PM-8:00PM
 162094 Lev VII 6:15PM-7:05PM
Fri Jun 10 - Aug 05
 162087 Lev IA 6:15PM-6:45PM
 162088 Lev IB 6:45PM-7:30PM
 162089 Lev II 7:45PM-8:35PM

Saturday Scratch Coding Drop-ins

Age: 9Y-14Y
Instructor: Jane Reynolds
 Location: MSB-Marie Peterson
 Bring your laptops, if you have them, to the Marie Peterson Room to explore workshop projects, get help debugging or problem-solving, or just to explore the Scratch programming language and environment. We'll also have optional coding challenges and follow-along projects to try if you have an itch to Scratch but aren't sure what to make. 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). The drop-in sessions are designed for children who have completed 3rd -8th grade, are enrolled in one of the coding course, or have had previous experience with coding. Must bring laptop from home. Must register prior for each drop in class.

Fee: \$21.00 per class
 Classes: 1
Sat 9:00AM-11:00AM
 162538 Aug 06
 162539 Aug 13
 162540 Aug 20
 162541 Aug 27
 162533 Jul 02
 162534 Jul 09
 162535 Jul 16

162536 Jul 23
 162537 Jul 30
 162530 Jun 11
 162531 Jun 18
 162532 Jun 25

Shinkyu Shotokan Karate-Youth

Age: 8Y-11Y

Instructor: Sue Miller

Location: Joseph A. Fernekas Building
 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.

Level I Beginners Yellow and Blue 1

Mon/Wed Jun 06-Aug 24

No class: 7/4

Classes: 23

Fee: \$74.00(R)/\$89.00(N)

162313 6:30PM-7:30PM

Level II Blue 2nd and Green 1st

Mon/Wed Jun 06-Aug 24

No class: 7/4

Classes: 23

Fee: \$74.00(R)/\$89.00(N)

162314 7:30PM-8:30PM

Level III-Green 2nd and Purple on up

Mon/Wed Jun 06-Aug 24

No class: 7/4

Classes: 23

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

162315 7:30PM-9:00PM

Summer Math "Boot Camp"

Age: 8Y-9Y

Instructor: Audrey Valdry

Location: Ponderosa School-Room 15

Summer Math Boot camp is designed for chil-

dren entering 4th grade. This class is a perfect way to make sure your child doesn't forget all the important math skills taught during the school year. An \$18.00 supply fee is payable to the instructor at the first class. Audrey Valdry teaches 3rd grade at Ponderosa School.

Mon-Fri Jun 20-Jun 24

Classes: 5

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

162565 9:00AM-10:30AM

Summer "School" Fun Club

Age: 6Y-8Y

Instructor: Audrey Valdry

Location: Ponderosa School-Room 15

This will be a fun and engaging class for your child to continue to build and enhance their basic academic skills. A variety of hands-on activities will focus on reinforcing and deepening basic skills learned during the school year including common core instruction, reading readiness and language arts, math, science and art. An \$18 supply fee is payable to the instructor at the first class. Instructor Audrey Valdry holds a California Teaching Credential and has been teaching in public and private schools for over 20 years. She currently teaches 3rd grade at Ponderosa School.

Session I

Tu-Th Jun 14-Jun 16

Fee: \$83.00(R)/\$98.00(N)

Classes: 3

162563 9:00AM-12:00PM

Session II

Tu-Th Jun 28-Jun 30

Classes: 3

162564 9:00AM-12:00PM

Summer Story Writing

Age: 7Y-13Y

Instructor: Griselda Huete

Location: Magnolia-3rd floor classroom

Students will create their own book! Through writing exercises they will develop their story plot, setting, and characters. They will receive peer and teacher feedback focused on the importance of revision and editing process.

Griselda Huete has a Bilingual teaching credential. She currently teaches 1st grade in SMFC, and previously worked with SSFUSD.

A \$5 supply fee is payable to the instructor at

the first class.

Session 1A

M-Th Jun 27-Jun 30

Age: 7Y-9Y

Classes: 4

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

162482 10:00AM-11:30AM

Session 1B

M-Th Jun 27-Jun 30

Age: 10Y-13Y

Classes: 4

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

162483 11:45AM-1:15PM

Session 1C

M-Th Jun 27-Jun 30

Age: 8Y-13Y

Classes: 4

Fee: \$22.00(R)/\$37.00(N)

162484 4:00PM-5:15PM

Summer Writing with a Creative Twist!

Age: 7Y-13Y

Instructor: Griselda Huete

Location: Magnolia-3rd floor classroom

Through our themed writing exercises we will 'visit' various vacation destinations on our summer writing trip! With a focus on improving their sentence structure, students will strengthen their writing skills. Griselda Huete has a Bilingual teaching credential. She currently teaches 1st grade in SMFC, and previously worked with SSFUSD. A \$10 supply fee is payable to the instructor at the first class.

Session 2A

Mon-Thu Jul 11-Jul 21

Age: 7Y-9Y

Classes: 8

Fee: \$52.00(R)/\$67.00(N)

162487 10:00AM-11:30AM

Session 2B

Mon-Thu Jul 11-Jul 21

Age: 10Y-13Y

Classes: 8

Fee: \$52.00(R)/\$67.00(N)

162488 11:45AM-12:15PM

Session 2C

Mon-Thu Jul 11-Jul 21

Age: 8Y-13Y

Classes: 8

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

162489 4:00PM-5:15PM

Mexican Folk Dance

Age: 4Y-18Y

Instructor: **Martin Cruz /
Marianna Roman**

Location: Terrabay-Poppy Room

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

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

Level IA-New Students Only

Fri Jun 10-Aug 05

Classes: 9

162087 6:15PM-6:45PM

Level IB-Returning Students Only

Fri Jun 10-Aug 05

Classes: 9

162088 6:45PM-7:30PM

Level II

Fri Jun 10-Aug 05

Classes: 9

162089 7:45PM-8:35PM

Level III

Mon Jun 06-Aug 01

No class: 7/4

Classes: 8

162090 8:05PM-8:55PM

Level IV

Th Jun 09-Aug 25

Classes: 12

162091 7:10PM-8:00PM

Level IX

Mon Jun 06-Aug 22

No class: 7/4

Classes: 11

162086 7:10PM-8:00PM

Level V

Mon Jun 06-Aug 22

No class: 7/4

Classes: 11



162092 6:15PM-7:05PM

Level VI

Tu Jun 07-Aug 23

Classes: 12

162093 6:30PM-7:25PM

Level VII

Thu Jun 09-Aug 25

Classes: 12

162094 6:15PM-7:05PM

Level VIII

Tu Jun 07-Aug 23

Classes: 12

162085 7:30PM-8:25PM

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

Pre Ballet (Girls and Boys)

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

from Stanford Univ. and has been teaching for 15+ years.

Level A

Instructor: Kristen Quok

Age: 5 ½Y-7Y
 Location: MSB-Dance Studio
 Sat Jun 25-Aug 20
 No class: 7/2
 Classes: 8
 Fee: \$41.00(R)/\$56.00(N)
 162127 10:15AM-11:00AM

Level B/C

Instructor: Maria Spremich

Age: 5 ½Y-7Y
 Location: MSB-Dance Studio
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$51.00(R)/\$66.00(N)
 162126 3:30PM-4:20PM

Ballet (Girls and Boys)

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. Hair must be tied back and up away from face and neck! For Boys: White T-shirt, black shorts, white socks and white ballet slippers. Please note Pre-requisites. New students in Basic thru Level 10, please contact instructor for class placement. Parents may observe first and last class of session only.

Introduction (New Beginners)

Instructor: Kristen Quok

Age: 7Y-11Y
 Location: MSB-Marie Peterson
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$46.00(R)/\$61.00(N)
 161901 5:30PM-6:15PM

Basic I

Instructor: Kristen Quok

Age: 6Y-11Y
 Location: MSB-Dance Studio
 Thu Jun 23-Aug 18
 Classes: 9
 Fee: \$51.00(R)/\$66.00(N)
 161900 4:30PM-5:20PM

Basic 2

Instructor: Kristen Quok

Age: 7Y-11Y
 Location: MSB-Dance Studio
 Thu Jun 23-Aug 18

Classes: 9
 Fee: \$51.00(R)/\$66.00(N)
 161902 3:30PM-4:20PM

Level 1A

Instructor: Maria Spremich

Age: 7Y-11Y
 Location: MSB-Dance Studio
 Mon Jun 20-Aug 15
 No class: 7/4
 Classes: 8
 Fee: \$45.00(R)/\$60.00(N)
 161903 3:45PM-4:35PM

Level 1B

Instructor: Maria Spremich

Age: 7Y-11Y
 Location: MSB-Marie Peterson
 Thu Jun 23-Aug 18
 Classes: 9
 Fee: \$51.00(R)/\$66.00(N)
 161904 3:45PM-4:35PM

Level 2A

Instructor: Kristen Quok

Age: 7Y-12Y
 Location: MSB-Marie Peterson
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$61.00(R)/\$76.00(N)
 161905 4:30PM-5:30PM

Level 2B

Instructor: Maria Spremich

Age: 7Y-12Y
 Location: MSB-Dance Studio
 Mon Jun 20-Aug 15
 No class: 7/4
 Classes: 8
 Fee: \$50.00(R)/\$65.00(N)
 161906 4:45PM-5:40PM

Level 3A

Instructor: Kristen Quok

Age: 7Y-12Y
 Location: MSB-Marie Peterson
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$61.00(R)/\$76.00(N)
 161907 3:30PM-4:30PM

Level 3B

Instructor: Kristen Quok

Age: 7Y-12Y
 Location: MSB-Dance Studio
 Sat Jun 25-Aug 20
 No class: 7/2
 Classes: 8
 Fee: \$54.00(R)/\$69.00(N)
 161908 11:15AM-12:15PM

Level 3C

Instructor: Maria Spremich

Age: 7Y-12Y
 Location: MSB-Dance Studio
 Tu Jun 21-Aug 16
 Classes: 9
 Fee: \$61.00(R)/\$76.00(N)
 161909 3:45PM-4:45PM

Level 4A

Instructor: Maria Spremich

Age: 8Y-12Y
 Location: MSB-Dance Studio
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$76.00(R)/\$91.00(N)
 161910 4:30PM-5:45PM

Level 4B

Instructor: Kristen Quok

Age: 8Y-12Y
 Location: MSB-Dance Studio
 Sat Jun 25-Aug 20
 No class: 7/2
 Classes: 8
 Fee: \$68.00(R)/\$83.00(N)
 161911 9:00AM-10:15AM

Level 5 Pre-Pointe 1

Instructor: Maria Spremich

Age: 9Y-18Y
 Location: MSB-Dance Studio
 Fri Jun 24-Aug 19
 No class: 7/1
 Classes: 8
 Fee: \$68.00(R)/\$83.00(N)
 161913 6:45PM-8:00PM

Level 5-Pointe 1

Instructor: Maria Spremich

Age: 9Y-18Y
 Location: MSB-Dance Studio
 Tu Jun 21-Aug 16
 Classes: 9
 Fee: \$76.00(R)/\$91.00(N)
 161914 4:45PM-6:00PM

Level 6A/6B

Instructor: Maria Spremich

Age: 12Y-18Y
 Location: MSB-Marie Peterson
 Thu June 23-Aug 18
 Classes: 9
 Fee: \$76.00(R)/\$91.00(N)
 161915 4:45PM-6:00PM

Level 6A/6B Pointe 2

Instructor: Maria Spremich

Age: 12Y-18Y
 Location: MSB-Dance Studio

Music Classes

Tu Jun 21-Aug 16
 Classes: 9
 Fee: \$71.00(R)/\$86.00(N)
 161917 6:00PM-7:10PM

Level 7
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Fri Jun 24-Aug 19
 No class: 7/1
 Classes: 8
 Fee: \$68.00(R)/\$83.00(N)
 161918 4:00PM-5:15PM

Level 7/8
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Mon Jun 20-Aug 15
 Classes: 8
 No class: 7/4
 Fee: \$68.00(R)/\$83.00(N)
 161919 5:45PM-7:00PM

Level 7/8-Pointe 3&4
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$76.00(R)/\$91.00(N)
 161920 5:45PM-7:00PM

Level 7 Combo
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 No class: 7/1, 7/4
 Classes: 25
 Fee: \$170.00(R)/\$185.00(N)
 Mon 5:45PM-7:00PM
 Wed 5:45PM-7:00PM
 Fri 4:00PM-5:15PM
 161916 Jun 20-Aug 19

Level 8 Combo
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 No class: 7/1, 7/4
 Classes: 25
 Fee: \$180.00(R)/\$195.00(N)
 Mon 5:45PM-7:00PM
 Wed 5:45PM-7:00PM
 Fri 5:15PM-6:45PM
 161921 Jun 20-Aug 19

Level 8/9 & 10
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Fri Jun 24-Aug 19
 No class: 7/1
 Classes: 8
 Fee: \$81.00(R)/\$96.00(N)
 161922 5:15PM-6:45PM

Level 9/10
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Mon Jun 20-Aug 15
 No class: 7/4
 Classes: 8
 Fee: \$81.00(R)/\$96.00(N)
 161924 7:00PM-8:30PM

Level 9/10-Pointe 5
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 Wed Jun 22-Aug 17
 Classes: 9
 Fee: \$91.00(R)/\$106.00(N)
 161925 7:00PM-8:30PM

Level 9/10 Combo
Instructor: Maria Spremich
 Age: 12Y-18Y
 Location: MSB-Dance Studio
 No class: 7/1, 7/4
 Classes: 25
 Fee: \$205.00(R)/\$217.00(N)
 Mon 7:00PM-8:30PM
 Wed 7:00PM-8:30PM
 Fri 5:15PM-6:45PM
 161923 Jun 22-Aug 19

Music Classes Mariachi Music Classes

Age: 8Y and up
Instructor: Eduardo Garcia
 Location: Magnolia Center-
 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 Intermedi-

ate level a minimum of one year of experience is required. Students must provide their own instrument.

Tu Jun 07-Aug 23
 Classes: 12
 Fee: \$59.00(R) /\$74.00(N)
Beginning
 162076 4:00PM-5:00PM
Intermediate
 162077 5:00PM-6:00PM

Private Clarinet or Saxophone Lessons

Age: 10Y and up
Instructor: Wen-Liang Chung
 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.

Mon Jun 06-Aug 22
 Location: MSB-Council Chambers
 No class: 6/27
 Classes: 11
 Fee: \$189.00(R) /\$204.00(N)
 162133 3:30PM-4:00PM
 162134 4:00PM-4:30PM
 162135 4:30PM-5:00PM
 162136 5:00PM-5:30PM
 162137 5:30PM-6:00PM
Wed Jun 08-Aug 24
 No class: 8/17
 Classes: 11
 Fee: \$189.00(R) /\$204.00(N)
 Location: MSB-Lantos
 Conference Room
 162138 3:30PM-4:00PM
 162139 4:00PM-4:30PM
 162140 4:30PM-5:00PM
 Location: MSB-Belloni Room
 16214 5:00PM-5:30PM
 162142 5:30PM-6:00PM
Fri Jun 010-Aug 26
 Location: MSB-Betty Weber
 No class: 7/1
 Classes: 11

Music Classes continued

Fee: \$189.00(R) /\$204.00(N)
 162569 3:30PM-4:00PM
 162570 4:00PM-4:30PM
 162571 4:30PM-5:00PM
 162572 5:00PM-5:30PM
 162573 5:30PM-6:00PM

Private Guitar Lessons-Beginner

Age: 6Y and up

Instructor: Carl Nickolas

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

Mon Jun 06-Aug 22

Location: MSB-Lantos Conference Room

No class: 7/4, 8/17

Classes: 11

Fee: \$83.00(R) /\$98.00(N)

162143 2:30PM-3:00PM

162144 3:00PM-3:30PM

162145 3:30PM-4:00PM

162146 4:00PM-4:30PM

Tu Jun 07-Aug 23

Location: MSB-Betty Weber

Classes: 12

Fee: \$90.00(R) /\$105.00(N)
 162147 3:00PM-3:30PM
 162148 3:30PM-4:00PM
 162149 4:00PM-4:30PM
 162150 4:30PM-5:00PM
 162151 5:00PM-5:30PM
 162152 5:30PM-6:00PM

Wed Jun 08-Aug 24

Location: MSB-Butterfly Room

No class: 8/17

Classes: 11

Fee: \$83.00(R) /\$98.00(N)

162153 3:00PM-3:30PM

162154 3:30PM-4:00PM

162155 4:00PM-4:30PM

162156 4:30PM-5:00PM

162157 5:00PM-5:30PM

162158 5:30PM-6:00PM

Thu Jun 09-Aug 25

Location: MSB-Butterfly Room

Classes: 12

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

162160 3:00PM-3:30PM

162161 3:30PM-4:00PM

162162 4:00PM-4:30PM

162163 4:30PM-5:00PM

162164 5:00PM-5:30PM

162159 5:30PM-6:00PM

Private Piano Lessons (Rosemarie Picone)

Age: 7Y-17Y

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.

Mon Jun 06-Aug 22

No class: 7/4

Classes: 11

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

162512 3:00PM-3:30PM

162513 3:30PM-4:00PM

162514 4:00PM-4:30PM

162183 4:30PM-5:00PM

162184 5:00PM-5:30PM

162185 5:30PM-6:00PM

162186 6:00PM-6:30PM

162187 6:30PM-7:00PM

162188 7:00PM-7:30PM

162189 7:30PM-8:00PM

Wed Jun 08-Aug 24

Classes: 12

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

162515 3:00PM-3:30PM

162516 3:30PM-4:00PM

162517 4:00PM-4:30PM

162191 4:30PM-5:00PM

162192 5:00PM-5:30PM

162193 5:30PM-6:00PM

162194 6:00PM-6:30PM

162195 6:30PM-7:00PM

162196 7:00PM-7:30PM

162197 7:30PM-8:00PM

Thu Jun 09-Aug 25

Classes: 12

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

162206 3:00PM-3:30PM

162518 3:30PM-4:00PM

162519 4:00PM-4:30PM

162199 4:30PM-5:00PM

162200 5:00PM-5:30PM

162201 5:30PM-6:00PM

162202 6:00PM-6:30PM

162203 6:30PM-7:00PM

162204 7:00PM-7:30PM

162205 7:30PM-8:00PM



Private Piano Lessons (Sandra Pobe)

Age: 7Y and up
 Location: MSB-Butterfly Room
 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.

Mon	Jun 06-Aug 22
No class:	6/20, 6/27, 7/4
Classes:	9
Fee:	\$154.00(R) /\$169.00(N)
162207	3:00PM-3:30PM
162208	3:30PM-4:00PM
162209	4:00PM-4:30PM
162210	4:30PM-5:00PM
162211	5:00PM-5:30PM
162212	5:30PM-6:00PM
162213	6:00PM-6:30PM
162214	7:00PM-7:30PM
162215	7:30PM-8:00PM
162216	8:00PM-8:30PM
Tu	Jun 07-Aug 23
No class:	Tue 6/21, 6/28, 8/16
Classes:	9
Fee:	\$154.00(R) /\$169.00(N)
162217	3:00PM-3:30PM
162218	3:30PM-4:00PM
162219	4:00PM-4:30PM
162220	4:30PM-5:00PM
162221	5:00PM-5:30PM
162222	5:30PM-6:00PM
162223	6:00PM-6:30PM
162224	7:00PM-7:30PM
162225	7:30PM-8:00PM
162226	8:00PM-8:30PM
Sat	Jun 11-Aug 20
No class:	6/25, 7/2
Classes:	9
Fee:	\$154.00(R) /\$169.00(N)
162227	9:00AM-9:30AM
162228	9:30AM-10:00AM
162229	10:00AM-10:30AM
162230	10:30AM-11:00AM
162231	11:00AM-11:30AM
162232	11:30AM-12:00PM

Private Piano Lessons (Helena Saco)

Age: 7Y and up
 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.

Tu	Jun 07-Aug 23
Location:	Westborough-Piano Room
Classes:	12
Fee:	\$206.00(R) /\$221.00(N)
162543	2:30PM-3:00PM
162165	3:00PM-3:30PM
162166	3:30PM-4:00PM
162167	4:00PM-4:30PM
162168	4:30PM-5:00PM
162169	5:00PM-5:30PM
Fri	Jun 10-Aug 26
Location:	MSB-Butterfly Room
Classes:	12
Fee:	\$206.00(R) /\$221.00(N)
162170	2:30PM-3:00PM
162171	3:00PM-3:30PM
162172	3:30PM-4:00PM
162173	4:00PM-4:30PM
162174	4:30PM-5:00PM
162175	5:00PM-5:30PM
Sat	Jun 11-Aug 27
Location:	Terrabay-Piano Room
Classes:	12
Fee:	\$206.00(R) /\$221.00(N)
162176	9:00AM-9:30AM
162177	9:30AM-10:00AM
162178	10:00AM-10:30AM
162179	10:30AM-11:00AM
162180	11:00AM-11:30AM
162181	11:30AM-12:00PM

Ukulele Music Classes

Age: 10Y and up
Instructor: Sil Castillo
 Location: MSB-Butterfly Room
 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.

Th	Jun 09-Jul 14
Classes:	6
No class:	4/7, 4/14
Fee:	\$42.00(R) /\$57.00(N)
Beginning	
162431	6:30PM-7:30PM
Intermediate	
162432	7:30PM-8:30PM

Teens and Adults Cooking Classes Chinese Cooking

Age: 16Y and up
Instructor: Lisa Chan
 Location: MSB-Large Kitchen
 Tired of ordering out? Learn how to make your dumplings, fortune cookies or bean curd wrap. You will also enjoy a relaxing cup of tea. A \$12.00 supply fee is payable to the instructor at the beginning of the class.

Tu	Aug 09-Aug 16
Classes:	2
Fee:	\$45.00(R) /\$60.00(N)
162446	6:30PM-8:30PM

Dim Sum Party

Age: 15Y and up
Instructor: Terri Dien
 Location: MSB-Large Kitchen
 A dumpling party is the perfect way to spend time with friends on a weekend afternoon! Chef Terri will show you the ropes on how to host your very own party. We'll enjoy fruity bubble tea and delicious morsels in this hands-on class. Menu: Shrimp and pork sui mai dumplings, turkey and cabbage potstickers, fried crab rangoons. A \$15 materials fee is payable to the instructor at the beginning of class. 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 co-founder of a local startup, Dear Martini, which produces cooking videos for

Teen and Adult Classes



their YouTube channel.

Wed Jul 06
Classes: 1
Fee: \$28.00(R) /\$43.00(N)
162494 6:30PM-9:00PM

Great Crepes!

Age: 15Y and up

Instructor: Terri Dien

Location: MSB-Large Kitchen

Boost your Cooking Confidence! We'll cover great crepe recipes that are perfect for brunches, parties and special occasions. In this hands-on class, we'll make assorted crepes and explore some savory and sweet fillings. Menu: basic crepe batter, buckwheat crepes, mushroom-fontina filling, assorted fillings and crepes 'Suzette.' A \$15 materials fee is payable to the instructor at the beginning of class.

Wed Jun 15
Classes: 1
Fee: \$28.00(R) /\$43.00(N)
162493 6:30PM-9:00PM

Light & Healthy Cooking-Asian Inspired Favorites

Age: 15Y and up

Instructor: Terri Dien

Location: MSB-Large Kitchen

In this hands-on class, create flavorful healthy dishes, using fresh vegetables, herbs, fruits, good carbs and lean meats. Learn how to make small changes to your favorite dishes by using more whole foods to make them healthier meals. For this class, we'll cook some Asian favorites! Menu:

Chinese chicken salad, Grilled lemongrass shrimp lettuce tacos, Stir-fried vegetables with fresh black bean sauce. A \$15 materials fee is payable to the instructor at the beginning of class.

Wed Jul 13
Classes: 1
Fee: \$28.00(R) /\$43.00(N)
162495 6:30PM-9:00PM

Paella Party

Age: 15Y and up

Instructor: Terri Dien

Location: MSB-Large Kitchen

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

Wed Jun 08
Classes: 1
Fee: \$28.00(R) /\$43.00(N)
162491 6:30PM-9:00PM

Dance Classes

Ballet for Teens and Adults Level I

Age: 13Y & Up

Instructor: Maria Spremich

Location: MSB-Dance Studio

This class is not an 'absolute beginners' class. Previous experience with elementary positions

and concepts of classical ballet technique equal to one year of training, is helpful as this class is ongoing. This is a good level for those returning to ballet after many years as well as for students from other forms of dance (i.e. jazz, tap, hip-hop) wishing to supplement or enhance their training. Class attire: Ladies - leotard (any style/color), tights or leggings/jazz/yoga pants, leather or canvas ballet slippers. Gentlemen - T-shirt, athletic shorts/pants or jazz/yoga pants, leather or canvas ballet slippers. Leotards, tights and ballet slippers can be purchased on-line at discountdance.com, at the Capezio Dance Theater Shop in San Mateo or San Francisco Dancewear.

Thurs Jun 23-Aug 18
Class: 9
Fee: \$86.00(R)/\$101.00(N)
161926 6:00pm -7:25pm

Ballet for Teens & Adults II & III

Age: 14Y and up

Instructor: Maria Spremich

Location: MSB-Dance Studio

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

Level II/III

Tu Jun 21-Aug 16
Classes: 9
Fee: \$76.00(R) /\$91.00(N)
161927 7:15PM-8:30PM

Level III

Th Jun 23-Aug 18
Classes: 9
Fee: \$76.00(R) /\$91.00(N)
161928 7:30PM-8:45PM

Belly Dancing-Beginners

Age: 16Y and up

Instructor: Alisa Greer

Location: Magnolia-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. She would love to see you in class.

Wed Jun 08-Jul 27
 Classes: 8
 Fee: \$47.00(R) /\$62.00(N)
 162522 6:45PM-7:45PM

Belly Dance-Intermediate/Advanced

Age: 16Y and up
Instructor: Alisa Greer
 Location: Magnolia-Activity Room 1st Floor

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

Wed Jun 08-Jul 27
 Classes: 8
 Fee: \$47.00(R) /\$62.00(N)
 162524 7:45PM-8:45PM

Hawaiian & Tahitian Dance-Level I & II

Age: 16Y 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 (Sa-



rong) to class. Instructor will provide resources for purchasing at first class, if needed. Note: May require costume and or accessory purchases for performances. Basic Drumming lessons are available during Level II class for registered students, only. The Aranda Family (Mili Pasion Aranda, Remie Aranda, Reggie Aranda) have over 20 years of experience in dance, competition, music and teaching. Founders and Director of the Polynesian Performing Dance Company-'Rahiti'. For information: rahiti1@yahoo.com.

Level I
Thu Jun 09-Aug 04
 Classes: 9
 Fee: \$100.00(R) /\$115.00(N)
 161975 7:00PM-9:00PM

Level II
Tu Jun 07-Aug 02
 Classes: 9
 Fee: \$63.00(R) /\$78.00(N)
 161974 7:45PM-9:00PM

Mexican Folklorico Dance-Advanced

Age: 16Y and up
Instructor: Martin Cruz
 Location: SSFHS-Cafeteria

This class is a joint project with the Folklorico Dance Program of SSF High School & the SSF Recreation Dept. The class is designed for advanced students having successfully completed three years of Mexican Folklorico dance and with

the consent of the instructors. Students enrolled at the level will be able to participate in various school and community events of Ballet Folklorico Alma de Mexico. Instructors: Martin Cruz is currently the Artist in Residence at SSFHS and is the Artistic Director of Ballet Folklorico Alma de Mexico of SSFHS & Community. Mr. Cruz is also Artistic Director of various Bay Area folklorico groups & has extensive experience in choreography and in staging performances. Mrs. Pat Martinelli is the Co-Founder and General Director of the award winning Ballet Folklorico Alma de Mexico of SSFHS and Community. Along with Mr. Cruz, she developed and established the Folklorico Dance Program and Curriculum at SSFHS, which fulfills the A thru G requirements for all UC campuses. As a newly retired teacher, she volunteers her time to support the goals of the Folklorico program.

Mon/Thu Jun 06-Aug 25
 Classes: 21
 No class: 7/4, 8/8, 8/11
 Fee: \$192.00(R) /\$207.00(N)
 162095 8:00PM-10:00PM

Salsa Dance

Age: 15Y and up
Instructor: Adrian Bermudez
 Location: MSB-Social Hall
 Salsa is a festive Latin dance that is fun, exciting, festive, and sensual. All levels are welcome. Class starts with basic steps and moves to more

complex steps and patterns. Come Enjoy!

Wed Jun 08-Aug 24
 Classes: 12
 Fee: \$67.00(R) /\$82.00(N)
 162520 7:15PM-8:15PM

Tango Argentino

Age: 16Y 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).

Wed Jun 08-Aug 24
 Classes: 12
 Fee: \$67.00(R) /\$82.00(N)
 162370 8:30PM-9:30PM

Tap Dance for Adults

Age: 16Y and up
Instructor: Carol Costakis
 Location: MSB-Marie Peterson

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.

Tu Jun 07-Aug 09
 Classes: 10
 Fee: \$36.00(R) /\$51.00(N)

Lev I
 162371 6:45PM-7:25PM

Lev II
 162372 8:15PM-8:55PM

Lev III
 162373 7:30PM-8:10PM

Specialty Classes

Basic Quilting

Age: 12Y and up
Instructor: Judy Barretto
 Location: MSB-Belloni Room

Interested in learning how to quilt? Consider attending this fun beginner's machine and hand quilting class. Learn how to use a rotary cutter and templates. You can create beautiful designed place mats, pillows, quilts, t-shirt quilts, rag quilts, Hawaiian quilts, and more with a generous selection of patterns. As a bonus you will learn how to select fabrics to appliqué on almost

any projects you desire. This is an ongoing class and may be repeated to learn more quilting techniques. Some quilting supplies and kits may be purchased in class for your convenience. A supply fee of \$30 is payable to the instructor on the first day of class to cover basic notions and patterns. Students must bring their own sewing machines to class. Judy has been teaching Sewing, Hawaiian Quilting, Machine Appliquéing, and including a large variety of handicrafts for many years.

Wed Jun 15-Aug 17
 Classes: 10
 Fee: \$83.00(R) /\$98.00(N)
 162500 9:00AM-11:00AM

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.

Wed Jun 15-Aug 03
 Classes: 8
 Fee: \$150.00(R) /\$165.00(N)
 162509 7:00PM-9:30PM

Draw Zen-Patterns

Age: 16Y and up
Instructor: Joy-Lily
 Location: MSB-Belloni Room

Drawing Zen-Patterns is a meditative and enjoyable way to make beautiful abstract designs of repeat patterns starting with just a pen and paper. Even art-challenged students pick it up easily! Discover the basics of this fascinating new way to create art. Each week new Zen patterns

will be introduced and you'll learn to modify them to create your personal style. Color and shading will add to the fun. By the end of the session you'll be creating awesome elaborate Zen-Pattern art. A \$5.00 supply fee is payable to the instructor at the first class.

Mon Jul 11-Aug 22
 Classes: 7
 Fee: \$58.00(R) /\$73.00(N)
 162542 6:30PM-9:00PM

Dog Training Classes

Age: 15Y and up
Instructor: Lisa Michaelis
 Location: Orange Park-Skate Park

Have a new dog? Or do you and your dog need a refresher course? Learn how to teach your dog basic dog training commands. You will learn basic dog behavior to get a better understanding of how your dog thinks and the best way to train your dog through positive reinforcement. Required: Correction collar or Gentle Leader collar, proof of Rabies Vaccination. Dog should have its full series of puppy vaccines and kennel cough vaccine to be fully protected. Normal leash, no retracting leashes. Lisa has a A.S. degree from Moorpark College in Exotic Animal Training and Management and has been teaching dog training classes for over 15 years.

Lev I-Beginners
Sat Jul 16-Aug 20
 Classes: 6
 Fee: \$90.00(R) /\$105.00(N)
 161945 9:00AM-10:00AM

Lev II
Sat Jul 16-Aug 20
 Classes: 6
 Fee: \$90.00(R) /\$105.00(N)
 161944 10:10AM-11:10AM

How To: Social Media and Programs

Age: 50Y and up
Instructor: Rebecca Gigi
 Location: MSB-Butterfly Room

In this class, students will explore how to effectively use and understand trends within popular social media platforms such as Facebook, Twitter, Instagram, Snapchat, LinkedIn, Pinterest, Flickr, etc. in their daily life, professional careers, and more. Along with social media, students will also learn basic skills in drafting emails and etiquette and using Microsoft programs (i.e. Word,

PowerPoint & Excel). Rebecca has worked for the Recreation Department for six years and is currently enrolled at San Francisco State University obtaining her Master's in Communication Studies, as well as teaching an Introduction to Public Speaking class to incoming freshmen.

Wed Jun 08-Aug 10
 Classes: 8
 No class: 6/29, 7/27
 Fee: \$52.00(R) /\$67.00(N)
 162545 2:00PM-3:00PM

Ikebana (Japanese Flower Arranging)

Age: 18Y and up
Instructor: Lee Okumoto
 Location: Terrabay-Iris Room
 Enrich your life with a creative art of Ikebana. Plants and flowers in Ikebana can convey happiness or sadness, our impressions of nature, the joy of various events or creative themes. More than just a decoration, Ikebana is a very special communication between the arranger of the flowers work and the person appreciating it! You will learn basic Shoka style from a teacher from the Ikenobo School of Japan. Bring your own ceramic vase, which can hold a pin frog of at least 3 inches in diameter, as well as scissors. The teacher will supply you with the materials. A \$58 materials fee is payable to the instructor at the first class.

Mon Jun 13-Jul 18
 Classes: 6
 Fee: \$45.00(R) /\$60.00(N)
 161977 7:00PM-9:00PM

Intro to Blind Tasting

Age: 21 & 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.

Fee: \$125.00
Tue June 14
 162687 6:00PM-9:00PM
Sun July 31
 162688 1:00PM-4:00PM
Tue Aug 23*

*(For this date only please register only at <http://sanfranciscowineschool.com/products/intro-to-blind-tasting>)

Knitting for Beginners & Intermediates

Age: 16Y and up
Instructor: Victoria Gavidia
 Location: MSB-Belloni Room
 Whether you have an interest in learning to knit or want to expand your knitting repertoire, we welcome you to our class. Learn to read patterns, yarn labels, fix mistakes, or take on a challenge and learn advanced techniques. We have an array of patterns to choose from or bring your own. Knit a beautiful handmade piece to gift or keep for yourself. Join in on the fun, share snacks and make new friends. Please bring your own appropriate size needles and yarn, preferably 16' circulars. There is a \$10 supply fee payable to the instructor on the first day of class to cover course materials and additional knitting notions. In the last class we hold a raffle where everyone wins! Victoria learned to knit from her grandmother when she was 12 years old. Knitting and teaching have become her passion.

Thu Jun 16-Aug 18
 Classes: 9
 No class: 6/30
 Fee: \$72.00(R) /\$87.00(N)
 161989 7:00PM-9:00PM

San Francisco Wine School Movie Nights

Age: 21Y & Up
 Location: San Francisco Wine School
 Join the San Francisco Wine School for some gourmet Bites and Sips as well as a wine-themed movie with narration and Q&A by founder Master Sommelier David Glarcy and special guests. All attendees must be 21+ years of age and registered ahead of time.

Somm Thursday Jun 23
 Class: 1
 Fee: \$50.00(R)/\$65.00(N)
 162684 6:00PM -9:30PM
Bottle Shock Sunday Jul 17
 Class: 1
 Fee: \$50.00(R)/\$65.00(N)
 162685 3:30PM -6:30PM

Sewing-Beginners

Age: 14Y and up
Instructor: Judy Barretto
 Location: MSB-Belloni Room
 This class is perfect for those interested in learning to sew or who want to brush up on their sewing skills. You will learn the fundamentals of sewing including pattern layout to alterations for the perfect fit. There will be an emphasis on proper sewing machine operation and the function of each presser foot along with the use of tools and equipment to enhance your sewing skills. Several shortcuts, and tried and true techniques will be shared to perfect your sewing skills. This is the perfect class for the gentleman tired of paying for alterations. Choice of a sewing patterns for the first class project will be provided. Students must bring their own sewing machines to class, or be informed of the best suitable sewing machine for your needs to purchase. A supply fee of \$30.00 is payable to the instructor on the first class to cover basic notions and usage of class equipment. Judy Barretto has many years of experience in teaching sewing, Hawaiian Quilting & appliqueing.

Sat Jun 11-Aug 27
 No class: 7/23
 Classes: 11
 Fee: \$128.00(R) /\$143.00(N)
 162310 11:30AM-1:30PM

Sewing-Intermediate

Age: 14Y and up
Instructor: Judy Barretto
 Location: MSB-Belloni Room
 Now that you've learned the fundamentals of sewing, it is time to move on to more challenging projects and techniques. You will learn to alter patterns to design your own stylized clothing, work with various fabrics and master the intricacies of skilled sewing. This class may be repeated endlessly. A supply fee of \$30. is payable to the instructor on the first class to cover basic notions and usage of class equipment. Prerequisite: Beginners Sewing, basic sewing machine operation, knowledge of pattern alterations and techniques. Judy has been teaching Sewing, Hawaiian Quilting, Machine Appliquéing, and including a large variety of handicrafts for many years.

Sat Jun 11-Aug 27
 No class: 7/23
 Classes: 11

Fee: \$128.00(R) /\$143.00(N)
162309 9:00AM-11:00AM

Shibori and Batik: Dyeing for Crafters

Age: 16Y and up

Instructor: Joy-Lily

Location: MSB-Belloni Room

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

Th Jun 09-Aug 25

No class: 6/30, 7/21

Classes: 10

Fee: \$132.00(R) /\$147.00(N)

161948 10:00AM-2:00PM

Smart Device(s) Training

Age: 50Y & up

Instructor: Rebecca Gigi

Location: MSB-Council Chambers

Want to learn how to access WiFi or video chat with friends and family? In this class, students will get individual, hands on help navigating the capabilities of their personal Smart devices. Students are required to bring their own Smart devices (phones, tablets, computers, etc.) to class. Rebecca has worked for the Recreation Department for six years and is currently enrolled at San Francisco State University obtaining her Master's in Communication Studies, as well as teaching an Introduction to Public Speaking class to incoming freshmen.

Tu Aug 02-Aug 16

Classes: 3

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

162544 10:00AM-11:30AM

Tween and Teen Sewing

Age: 10Y-16Y

Instructor: Judy Barretto

Location: MSB-William M.

Belloni Family Room

Start creating your own designs after you have learned how to use a sewing machine by making your first basic project. You'll discover what a great designer you are! You will learn how to take proper measurements for patterns, how to work with various types of fabric and more. Each session offers different projects and class may be repeated endlessly to learn more techniques. For this class, sewing machines are available for your use to share, or bring your own to accomplish more work without waiting for your turn. You will learn which is the best sewing machine for your needs on the first day of class if you are planning to purchase one. A supply fee of \$35 is payable to the instructor at the first class to cover basic notions and patterns. Some of your sewing supplies may be purchased in class for your convenience. Judy has been teaching Sewing, Hawaiian Quilting, Machine Appliquéing, and including a large variety of handicrafts for many years.

Mon Jun 13-Aug 15

No class: 7/4

Classes: 9

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

162496 9:00AM-11:00AM

Wine Wednesdays

Age: 21 & up

Location: San Francisco Wine School

Summer School has never been more fun! From June 8th thru Aug 24th, San Francisco Wine School opens its doors from 5:30-7:30 for Wine Wednesdays! Each night, guests will enjoy a themed walk up edu-tasting bar featuring 4-6 wines to sample, a glass of their favorite and paired small bites. Tickets are \$35 in advance and \$40 at the door. For more information including a description of each theme and to register, visit www.sfwineschool.com/WineWednesdays

June 9th Wine 101: Speak Like a Geek

June 16th Do Points Matter?

June 23rd Bubbles, Bubbles and More Bubbles

July 14th Summer Through Rosé Colored Glasses

July 21st 50 Shades of Gris

July 28th Savvy Blanc- Too Cool for the Pool

Aug 4th Chardonnay - Burgundy, Butter and Beyond

Aug 11th The Dark Side of Pinot

Aug 18th Cabernet is King

Aug 25th Que Syrah Syrah!

Health & Fitness Classes

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 2-3lb. weights to class.

Tu Jun 07-Aug 23

Classes: 12

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

161851 5:30PM-6:00PM

A.M. Fit N' Fun

Age: 18Y and up

Instructor: Ercie Santos

Location: MSB-Dance Studio

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

Tu Jun 07-Aug 02

No class: 7/5

Classes: 8

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

161850 9:30AM-10:30AM

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 650 872-2968 or email webmaster@higirkan.org

Session I-A

Tu/Th Jun 07-Jun 30

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 161883 10:00AM-11:00AM

Session I-B

Tu/Th Jun 07-Jun 30

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 161885 7:10PM-8:00PM

Session II-A

Tu/Th Jul 05-Jul 28

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 161884 10:00AM-11:00AM

Session II-B

Tu/Th Jul 05-Jul 28

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 161886 7:10PM-8:00PM

Session III-A

Tu/Th Aug 02-Aug 25

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 162502 10:00AM-11:00AM

Session III-B

Tu/Th Aug 02-Aug 25

Classes: 8
 Fee: \$90.00(R) /\$105.00(N)
 162503 7:10PM-8:00PM

Cardio N' Go

Age: 18Y and up

Instructor: Ericie 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 min-



ute warm up & 25 minute Cardio N' Go.

Sat Jun 11-Jul 30

No class: 7/2

Classes: 7
 Fee: \$18.00(R) /\$33.00(N)
 161930 9:30AM-10:00AM

Cardio N'Go Retro

Age: 18Y and up

Instructor: Ericie Santos

Location: MSB-Social Hall

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

Wed Jun 08-Jun 29

Classes: 4
 Fee: \$15.00(R) /\$30.00(N)
 162510 6:15PM-7:00PM

Circuit Training- All Levels

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB-Social Hall

Circuit training is an efficient and challenging form of conditioning. It is a great way to develop strength, endurance, flexibility and coordination. Participants will perform various exercises for

set periods of time at different stations. Aerobic activity is included in the class. Bring an exercise mat and weights.

Thu Jun 09-Aug 18

No class: 6/30
 Classes: 10
 Fee: \$50.00(R) /\$65.00(N)
 161938 5:30PM-6:30PM

Complete Body Workout

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB-Marie Peterson

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

Mon Jun 06-Aug 15

No class: 6/27, 7/4
 Classes: 9
 Fee: \$45.00(R) /\$60.00(N)
 161939 5:30PM-6:30PM

Complete Combo: Cardio N'Go &Tone

Age: 18Y and up

Instructor: Ericie Santos

Location: MSB-Social Hall

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

(determined by your level of fitness).

Sat Jun 11-Jul 30
 No class: 7/2
 Classes: 7
 Fee: \$53.00(R) /\$68.00(N)
 161940 9:30AM-11:00AM

Functional Fitness- Level III/Advanced

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 weights to class.

Wed Jun 08-Aug 17
 No class: 6/29
 Classes: 10
 Fee: \$38.00(R) /\$53.00(N)
 161965 5:15PM-6:00PM

Golf Lessons for All Levels

Age: 18Y and up
Instructor: Tommy Kim
 Location: Cypress Golf Center

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

Session I
Sat Jun 04-Jun 25
 Classes: 4
 Fee: \$160.00(R) /\$175.00(N)
 161969 9:00AM-10:00AM

Session II
Sat Jul 09-Jul 30
 Classes: 4
 Fee: \$160.00(R) /\$175.00(N)
 161970 9:00AM-10:00AM

Session III
Sat Aug 06-Aug 27
 Classes: 4
 Fee: \$160.00(R) /\$175.00(N)

161971 9:00AM-10:00AM
HOT HULA Fitness®

Age: 16Y and up
Instructor: Masina Misilagi
 Location: MSB-Marie Peterson
 HOT HULA fitness® is a fun, new and exciting dance workout. It provides a total body workout in 60 minutes. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels are welcome. So bring a lava lava or sarong or wear comfortable clothing. Students can dance barefoot or wear shoes.

Tu Jun 07-Aug 23
 No class: 6/28
 Classes: 11
 Fee: \$55.00(R) /\$70.00(N)
 161976 5:30PM-6:30PM

Interval-Kickboxing

Age: 14Y and up
Instructor: Stephanie King
 Location: MSB-Marie Peterson

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

Wed Jun 08-Aug 24
 Classes: 12
 Fee: \$60.00(R) /\$75.00(N)
 161978 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 blackbelt in Shinkyu Shotokan.

Sat Jun 11-Aug 27
 Classes: 11
 No class: 6/25
 Fee: \$46.00(R) /\$61.00(N)
 161980 10:15AM-11:15AM

Kenpo-Eskrima for Teens/Adults

Age: 13Y and up
Instructor: Romeo Agloro, Jr.
 Location: Westborough-
 Large 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.

Beginners
Mon/Wed Jun 08-Aug 24
 No class: 7/4
 Classes: 22
 Fee: \$91.00(R) /\$106.00(N)
 161982 7:00PM-8:00PM

Intermediate/Advanced
Mon/Wed Jun 08-Aug 24
 No class: 7/4
 Classes: 22
 Fee: \$91.00(R) /\$106.00(N)
 161983 8:00PM-9:00PM

Pickleball

Age: 18Y & Up
Instructor: Paul Swink
 Location: Spruce-Gymnasium

Pickleball is a new paddle sport sweeping the nation. This fun sport combines many elements of tennis, badminton, and ping pong. Pickleball is played with a paddle and plastic ball on a badminton sized court. The court is separated by a modified tennis net. Instructor Paul Swink will teach skills, provide demonstrations, and

facilitate matches. Register today to learn the game, improve skills, engage in some quality matches, and have a fun time! This course is a drop-in course, but participants must have script cards in order to participate. Script cards can only be purchased from the Recreation office; there is no senior discount given to drop-in classes.

M/W/F Jun 06-Aug 26
 Classes: Drop in (1 script card punch per class)
 Fee: Script Card \$50.00 (10 classes)
 162681 6:00PM-7:30PM

Pilates

Age: 14Y and up
Instructor: Stephanie King
 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.

Mon Jun 06-Aug 22
 Location: MSB-Social Hall
 No class: 7/4
 Classes: 11
 Fee: \$41.00(R) /\$56.00(N)
 162117 5:15PM-6:00PM

Mon Jun 06-Aug 22
 Location: MSB-Social Hall
 No class: 7/4
 Classes: 11
 Fee: \$55.00(R) /\$70.00(N)
 162118 7:30PM-8:30PM

Wed Jun 08-Aug 24
 Location: MSB-Marie Peterson
 Classes: 12
 Fee: \$60.00(R) /\$75.00(N)
 162562 7:30PM-8:30PM

Pilates-Day Time Class

Age: 15Y and up
Instructor: Stephanie King
 Location: Magnolia-1st Floor Activity Room
 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. Please note the change in days and location for the summer session.

Tu/Th Jun 07-Aug 25



Classes: 24
 Fee: \$5.00/\$5.00
 162119 9:15AM-10:15AM

Piloxing (Pilates & Boxing Combo)

Age: 15Y and up
Instructor: Stephanie King
 Location: Joseph A. Fernekes Building
 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.

Sat Jun 11-Aug 27
 No class: 8/13
 Classes: 11
 Fee: \$55.00(R) /\$70.00(N)
 162120 9:00AM-10:00AM

Shinkyu Shotokan Karate -Teens

Age: 12Y-17Y
Instructor: Sue Miller
 Location: Joseph A. Fernekes Building
 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.

Tu/Thu Jun 07-Aug 25
 Classes: 24
 Fee: \$100.00(R)/\$115.00(N)
 162311 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.

Tu/Th Jun 14-Jul 21

Classes: 12

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

162337 1:00PM-2:00PM

Tabata Bootcamp™

Age: 14Y and up

Instructor: Stephanie King

Location: MSB-Marie Peterson

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 (micro-bursts) 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.

Tu Jun 07-Aug 23

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

Classes: 12

162363 6:45PM-7:30PM

Th Jun 09-Aug 25

Classes: 12

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

162364 7:00PM-8:00PM

Chen Taiji (Tai Chi) and Qigong for Beginners & Intermediate

Age: 16Y and up

Instructor: Anthony Cheung/
Stella Cheung

Location: Terrabay

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.

Mon Jun 13-Aug 22

Instructor: Stella Cheung

Classes: 10

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

161931 7:00PM-8:30PM

Wed Jun 15-Aug 24

Instructor: Anthony Cheung

Classes: 11

Fee: \$83.00(R) /\$98.00(N)

161932 7:00PM-8:30PM

Combo Class

Mon/Wed Jun 13-Aug 24

Classes: 21

Fee: \$135.00(R) /\$150.00(N)

161934 7:00PM-8:30PM

Tai Chi Chuan-Beginners

Age: 16Y-72Y

Instructor: Gene Thomas

Location: Westborough-Activity Room

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.

Tu Jun 14-Aug 23

Classes: 11

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

162365 7:30PM-8:30PM

Tai Chi Chuan-Intermediate

Age: 16Y-72Y

Instructor: Gene Thomas

Location: Westborough-Activity Room
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.

Tu Jun 14-Aug 23

Classes: 11

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

162366 8:30PM-9:30PM

Tai Chi Chuan for Women

Age: 18Y and up

Instructor: Elliotte Mao

Location: MSB-Marie Peterson

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.

Wed Jun 08-Aug 24

Classes: 12

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

Lev I
162367 9:00AM-10:00AM

Lev II
162368 10:00AM-11:00AM

Lev III
162369 11:00AM-12:00PM

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.

Wed Jun 08-Aug 24
 Classes: 12
 Fee: \$101.00(R) /\$116.00(N)
 162438 7:00PM-8:30PM

Yoga (Iyengar) Mixed Level

Age: 15Y and up
Instructor: Vicki Engel
 Location: MSB-Marie Peterson
 The practice of hatha yoga challenges and refines your flexibility, strength and balance. We will use different types of props to help adjust the postures in order to work in a range of motion that is safe and effective. Please bring a personal mat to class. Vicki Engel teaches Hatha Yoga in the Iyengar tradition. She received her teacher training at the Iyengar Yoga Institute of San Francisco.

Mon Jun 06-Aug 22
 No class 7/4, 7/11
 Classes: 10
 Fee: \$84.00(R) /\$99.00(N)
 162435 7:15PM-8:45PM

Yoga (Iyengar) Mixed Level

Age: 15Y and up
Instructor: Vicki Engel
 Location: MSB-Marie Peterson
 The practice of hatha yoga challenges and refines your flexibility, strength and balance. We will use different types of props to help adjust the postures in order to work in a range of motion that is safe and effective. Please bring a personal mat to class. Vicki Engel teaches Hatha Yoga in the Iyengar tradition. She received her teacher training at the Iyengar Yoga Institute of San Francisco.

Mon Jun 06-Aug 22

No class: 7/4, 7/11
 Classes: 10
 Fee: \$70.00(R) /\$85.00(N)
 162435 7:15PM-8:30PM

Yoga -Stretching Beginning & Intermediate

Age: 16Y and up
Instructor: Don Amiri
 Focused stretching, deep breathing and relaxation to improve flexibility, posture and vitality. Please bring a personal mat to class.

Mon Jun 06-Aug 22
 Location: Magnolia-Activity Room 1st Floor

No class: 7/4
 Classes: 11
 Fee: \$93.00(R) /\$108.00(N)
 162436 10:00AM-11:30AM

Thu Jun 09-Aug 25
 Location: Westborough-Activity Room

No class: 6/30, 7/7
 Classes: 10
 Fee: \$84.00(R) /\$99.00(N)
 162437 7:30PM-9:00PM

Zumba

Age: 14Y and up
Instructor: Stephanie King
 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.

Tu Jun 07-Aug 23
 Location: MSB-Social Hall
 Classes: 12
 Fee: \$45.00(R) /\$60.00(N)
 162440 6:00PM-6:45PM

Thu Jun 09-Aug 25
 Location: MSB-Marie Peterson
 Classes: 12
 Fee: \$60.00(R) /\$75.00(N)
 162441 6:00PM-7:00PM

Sat Jun 11-Aug 27
 Location: Joseph A. Fernekas Building
 No class: 8/14
 Classes: 11
 Fee: \$55.00(R) /\$70.00(N)
 162442 10:00AM-11:00AM

Zumba-Day Time Class

Age: 14Y and up
Instructor: Stephanie King
 Location: MSB-Social Hall
 Drop in class (no advance registration needed). \$5.00 per class payable to the instructor at each class meeting (cash only please). Please note the days and location change for the summer session. No senior discount available.

Mon/Wed Jun 06-Aug 22
 No class: 7/4.
 Fee: \$5.00/\$5.00
 162443 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 reggae-ton, 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.

Mon Jun 06-Aug 22
 No class: 7/4
 Classes: 11
 Fee: \$55.00(R) /\$70.00(N)
 162445 6:00PM-7:00PM

Tennis Facilities

Facilities

Alta Loma Park

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

Orange Park

Tennis Drive & Orange Avenue, 5 lighted courts

Brentwood Park

Rosewood & Briarwood Drives, 1 court

Buri Buri Park

200 Block of Arroyo Drive, 1 lighted court

Sellick Park

Appian Way, 1 lighted court

Stonegate

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

Terrabay

1121 South San Francisco Drive, 2 lighted courts

Westborough Park

Westborough Blvd. & Galway Place, 2 courts

Information and Requirements:

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

Class Description

New Beginner No previous tennis instruction. Basic fundamental strokes (forehand, backhand, serve) are introduced.

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

Advanced Beginner/Intermediates

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

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

Semi-Private Same as private except participants must register as a pair.

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

- If a class is cancelled by the department due to rain or instructor unavailability a make-up class will be scheduled or a refund will be given.
- No make-ups, credits or refunds will be given due to student unavailability.



Tennis Classes

Tennis Tennis: Private (Jaime Pagmanua)

Age: 8Y and up
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.

Session I

Sat Jun 11-Jul 09
Classes: 5
Fee: \$90.00(R)/\$105.00(N)
162389 9:00AM-9:30AM
162390 9:30AM-10:00AM
162391 10:00AM-10:30AM
162392 10:30AM-11:00AM
162393 11:00AM-11:30AM
162394 11:30AM-12:00PM
162395 12:00PM-12:30PM
162396 12:30PM-1:00PM
162397 1:00PM-1:30PM

Sun Jun 12-Jul 10
Classes: 5
Fee: \$90.00(R)/\$105.00(N)
162398 9:00AM-9:30AM
162399 9:30AM-10:00AM
162400 10:00AM-10:30AM
162401 10:30AM-11:00AM
162402 11:00AM-11:30AM
162403 11:30AM-12:00PM

Session II

Sat Jul 30-Aug 27
Classes: 5
Fee: \$90.00(R)/\$105.00(N)
162547 9:00AM-9:30AM
162548 9:30AM-10:00AM
162549 10:00AM-10:30AM
162550 10:30AM-11:00AM
162551 11:00AM-11:30AM
162552 11:30AM-12:00PM
162553 12:00PM-12:30PM
162554 12:30PM-1:00PM
162555 1:00PM-1:30PM

Sun Jul 31-Aug 28
Classes: 5
Fee: \$90.00(R)/\$105.00(N)
162556 9:00AM-9:30AM
162557 9:30AM-10:00AM
162558 10:00AM-10:30AM
162559 10:30AM-11:00AM
162560 11:00AM-11:30AM
162561 11:30AM-12:00PM

Tennis-Private-Hour Long Classes (Jeff Inocencio)

Age: 8Y and up
Location: Terrabay Tennis Court #2
One hour long classes for the tennis enthusiasts!

Mon May 30-Jun 27
Classes: 5
Fee: \$150.00(R) /\$165.00(N)
162385 5:00PM-6:00PM
162386 6:00PM-7:00PM

Sun Jun 29-Jun 26
162388 10:00AM-11:00AM
162387 11:00AM-12:00PM

Private Tennis Lessons (Jeff Inocencio)

Age: 8Y and up
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.

Tu May 31-Jun 28
Fee: \$90.00(R)/\$105.00(N)
Classes: 5
162409 6:30PM-7:00PM
162406 5:00PM-5:30PM
162407 5:30PM-6:00PM
162408 6:00PM-6:30PM
162410 7:00PM-7:30PM
162411 7:30PM-8:00PM

Wed Jun 01-Jun 29

Fee: \$90.00(R)/\$105.00(N)
Classes: 5
162412 5:00PM-5:30PM
162413 5:30PM-6:00PM
162414 6:00PM-6:30PM
162415 6:30PM-7:00PM
162416 7:00PM-7:30PM
162417 7:30PM-8:00PM

Thu Jun 02-Jun 30
Fee: \$90.00(R)/\$105.00(N)
Classes: 5
162423 5:00PM-5:30PM
162424 5:30PM-6:00PM
162425 6:00PM-6:30PM
162426 6:30PM-7:00PM
162427 7:00PM-7:30PM
162428 7:30PM-8:00PM

Sat May 28-Jun 25
Fee: \$90.00(R)/\$105.00(N)
Classes: 5
162422 9:00AM-9:30AM
162418 9:30AM-10:00AM
162419 10:00AM-10:30AM
162420 10:30AM-11:00AM
162421 12:30PM-1:00PM
162429 1:00PM-1:30PM

Youth & Adult Sports

MIDDLE SCHOOL VOLLEYBALL CLINIC

Grades: 6th, 7th, 8th

Instructor: Bella Firpo

Location: Terrabay Gymnasium

Children of all skill levels entering grades 6th -8th are invited to participate in a three-week Saturday clinic. Beginning to advance skills will be taught through drills and game situations. 40 participants max. (2 Courts)

Saturdays: June 24-July 16

No class: 7/2

Time: 12pm-2pm

Fee: \$150.00

Classes: 3

MIDDLE SCHOOL CHEERLEADING

The South San Francisco Parks and Recreation Department Middle School Cheerleading Squad is offered to all Alta Loma, Parkway Heights, and Westborough students. Cheerleaders will cheer for our middle school sports teams as well as compete in competitions. If you are interested in becoming a cheerleader, please contact Bill Stridbeck at 650-829-4683 for more information.

BASEBALL CAMP

Ages: 13-19 years old

Days: Monday & Tuesday

Dates: June 6th-August 2nd

Times: 12:00 p.m. to 3:00 p.m.

Location: Orange Park, Bob Brian Field

In its ninth year, this drop-in program will enable participants to take part in a variety of drills as well as hit. Class taught by Tiger Dela Cruz. Sign-ups will be taken at the field. For more information, please call (650) 829-4680.

OPEN GYM PROGRAM -

Location: Terrabay Gymnasium

The schedule is as follows during the Summer:

Friday Open Gym Futsal (all ages)

7:00pm- 9:00pm

Sunday Open Gym Badminton & Basketball

Badminton-9:00 a.m. to 12:00 p.m.

Basketball (all ages)-12:30 p.m. to 2:30 p.m.

Fee: Juniors (17 and under) - \$2.00

Adults (18 and over) - \$3.00

Seniors (55 and over) - \$2.00

SUMMER ADULT SOFTBALL LEAGUE (league website: www.quickcores.com/ssf)

Team slow pitch softball will begin league play in July, 2016. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

SUMMER ADULT BASKETBALL LEAGUE (league website: www.quickcores.com/ssf)

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in "Coed", "D-1" & "D-2" classifications beginning in June 2016. Roster packets and information are available upon request. Registration deadline is May 13, 2016. League fee is \$540.00 per team for a six game season. Call Terrabay Gymnasium and Recreation Center at 650-829-4680 for more information.

THE SOUTH SAN FRANCISCO UNITED YOUTH SOCCER LEAGUE

Address: PO Box 5211, South San Francisco, CA 94083

Affiliated with the South San Francisco Parks and Recreation Department and the California Youth Soccer Association, the soccer club provides an opportunity for youth players of all levels to participate in the beautiful game.

Ages: Boys and Girls 4-11 years of age
(must be 4 on 7/31/16)

Signups: All players must bring proof of birth
(Birth certificate, passport, or alien registration)

Registration Dates: TBA

Fee: (Subject to change) \$85.00, \$95.00 after July 1, 2016

(higher fees for competitive level and older age groups) Sibling discounts available.

Schedule

- New teams created by Mid-August
- Teams start practicing in Mid-August
- Games start Sept. 8 and end in November

VOLUNTEERS

Anyone interested in coaching, refereeing, or serving on various committees are welcome.

To inquire about registration after open registration, see the league's website.

Contact League Registrar:

Email: ssfsoccer@gmail.com

Phone: 650-741-3280

Website: ssfsoccer.net

Se habla español

Junior Giants

South San Francisco Parks and Recreation Department is offering the Junior Giants program this summer. Junior Giants is a great opportunity for boys and girls 8-13 years old to learn the skills of baseball in a non-competitive and fun format. Participants attend one practice per week and play games on Saturday. Junior Giants is more than just baseball however. The lineup includes character development, education, health, and violence prevention. The Junior Giants program begins June 24 and runs through August. Best of all, the program is FREE. Our program is limited to two-hundred players. A waitlist will be started once we have reached our limit.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1 ½ hours for one weekly practice and another 1 ½ for games on Saturdays.

For those interested in volunteering or for more general information about the Junior Giants program, please call Bill Stridbeck at (650) 829-4683.

Online Registration begins Monday, April 20 /go to <http://sfrg-southsanfrnrec.siplay.com/site> to create an account and sign up.

Walk-in Registrations will start on April 27, 2016 at the Terrabay Gymnasium and Recreation Center.

Aquatics

Orange Memorial Pool

- Indoor, 6 lane, 25 yards
- Approximately 84 degrees
- 875-6973
- 875-6976 (fax)

Swim Schedule

• The Pool will be CLOSED the following Dates:

- Monday, May 30th- Memorial Day
- Tuesday, May 30th-Friday, June 3rd- Maintenance and Staff Training
- Monday, July 4th- Independence Day

Adult Lap Swimming

(16 years and up)

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

NEW! Adult Lap Swim-Deep End Only

(16 years and up)

Monday thru Friday 12:15 pm-1:15 pm
3 lanes will be set up in the deep end only (width of pool) for adult lap swimming.

Adult Recreation Swim/Sauna

(18 years and up)

Monday thru Friday 10:30 am - 12:15 pm
Saturday 7:30 am - 8:45 am
Sunday 10:00 am - 9:30 am

Open Recreation (All Ages)

Tuesday & Thursday: 7:45pm-9:30pm
Friday (June 6-August 12, 2016)
Mon through Fri 1:30 pm-2:45 pm
Sat and Sun 1:30 pm-3:00 pm

Friday Family Night (Open Recreation for All Ages): 7:00 pm– 9:00 pm

This year we will have 5 theme nights, keep an eye out at the pool, our website and social media for the dates and themes!

\$5.50 for the family no more than 5 family members and at least 1 adult is required to go into the water with the children. (Additional family members will be \$2.25 per person)

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.

Friday 3:00 pm- 4:00 pm

Fees

Recreation Swim Drop-In Fees

Children \$4.50

Adults \$5.50

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

Child \$22.50(R) | \$44.00 (NR)

Adults \$34.00 (R) | \$54.00 (NR)

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 3:00 pm-4:30 pm and from 4:30 pm-6:00 pm. 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 875-6973.

Registration Procedures

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

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

South San Francisco Aquatics Club

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

Aquatics Classes

Infant/Preschool

Level I-Infants

Age: 4M-17M

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

Fee: \$62.00(R)/\$77.00(N)

Su Jun 05-Aug 14

No Class: 7/3

162586 3:40PM-4:10PM

161993 4:15PM-4:45PM

Tu Jun 07-Aug 09

162587 6:30PM-7:00PM

W Jun 08-Aug 10

161992 6:30PM-7:00PM

F Jun 10-Aug 12

162588 3:50PM-4:20PM

Sa Jun 11-Aug 13

161994 12:20PM-12:50PM

Classes: 10

Level II-Toddler

Age: 18M-2 ½ Y

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.

Fee: \$62.00(R)/\$77.00(N)

Su Jun 05-Aug 14

No Class: 7/3

162022 3:05PM-3:35PM

Tu Jun 07-Aug 09

162593 7:00PM-7:30PM

Th Jun 09-Aug 11

162594 7:00PM-7:30PM

Sa Jun 11-Aug 13

162026 10:10AM-10:40AM

162025 10:45AM-11:15AM

Classes: 10

NEW FOR SUMMER!

Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1

M-F Jun 06-Jun 17
162023 9:40AM-10:10AM
Classes: 10

Session 2

M-F Jun 20-Jul 01
162589 9:40AM-10:10AM
Classes: 10
[Fee: \$56.00(R)/\$71.00(N)]

Session 3

M-F Jul 05-Jul 15
No Class: 7/4
162590 9:40AM-10:10AM
Classes: 9

Session 4

M-F Jul 18-Jul 29
162591 9:40AM-10:10AM
Classes: 10

Session 5

M-F Aug 01-Aug 12
162592 9:40AM-10:10AM
Classes: 10

Level III-Pre-School

Age: 3-4Y

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.

Fee: \$62.00(R)/\$77.00(N)

M Jun 06-Aug 15

No Class: 7/4

162036 6:30PM-7:00PM

162035 7:05PM-7:35PM

Th Jun 09-Aug 11

162600 7:00PM-7:30PM

Sa Jun 11-Aug 13

162037 9:35AM-10:05AM

162038 11:20AM-11:50AM

162039 11:45AM-12:15PM

Classes: 10

NEW FOR SUMMER!

Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1

M-F Jun 06-Jun 17
162596 9:05AM-9:35AM
Classes: 10

Session 2

M-F Jun 20-Jul 01
162595 9:05AM-9:35AM
Classes: 10
[Fee: \$56.00(R)/\$71.00(N)]

Session 3

No Class: 7/4
M-F Jul 05-Jul 15
162597 9:05AM-9:35AM
Classes: 9

Session 4

M-F Jul 18-Jul 29
162598 9:05AM-9:35AM
Classes: 10

Session 5

M-F Aug 01-Aug 12
162599 9:05AM-9:35AM
Classes: 10

Level IV- Pre-Basic Beginners

Age: 4-5 Years

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.

Fee: \$62.00(R)/\$77.00(N)

Su Jun 05-Aug 14

No Class: 7/3

162051 2:30PM-3:00PM

M Jun 06-Aug 15

No Class: 7/3

162045 6:30PM-7:00

Tu Jun 07-Aug 09

162047 6:30PM-7:00PM

W Jun 08-Aug 10

162048 6:30PM-7:30PM

162049 7:05PM-7:35PM

F Jun 10-Aug 12

162050 3:50PM-4:20PM

Sa Jun 11-Aug 13

162046 9:00AM-9:30AM

162605 9:35AM-10:05AM

Classes: 10

NEW FOR SUMMER! Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1

M-F Jun 06-Jun 17
162044 9:40AM-10:10AM
Classes: 10

Session 2

M-F Jun 20-Jul 01
162601 9:40AM-10:10AM
Classes: 10

Session 3 [Fee: \$56.00(R)/\$71.00(N)]

No Class: 7/4

M-F Jul 05-Jul 15
162602 9:40AM-10:10AM
Classes: 9

Session 4

M-F Aug 01-Aug 12
162604 9:40AM-10:10AM
Classes: 10

Session 5

M-F Jul 18-Jul 29
162603 9:40AM-10:10AM
Classes: 10

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.

Fee: \$62.00(R)/\$77.00(N)

Su Jun 05-Aug 14

No Class: 7/3
162005 3:40PM-4:10PM
162006 4:15PM-4:45PM

M Jun 06-Aug 15

No Class: 7/4
162000 7:40PM-8:10PM
162606 7:05PM-7:35PM

W Jun 08-Aug 10

162001 7:05PM-7:35PM
162002 7:40PM-8:10PM

Th Jun 09-Aug 11

162003 6:30PM-7:00PM
162004 7:00PM-7:30PM

Sa Jun 11-Aug 13



161995 9:00AM-9:30AM
161996 9:35AM-10:05AM
161997 10:10AM-10:40AM
161998 10:45AM-11:15AM
Classes: 10

For Summer Session ONLY: Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1

M-F Jun 06-Jun 17
161999 8:30AM-9:00AM
162611 9:05AM-9:35AM
Classes: 10

Session 2

M-F Jun 20-Jul 01
162607 8:30AM-9:00AM
162612 9:05AM-9:35AM
Classes: 10

Session 3 [Fee: \$56.00(R)/\$71.00(N)]

No Class: 7/4

M-F Jul 05-Jul 15
162608 8:30AM-9:00AM
162613 9:05AM-9:35AM
Classes: 9

Session 4

M-F Jul 18-Jul 29
162609 8:30AM-9:00AM
162614 9:05AM-9:35AM
Classes: 10

Session 5

M-F Aug 01-Aug 12
162610 8:30AM-9:00AM
162615 9:05AM-9:35AM
Classes: 10

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.

Fee: \$62.00(R)/\$77.00(N)

Su Jun 05-Aug 14

No Class: 7/3
162021 3:05PM-3:35PM

M Jun 06-Aug 15

No Class: 7/4
162621 6:30PM-7:00PM
162009 7:05PM-7:35PM
162010 7:40PM-8:10PM

W Jun 08-Aug 10
 162011 6:30PM-7:00PM
 162012 7:05PM-7:35PM
 162013 7:40PM-8:10PM
Th Jun 09-Aug 11
 162014 6:30PM-7:00PM
 162015 7:00PM-7:30PM
Sa Jun 11-Aug 13
 162622 9:00AM-9:30AM
 162017 10:10AM-10:40AM
 162018 10:45AM-11:15AM
 Classes: 10

Su Jun 05-Aug 14
 No Class: 7/3
 162033 2:30PM-3:00PM
 162034 3:40PM-4:10PM
M Jun 06-Aug 15
 No Class: 7/4
 162028 7:40PM-8:10PM
W Jun 08-Aug 10
 162029 7:40PM-8:10PM
Sa Jun 11-Aug 13
 162032 10:10AM-10:40AM
 Classes: 10

Fee: \$62.00(R)/\$77.00(N)
M Jun 06-Aug 15
 No Class: 7/4
 162638 7:05PM-7:35PM
W Jun 08-Aug 10
 162041 7:05PM-7:35PM
Th Jun 09-Aug 11
 162639 6:30PM-7:00PM
F Jun 10-Aug 12
 162042 2:50PM-3:20PM
Sa Jun 11-Aug 13
 162043 9:00AM-9:30AM
 Classes: 10

For Summer Session ONLY: Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1
M-F Jun 06-Jun 17
 162616 8:30AM-9:00AM
 Classes: 10

Session 2
M-F Jun 20-Jul 01
 162617 8:30AM-9:00AM
 Classes: 10

Session 3 [Fee: \$56.00(R)/\$71.00(N)]
 No Class: 7/4

M-F Jul 05-Jul 15
 162618 8:30AM-9:00AM
 Classes: 9

Session 4
M-F Jul 18-Jul 29
 162619 8:30AM-9:00AM
 Classes: 10

Session 5
M-F Aug 01-Aug 12
 162620 8:30AM-9:00AM
 Classes: 10

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.

Fee: \$62.00(R)/\$77.00(N)

For Summer Session ONLY: Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1
M-F Jun 06-Jun 17
 162623 8:30AM-9:00AM
 162625 9:05AM-9:35AM

Session 2
M-F Jun 20-Jul 01
 162626 8:30AM-9:00AM
 162624 9:05AM-9:35AM
 Classes: 10

Session 3 [Fee: \$56.00(R)/\$71.00(N)]
 No Class: 7/4

M-F Jul 05-Jul 15
 162627 8:30AM-9:00AM
 162630 9:05AM-9:35AM
 Classes: 9

Session 4
M-F Jul 18-Jul 29
 162628 8:30AM-9:00AM
 162631 9:05AM-9:35AM
 Classes: 10

Session 5
M-F Aug 01-Aug 12
 162629 8:30AM-9:00AM
 162632 9:05AM-9:35AM
 Classes: 10

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.

For Summer Session ONLY: Monday-Friday Classes

Fee: \$62.00(R)/\$77.00(N)

Session 1
M-F Jun 06-Jun 17
 162633 9:40AM-10:10AM
 Classes: 10

Session 2
M-F Jun 20-Jul 01
 162634 9:40AM-10:10AM
 Classes: 10

Session 3 [Fee: \$56.00(R)/\$71.00(N)]
 No Class: 7/4

M-F Jul 05-Jul 15
 162635 9:40AM-10:10AM
 Classes: 9

Session 4
M-F Jul 18-Jul 29
 162636 9:40AM-10:10AM
 Classes: 10

Session 5
M-F Aug 01-Aug 12
 162637 9:40AM-10:10AM
 Classes: 10

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 water is held in the deep end of the

pool.
 Fee: \$62.00(R)/\$77.00(N)
Su Jun 05-Aug 14
 No Class: 7/3
 162640 4:15PM-4:45PM
M Jun 06-Aug 15
 No Class: 7/4
 162641 6:30PM-7:00PM
W Jun 08-Aug 10
 162052 6:30PM-7:00PM
Th Jun 09-Aug 11
 162053 7:00PM-7:30PM
F Jun 10-Aug 12
 162055 3:20PM-3:50PM
Sa Jun 11-Aug 13
 162054 9:35AM-10:05AM
 162642 10:45AM-11:15AM
 Classes: 10

Teens

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.

Fee: \$0.00
Su Jun 05-Aug 14
 No Class: 7/3
 162362 2:30PM-4:45PM
M Jun 06-Aug 15
 No Class: 7/4
 162359 6:30PM-8:10PM
W Jun 08-Aug 10
 162360 6:30PM-8:10PM
Th Jun 09-Aug 11
 162361 6:30PM-7:30PM
Sa Jun 11-Aug 13
 162358 9:00AM-11:45AM
 Classes: 10

For Summer Session ONLY: Monday-Friday Classes

Session 1
M-F Jun 06-Jun 17
 162649 8:30AM-10:10AM
 Classes: 10

Session 2
M-F Jun 20-Jul 01
 162650 8:30AM-10:10AM
 Classes: 10
Session 3
M-F Jul 05-Jul 15
 No Class: 7/4
 162651 8:30AM-10:10AM
 Classes: 9
Session 4
M-F Jul 18-Jul 29
 162652 8:30AM-10:10AM
 Classes: 10
Session 5
M-F Aug 01-Aug 12
 162653 8:30AM-10:10AM

NEW! Junior Lifeguard Camp

Ages: 11Y (Have completed 5th Grade)-15Y

Junior Lifeguarding involves a significant amount of physical activity. This camp will cover basic water safety skills, rescue skills, teamwork and an introduction to First Aid and CPR (do not receive certification in this course). This is an excellent course for a teen to take if interested in future Lifeguard Certification.

Course prerequisites:

At the first Junior Lifeguarding Class, participants must demonstrate the following skills: Swim the front crawl for 25 yards continuously while breathing to the front or side, Tread water for 1 minute using arms and legs, show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl, Submerge and swim a distance of 10 feet under water.

Please bring a lunch and /or snack, and bottled water. Fee will include course materials, completion certificate and a T-Shirt.

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

M-F June 13-Jun 17
 162654 8:00AM-1:00PM

Adults and Teens Level I-Adult Basic Beginners

Age: 16Y and up
 This class is for first time student. We will help you learn and improve your floating skills,

basic arm movements and kicks.

Adult Level I

Fee: \$62.00(R) /\$77.00(N)
Tu Jun 07-Aug 09
 161990 6:30PM-7:00PM
 161991 7:00PM-7:30PM
 Classes: 10

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.

Fee: \$62.00(R) /\$77.00(N)

Tu Jun 07-Aug 09
 162007 6:30PM-7:00PM
 162008 7:00PM-7:30PM
 Classes: 10

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.

Fee: \$62.00(R) /\$77.00(N)

Tu Jun 07-Aug 09
 162027 7:00PM-7:30PM
 Classes: 10

Level IV-Adult Swimmer

Age: 16Y and up
 In this class, we will improve on your existing skills, and work on endurance swimming.

Fee: \$62.00(R) /\$77.00(N)

Tu Jun 07-Aug 09
 162040 6:30PM-7:00PM
 Classes: 10

Exercise and Fitness

Aqua Zumba Daytime Class (Drop In)

Age: 16Y and up
 Instructor: Stephanie King
 "Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Aquatic Classes continued

How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! No Class 7/4

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."

Fee: \$5.00

M Jun 06-Aug 22

161893 12:30PM-1:15PM

Classes: 11

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! No Class 7/3

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."

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

Su Jun 12-Aug 14

No Class: 7/3

161892 5:00PM-6:00PM

Classes: 10

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.

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

Session 1

Tu, W, TH, F Jun 07-Jun 17

162574 12:45PM-1:15PM

Session 2

Tu, W, TH, F Jun 21-Jul 01

162580 12:45PM-1:15PM

Session 3

Tu, W, TH, F Jul 05-Jul 15

162581 12:45PM-1:15PM

Session 4



Tu, W, TH, F Jul 19-Jul 29
162582 12:45PM-1:15PM

Session 5

Tu, W, TH, F Aug 02-Aug 12
162583 12:45PM-1:15PM

Session 6

Tu, W, TH, F Aug 16-Aug 26
162584 12:45PM-1:15PM
Classes: 8

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.

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

Session 1

Tu, Th Jun 07-Jun 30

161856 7:25PM-8:20PM

162644 8:20PM-9:05PM

Session 2

Tu, Th Jul 05-Jul 28

161857 7:25PM-8:20PM

162645 8:20PM-9:05PM

Session 3

Tu, Th Aug 02-Aug 25

162643 7:25PM-8:20PM

161858 8:20PM-9:05PM

Classes: 8

Semi Private

Semi Private classes have only two students per teacher. For information on what is required for each level, please look in the descriptions listed under Child Group Lessons. Please note days, times and descriptions of classes have changed.

Semi Private, Level I-Basic Beginners

Age: 5Y and up

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

Session 1

M, W Jun 06-Jul 11

No Class: 7/4

162252 2:50PM-3:20PM

162253 3:20PM-3:50PM

162254 3:50PM-4:20PM

Tu, Th Jun 07-Jul 07

162655 2:50PM-3:20PM

162656 3:20PM-3:50PM

162657 3:50PM-4:20PM

Classes: 10

Session 2

(Note: This M,W session starts on a Wednesday)

M,W Jul 13-Aug 15
 162255 2:50PM-3:20PM
 162256 3:20PM-3:50PM
 162257 3:50PM-4:20PM
Tu, Th Jul 12-Aug 11
 162658 2:50PM-3:20PM
 162659 3:20PM-3:50PM
 162660 3:50PM-4:20PM
 Classes: 10

Saturday Session

Fee: \$120.00(R)/\$135.00(N)
Sa Jun 11- Aug 13
 162249 11:20AM-11:50AM
 162250 11:50AM-12:20PM
 162251 12:20PM-12:50PM
 Classes: 10

Semi Private, Level II-Beginners

Age: 5Y and up
 Fee: \$120.00(R)/\$135.00(N)

Session 1

M, W Jun 06-Jul 11
 No Class: 7/4
 162267 2:50PM-3:20PM
 162268 3:20PM-3:50PM
 162269 3:50PM-4:20PM
Tu, Th Jun 07-Jul 07
 162270 2:50PM-3:20PM
 162272 3:20PM-3:50PM
 162273 3:50PM-4:20PM
 Classes: 10

Session 2

(Note: This M,W session starts on a Wednesday)

M,W Jul 13-Aug 15
 162271 2:50PM-3:20PM
 162275 3:20PM-3:50PM
 162278 3:50PM-4:20PM
Tu, Th Jul 12-Aug 11
 162277 2:50PM-3:20PM
 162276 3:20PM-3:50PM
 162274 3:50PM-4:20PM
 Classes: 10

Saturday Session

Fee: \$120.00(R)/\$135.00(N)
Sa Jun 11-Aug 13
 162264 11:20AM-11:50AM
 162265 11:50AM-12:20PM
 162266 12:20PM-12:50PM
 Classes: 10

Semi Private, Level III-Advance Beginners

Age: 5Y and up
 Fee: \$120.00(R)/\$135.00(N)

Session 1

M, W Jun 06-Jul 11
 No Class: 7/4
 162282 2:50PM-3:20PM
 162661 3:20PM-3:50PM
 162662 3:50PM-4:20PM
Tu, Th Jun 07-Jul 07
 162286 2:50PM-3:20PM
 162666 3:20PM-3:50PM
 162667 3:50PM-4:20PM
 Classes: 10

Session 2

(Note: This M,W session starts on a Wednesday)

M,W Jul 13-Aug 15
 162663 2:50PM-3:20PM
 162664 3:20PM-3:50PM
 162665 3:50PM-4:20PM
Tu, Th Jul 12-Aug 11
 162668 2:50PM-3:20PM
 162669 3:20PM-3:50PM
 162670 3:50PM-4:20PM
 Classes: 10

Saturday Session

Fee: \$120.00(R)/\$135.00(N)
Sa Jun 11-Aug 13
 162279 11:20AM-11:50AM
 162280 11:50AM-12:20PM
 162281 12:20PM-12:50PM
 Classes: 10

Semi Private, Level IV-Intermediate

Age: 5Y and up
 Fee: \$120.00(R)/\$135.00(N)

Session 1

M, W Jun 06-Jul 11
 No Class: 7/4
 162297 2:50PM-3:20PM
 162671 3:20PM-3:50PM
 162672 3:50PM-4:20PM
Tu, Th Jun 07-Jul 07
 162301 2:50PM-3:20PM
 162676 3:20PM-3:50PM
 162677 3:50PM-4:20PM
 Classes: 10

Session 2

(Note: This M,W session starts on a Wednesday)

M,W Jul 13-Aug 15
 162673 2:50PM-3:20PM
 162674 3:20PM-3:50PM
 162675 3:50PM-4:20PM
Tu, Th Jul 12-Aug 11
 162678 2:50PM-3:20PM
 162679 3:20PM-3:50PM
 162680 3:50PM-4:20PM
 Classes: 10

Saturday Session

Fee: \$120.00(R)/\$135.00(N)
Sa Jun 11-Aug 13
 162294 11:20AM-11:50AM
 162295 11:50AM-12:20PM
 162296 12:20PM-12:50PM
 Classes: 10



The Recreation Department is offering four exciting and fun filled camp options that will provide a full range of activities that will make this summer a safe, fun, and active learning time for your child.

Enrichment Camp will offer week long specialty camps. Each week a new and fun skill camp will be offered. Each year includes some old favorites like self-defense, dance, and cooking with the addition of some new and exciting camp options. Enrichment Camp is open to children 5 years old (completed kindergarten/not open to transitional kindergarteners) to 12 years old. Junior Fire Academy is open to children 12 – 14 years old. Both Sports Camp and Enrichment Camp are located at Terrabay Gymnasium and Recreation Center. Camps are offered Monday through Fri-day from 7:30 am. - 6:00pm. The cost is \$205 per week for residents and \$230 per week for non-residents

Traditional Summer Recreation Camp is offered Monday through Friday from 7:30 am - 6:00pm. The cost is \$165 per week for residents and \$195 per week for non-residents. Camp is offered at two sites; Ponderosa Elementary School and the Joseph Fernekes Recreation Building at Orange Memorial Park. Camp activities include science, cooking, dance, arts, sports, cooperative games, community adventure trips, theme days, and field trips to many fun and exciting locations in the Bay Area. Traditional Camp is open to children 5 years old (completed kindergarten/not open to transitional kindergarteners) to 12 years old.

Sports Camp will focus on individual skill acquisition and improvement. Campers will have the opportunity to learn skills in different sports throughout the summer. Each week will highlight specific sports the campers will be learning. Sports Camp is open to children completed 2nd grade to 12 years old. Both Sports Camp and Enrichment Camp are located at Terrabay Gymnasium and Recreation Center. Camps are offered Monday through Fri-day from 7:30 am. - 6:00pm. The cost is \$205 per week for residents and \$230 per week for non-residents

Teen Camp (13-14 yrs old) is Traditional Camp with a Teen Twist. The teens will have the opportunity to have more responsibility for program activities as well as participate in the weekly fieldtrips. The cost is the same as Traditional Camp; however money will be needed for additional weekly activities (approximately \$20-\$30)



There are still spaces left in some of our fun and exciting camps.

Ongoing registration is at the Joseph Fernekes Recreation Building (781 Tennis Drive)

Monday – Friday from 8:00 a.m. – 5:00 p.m.

For more information, please contact Kelli Jo Cullinan, Recreation and Community Services Supervisor at (650) 875-6950 or kelli.cullinan@ssf.net. Or a member of the Childcare Team at 650-875-6900

Senior Services

■ Magnolia Center

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

Adult Day Care Center

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

Location: Magnolia Center, 601 Grand Avenue, Second Floor

Cost: \$56.00/day with sliding scale available. Fee subject to change.

Contact: 829-3824

Senior Lunch Program

Come try our new menu (provided by a local caterer, Food Service Partners) which includes tasty, healthier, lighter lunches! Great variety for a great price! Cost of meal is \$6.00 for seniors. Advance reservations are highly encouraged. For information, please call:

- Magnolia Center at 829-3820 - with meals served Monday through Friday.

Alzheimer Support Group

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

Counseling

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

Legal Aid

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

Transportation

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

55 Alive/Mature Driving

DMV Approved Mature Driving class by AARP. This is an interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age related changes in vision, hearing and reaction time. Must attend full eight hours to receive certificate of completion needed for insurance discount. The \$15.00 fee includes workbook and DMV certificate. Must pre-register with payment payable to AARP. Class size is limited. Instructor: Rob Grialou. 2016 class dates are as follows: May 16-17, Jul. 18-19, Sept. 19-20, Nov. 21-22. Registration is done at the Magnolia Senior Center. All classes are held from 9:00am-1:00pm at the Municipal Services Building /Community Room, 33 Arroyo Drive. Call (650) 829-3820 for registration information.



Senior Classes

MUNICIPAL SERVICES BLDG.

	DAYS	TIME
Jewelry Making	Wed	1:00-3:00
Mature Driving/55 Alive	Mon, Tue (Bi-monthly)	9:00-1:00
** (Please register at Magnolia Center – Classes held at El Camino)		
Social Dance**	Tue, & Fri	10:00-1:00
Social Dance**	Thurs.	9:00-12:00
Tai Chi (Beginners)	Thurs	11:00-12:00
Tai Chi (Advanced)	Mon	9:30-10:30

MAGNOLIA CLASSES

	DAYS	TIME
Alzheimer Support Group	Fri (1st & 3rd of each month)	10:00-12:00
American Line Dancing – Level 0**	Wed.	9:30-10:30
American Line Dancing – Senior Level**	Wed.	10:30-11:30
Bingo	Tues & Thurs.	12:00-2:30
Bingo	Sun	12:00-2:30
Bingo	Wed.	12:00-2:30
Blood Pressure Screening	Wed. (3rd of each month)	11:00 -1:00
English as A Second Language	Mon., Wed. & Fri.	1:00-2:45
Knitting	Mon, & Wed.	12:30-2:30
Tai Chi (Beginners)	Fri	11:00-12:00
Tai Chi (Advanced Beginners)	Fri	10:30-11:00
Tai Chi (Advanced)	Fri	9:30-10:30

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 3:00 p.m.-4:30 p.m. or

4:30 p.m.-6:00 p.m.. For further information on fees and availability please call (650) 875-6973.

Athletic Fields

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

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

The following facilities are available by reservation:

Park	Area/ Capacity	(Non Residents add \$15 per rental)
Orange Park	Shelter/150	\$330 plus \$200 deposit
Orange Park	#2/20	\$67
Orange Park	#3/30	\$83
Orange Park	#4/40	\$99
Orange Park	#5/50	\$115
Westborough Park	Shelter/120 includes 8ft gas grill	\$350 (plus \$200 deposit)
Buri Buri Park	#1/70	\$131
Buri Buri Park	#2/20	\$67
Buri Buri Park	#3/30	\$83
Buri Buri Park	#4/30	\$83
Sellick Park	50	\$105
Alta Loma Park	#1/60	\$131
Alta Loma Park	#2/20	\$67
Alta Loma Park	#3/20	\$67
Avalon Park	50	\$85

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.

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 1:00 pm - 4:00 pm.

Community Services

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

Watch Me Grow

Watch Me Grow offers free developmental screening for children 0-5 and their families to promote the health and well-being of children in these important early learning years. Through screening you can learn useful important information about your child's individual strengths and needs, have the opportunity to talk about your child's development with a child development specialist and to learn about services or resources in the community for your child and family. Watch Me Grow is funded by First 5 San Mateo County. Services are available in English and Spanish. For more information, please call (650) 635-0876. Free Online Developmental Screening is available in English or Spanish to any family in San Mateo Co. 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

The South San Francisco Police Department currently accepts applications for memberships within the department's Explorer Post. Membership in the Explorer Post is open to qualified individuals between the ages of 14 and 20 years old who successfully pass a background investigation. Applicants must also consistently maintain a 2.5 GPA or better in school. The duties that Police Explorers are expected to perform are listed as follows: work with the community and foster public trust, assist records and communications sections of the South San Francisco Police Department, participate in monthly ride-alongs with South San Francisco Police Officers, and to serve the community in a variety of capacities. 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

Community Emergency Response Training (CERT)

This training covers first/aid, CPR, use of fire extinguisher, shut-off gas, electric and water utilities following a disaster as well topics that will ensure that you can do the greatest good for the greatest number of victims, while protecting your self from becoming a 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 required - Fire Administration, 480 North Canal and bring proof of residency. Resident fee: \$20.00 (covers the cost of class materials). Non-resident fee: \$80.00.

Department Information

City of South San Francisco Tree Preservation Ordinance

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

What is a "protected tree"?

Any tree with a circumference of 48" or more when measured 54" above the natural grade; 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.

What is the difference between pruning and trimming?

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

How much does a permit cost?

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

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

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

South San Francisco Friends of Parks and Recreation

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

Donation and Volunteer Program

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

Co-Sponsored & Non-Profit 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 #3556
Karen Ann Gibson (415) 467-7205

Ballet Folklorico of SSF
www.balletfolkloricossf.com

South San Francisco Aquatics Club
www.ssfswim.org

South San Francisco Italian American Citizen's Club
Geri Del Carlo (650)359-2310

SSF Friends of Parks & Recreation
(650)829-3800

Historical Society of South San Francisco
Diana Ferrari (650) 588-3431

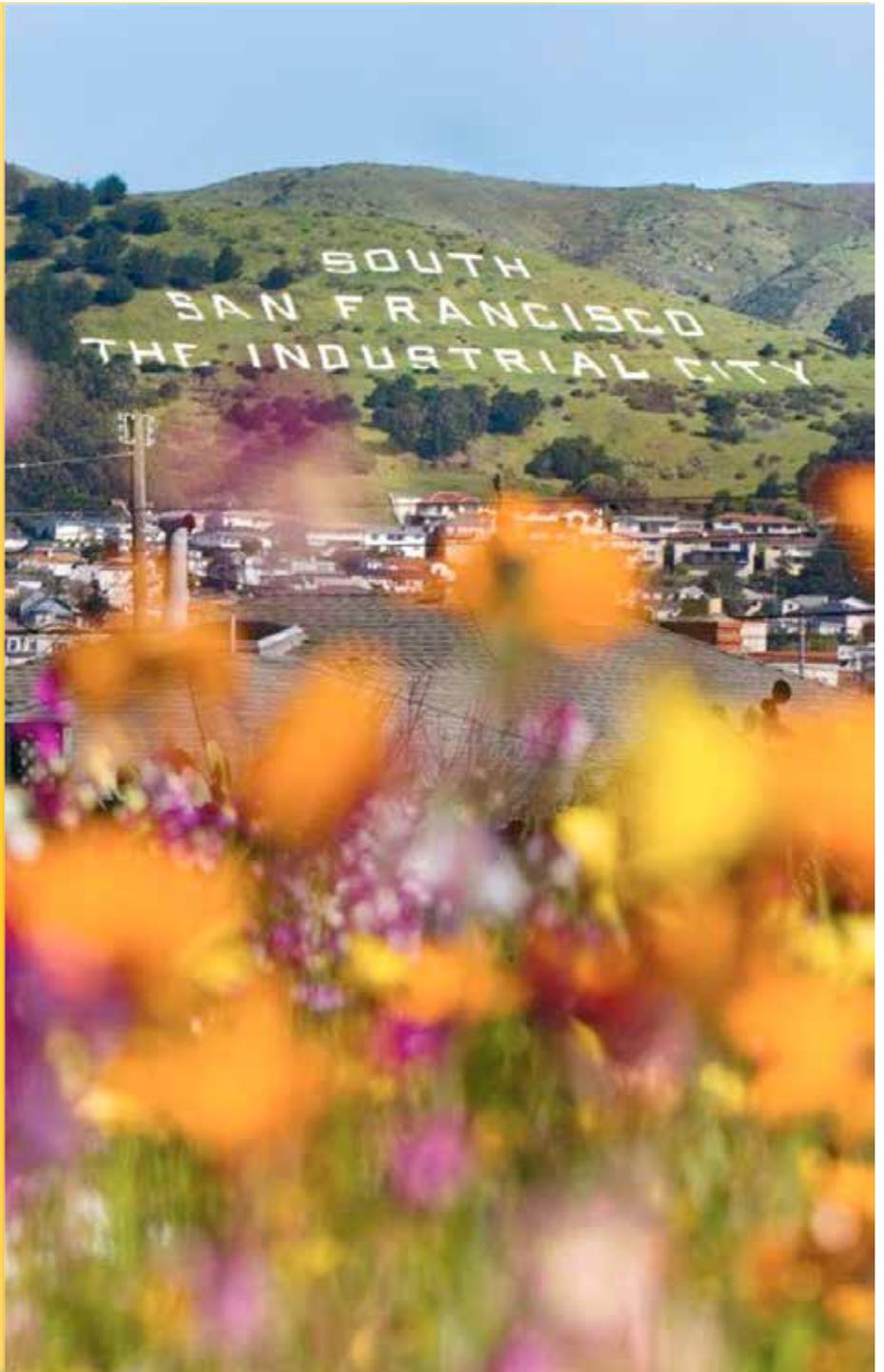
South San Francisco Mothers Club
www.ssfmothersclub.org
info@ssfmothersclub.org

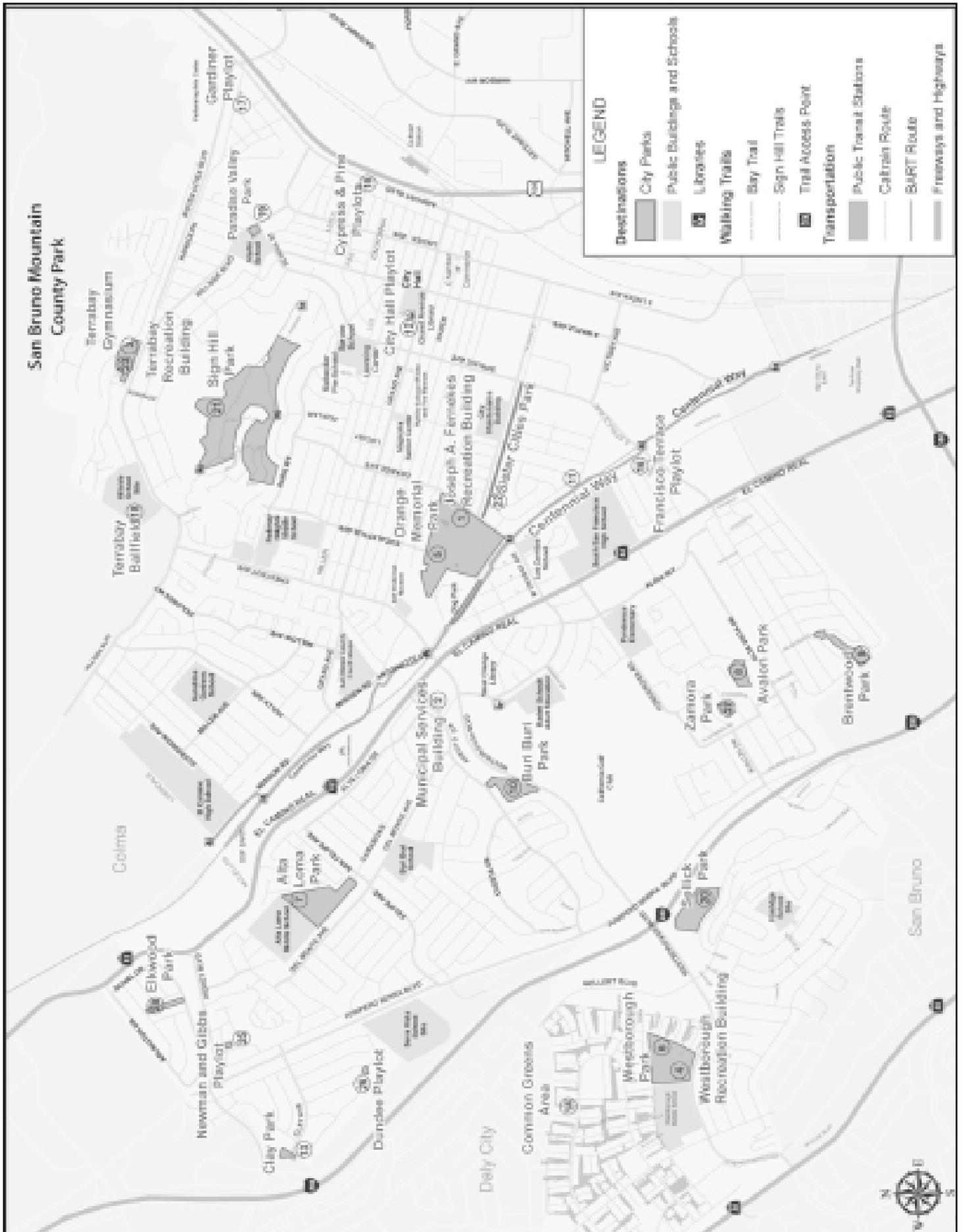
South San Francisco Youth Baseball Shetland/
Pinto/Mustang Baseball/Pee Wee League
www.ssfbaseball.org

South San Francisco Youth Baseball Managers
www.ssfbaseball.org

S.S.F. United Youth Soccer League
ssfsoccer@gmail.com
<http://ssfsoccer.net> (650)741-3280

KEEP IN TOUCH WITH **SOUTH SAN FRANCISCO PARKS AND RECREATION** THROUGH OUR SOCIAL MEDIA PAGES! THERE IS ALWAYS SOMETHING GOING ON IN OUR CITY THAT WE WANT TO SHARE WITH YOU! WE ALSO WANT TO SEE HOW YOU ARE GETTING OUT AND ENJOYING OUR PARKS, FACILITIES AND PROGRAMS, SO SHARE YOUR PICTURES AND FEEDBACK WITH US AS WELL.





Children's Play Area 	Picnic Tables (Single Tables) 	Tennis Courts 	Walking Trail 
Community Building 	Group Picnic Areas (Reservation Priority) 	Ballfields 	Concession Stand 
Restrooms 	Picnic Shelter (Reservation Only) 	Basketball Courts 	Soccer Field 

Facility Rental Sites

	1 Joseph A. Formales Recreation Building 781 Tennis Drive	2 Municipal Services Building 33 Arroyo Drive	3 TerraBay Recreation Building 1121 South San Francisco Drive	4 Westborough Recreation Building 1350 Galway
5	Orange Memorial Park Gordon Ave. & Tenno Dr.	Acres 26.9	          	
	▲ In-Door Swimming Pool	▲ Picnic Shelter and Areas	▲ Sculpture Garden	▲ Soccer Ball Courts
6	Westborough Park Westborough & Galway	11.1	         	
7	Alta Loma Park 450 Comaritas	9.0	   	  
8	Avalon Park Donado Way & Old Country Way	2.4	   	
9	Westwood Park Rosewood & Briarwood	3.0	  	  
10	Burl Burl Park 380 Block of Arroyo	4.2	   	  
11	Centennial Way OSP BART - San Bruno BART	16 3 mi.	Dog Park  Bicycle/Pedestrian Trail 	
12	City Hall Playlot Main & Walnut	0.1	 	
13	Clay Park Clay and Dances	0.8	 	
14	Common Green Areas	48.1		
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	 Boys Club  	 
20	Selick Park Apple Way	4.8	   	  
21	Sign Hill Park Access-Pogler Ave.	41		
22	Sister Cities Park Between Orange & Spruce	1.5		
23	TerraBay Gymnasium 1121 South Francisco Dr.	2.8	   	 
24	Elwood Park Duval & Elwood	1.8		
25	Newman and Gibbs Playlot Newman & Gibbs	0.3	 	
26	Dundas Playlot Dundas & Marshall	0.2	 	
27	Zamora Park Zamora Drive	0.7	 	
	San Francisco Bay Trail OSP Eastern Border	6 mi.	Bicycle/Pedestrian Trail  	

Special events

Thank You...

SSF Senior Health & Fitness Fair



"Thank You SSF Kaiser Permanente"

Many thanks to Kaiser Permanente - South San Francisco and the many community organizations and San Mateo County Agencies which made our 19th Annual South San Francisco Senior Health and Fitness Fair a great success!

"A very special Thank You to Our Sponsors"

Silverado Memory Care and
Westborough Royale Assisted Living.

85th Annual Easter Egg Hunt



We would like to thank the following groups for making the Easter Egg Hunt a wonderful success once again this year. Those involved were South San Francisco Friends of Park and Recreation, See's Candy for their generous donation of lollipops for the community, and Gimbal's Fine Candies for their generous donation of Jelly Beans and educational rulers. Thank you to Hatch Realty Group for their donations and staff volunteers. We also want to thank the South San Francisco Women's Club for their monetary donation, and the South San Francisco's Mother's Club for assisting in the event by providing a craft table and giveaways.

Upcoming Events...

Streets Alive! Parks Alive!



Saturday May 7, 2016

9:00am - 1:00pm

Free fun for the whole family!

Orange Memorial Park, Joseph A. Fernekes
Recreation Building, Centennial Way and
Orange Memorial Pool.

For more information:

please call (650) 829-3800 or visit www.ssf.net

36th Annual SSF Police Association

Senior Pancake Breakfast

May 22, 2016

Magnolia Senior Center

601 Grand Avenue, 3rd Floor

Free! Breakfast seating times are:

9:00 a.m., 10:00 a.m., and 11:00 a.m.

Call (650) 829-3820 for more information.



20th Annual SSF Fire Department Senior Picnic

Friday, August 19, 2016

10:00 am - 1:00 pm

Cost: \$10.00 for Seniors 50+

Orange Memorial Park/Joseph A. Fernekes
Recreation Building

Join the SSF Fire Department and the Parks and Recreation Department for the 20th Annual Senior Picnic at Orange Memorial Park. A delicious picnic lunch with all the fixin's will be served to seniors 50+. Advanced reservations are required. Call (650) 829-3820 for more information.

Upcoming Events...

USTA Tennis Tournament

June 10-12, Orange Memorial Park

The Parks and Recreation Department is hosting another United States Tennis Association (USTA) tournament. The event features men's and women's singles and doubles, and mixed (co-ed) doubles for players ranked 3.0-5.0 by the USTA. Registration closes June 5. Interested parties can register online on the USTA's website. For more information, please contact the Parks and Recreation office at (650) 829-3800.

Cultural Arts Barbeque



Sunday, August 21, 2016

12:30 to 2:30 PM

Orange Memorial Park/Fernekes Building

Sponsored by the SSF Cultural Arts Commission

For more information contact SSF Parks & Recreation Department (650) 829-3800

Celebrate the summer with your friends at the Cultural Arts Barbeque! Admission includes a delicious grilled lunch, tasty dessert treats, fun activities for all and a silent auction. Tickets will be available for online purchase at SSF Web Registration on Friday, June 17th, as well as by visiting the Parks & Recreation Department office at 33 Arroyo Drive (650) 829-3800 or Public Works at 550 North Canal (650) 829-3837. Proceeds will benefit SSF cultural arts programs. Check the "Cultural Arts News & Events" webpage at www.ssf.net for updated information.

Movie Night in the Park

Orange Memorial Park

On the field area behind the Joseph A. Fernekes Recreation Building
Movies start at 8:30 p.m.

Friday, June 17th – Minions

Friday, July 22nd – Inside Out

August 19th - Hotel Transylvania 2



Save the Date...

South San Francisco Friends of Parks and Recreation 3rd Annual Chili Cook Off



Saturday September 10, 2016

11:00 a.m. – 2:00 p.m.

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

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

Want to participate as a competitor? Team cooking fees are only \$25. Entries are due August 19th. For entry rules and a registration form, please contact Judy Bush at (650) 588-0459 or Jeannette Holt at (650) 588-0727.

Concert in the Park

Saturday September 24, 2016

Orange Memorial Park



AQUATICS REGISTRATION FORM

USE SEPARATE FORMS / PAYMENTS if registering for, Tennis and Classes and Aquatics

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

* E-Mail _____

(Required: E-Mail)

Adult/Guardian Name _____ Date _____

Address _____ City _____ ZIP _____

Day Phone _____ Night Phone _____ Emergency _____

(Required: Best Contact Phone Number)

First Choice Activity Number	Second Choice Activity Number	Activity Name	Participant Name Last, First	FEE Plus Processing Fee	Date of Birth
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	
				+ \$10.00	

* 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 _____

There are 2 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 _____

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

YES, please contact me about disabled services.

CLASS REGISTRATION FORM

USE SEPARATE FORMS / PAYMENTS if registering for, Tennis and Classes and Aquatics

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

* E-Mail _____

**** (Required: E-Mail) ****

Adult/Guardian Name _____ Date _____

Address _____ City _____ ZIP _____

Day Phone _____ Night Phone _____ Emergency _____

**** (Required: Best Contact Phone Number) ****

First Choice Activity Number	Second Choice Activity Number	Activity Name	Participant Name Last, First	FEE Plus Processing Fee	Date of Birth
				+\$1.00	
				+\$1.00	
				+\$1.00	
				+\$1.00	
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				+\$1.00	
				+\$1.00	
				+\$1.00	
				+\$1.00	

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TOTAL

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Signature _____ Date _____

There are 2 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 _____

Do you have any 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, May 2, 2016 at 6:00am.
Non-Residents: MONDAY May 16, 2016

Please call the Recreation Department to set up your account and to receive your family and individual client numbers to register. Once you have your numbers you may then log on and register 24 hours a day, 7 days a week at www.ssf.net and then go to Class Registration. Touchtone registration (650) 829-3960

MAIL-IN

Residents: MONDAY, May 2, 2016
Non-Residents: MONDAY May 16, 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, May 2, 2016
Starting Non-Residents: MONDAY May 16, 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

CLASS LOCATIONS

*See page 2

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.

REFUND AND CREDIT POLICY-CLASSES ONLY

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

RESIDENT STATUS

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

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





The South San Francisco Parks and Recreation Department is partnering with our new downtown neighbor, the San Francisco Wine School, to bring adults fun and unique experiences in a gorgeous Wine Education Center located in the heart of downtown South San Francisco. Please join us for these fun new events and classes this summer!



Wine and a Movie? A Movie about Wine? How about 2 of them?

Join us for one weekday evening movie and one Sunday afternoon movie. Each movie event will include gourmet bites and sips, a wine-themed movie with narration and Q&A by founder and Master Sommelier, David Glancy and special guests.

*You must register for each one separately | All attendees must be 21+ years

Course Number	Movie	Date	Time	Cost
162684	Somm	Thursday, June 23	6:30PM-9:30PM	\$50.00R/\$65.00(NR)
162685	Bottle Shock	Sunday, July 17	3:30PM-6:30PM	\$50.00R/\$65.00(NR)

Information pertaining to the San Francisco Wine School Movie Nights:

REGISTRATION-

Please register through the South San Francisco Parks and Recreation Department.

Please see information on how to register at <http://www.ssf.net/379/Recreation-Classes>

or you can find information at the end of this brochure.

LOCATION-

San Francisco Wine School
415 Grand Ave | Top Floor
South San Francisco, CA 94080



**DEPARTMENT OF
PARKS & RECREATION**

33 Arroyo Drive
So. San Francisco, California 94080

PRSRT STD
U.S. Postage
PAID
San Bruno, CA
Permit #138

ECRWSS

RESIDENTIAL CUSTOMER

Mark your calendars

SSF Movie Nights
In the Park

The City of South San Francisco's Parks and Recreation Department presents
3 free Movie Nights in the Park for Summer 2016.
Movies begin at sunset on the lawn behind the Joseph A. Fernekes
Recreation Building at Orange Memorial Park.

FRIDAY, JUNE 17TH

MINIONS



FRIDAY, JULY 22ND

INSIDE OUT



FRIDAY, AUGUST 19TH

HOTEL TRANSYLVANIA 2



Food & Refreshments will be sold each night. Bring your low back chairs, blankets, sleeping bags, and friends!