

SUMMER 2014

southsanfrancisco parks and recreation

How Can Parks & Recreation Make Your Life Better?

SSF Streets Alive/Parks Alive

Saturday, May 3, 2014 • 9:00 a.m. to 1:00 p.m.

Orange Memorial Park • Joseph A. Fernekes Building • Centennial Way

All activities are Free!



Master Plan Open House

Give us your opinion for the Parks and Recreation Master Plan at an Open House at the Joseph Fernekes Building. Drop in any time from 9:00 am to 1:00 pm. Help create a roadmap for park and recreation priorities for the next 5 to 10 years!

Opening Day of Farmers Market
New Activities include:

- Fitness Classes
- Helmet Safety for Children
- Noodle Polo & Free Swim at the Pool
- Kids Bicycle Parade
- Geocache/Scavenger Hunt
- Healthy Cooking Demonstrations

See page 43 for more details.



<https://www.facebook.com/SouthSanFranciscoParksandRecreation>

<https://twitter.com/SSFParcsandRec>

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Programs June – August 2014

Brochure Printed April 2014

SOUTH SAN FRANCISCO FRIENDS OF PARKS AND RECREATION

Chair-Rich O'Nyon
Secretary/ Treasurer-Judy Bush
Directors-Jeannette Holt, Richard Holt

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

City Council

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

City Manager

Mike Futrell

Parks & Recreation Commission

Sean Garrone, Richard Holt, Bill Lock, Mark Nagales, Doug Reynolds, Cynthia Velez, Betty Battaglia

Cultural Arts Commission

James Bertoldi, Lenita Boldenweck, Rena Donati, Sandee Ige, Shane Looper, Jacquelyn Pettinari, Cassandra Woo

Professional Staff

Sharon Ranals, Director of Parks and Recreation
Samantha Haimovitch, Parks Manager
Greg Mediati, Management Analyst

Parks & Recreation Supervisors

Kelli Jo Cullinan, Child Care
Elaine Porter, Classes & Special Events
Joe Hunziker, Seniors
Gus Vellis, Aquatics & Sports
Greg Mediati, Facilities
Drew Arzaga, Parks & Common Greens
Enrico Reyes, Building Maintenance
Brandon Cutajar, Parks

Coordinators

Laura Gigi, Seniors
Ercie Santos, Cultural Arts
Bill Stridbeck, Sports
Laura Armanino, Child Care
Danele Dixon, Child Care
Tim Moriarty, Child Care
Mike Mulkerrins, Child Care
Erin O'Brien, Child Care
Lindsay Pinell, Child Care
Devin Stenhouse, Child Care

Administrative Support

Janice Hill-Susan Filereto-Marie Patea

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

Orange Memorial Pool

Corner of Orange Avenue and Tennis Drive
(650) 875-6973

Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Centers

■ 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) 583-8173
■ 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

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

Meets the third Thursday of each month at the Municipal Services Building, Betty Weber Room, at 7:00 p.m. The public is invited to attend.

South San Francisco Summer Camps 2014

The Recreation Department will again be offering Traditional, Sports, Enrichment, and Teen Camp. Each Summer Camp provides a wide range of activities that will make this a summer fun-filled, safe, and full of learning opportunities for your child.

Sports Camp will focus on improving skills in specific sports each week. The camp will also work on teamwork skills. Sports camp is designed for children that are interested in improving their athletic skills and that enjoy competition. Campers will have the opportunity to participate in drills to improve skill and game situations to address teamwork and competition. Each week there will be two or three specific sports for the campers to work on improving their skills. There are also activities and projects planned throughout each day for the campers to participate in such as group games, art, crafts, and other recreation activities.

Enrichment Camp offers new and exciting specialty camps each week. Each session gives the camper a chance to learn a new skill, explore recreation opportunities, and be creative. Additional recreation activities are planned to support and enhance the focus camp for that week including large group games, outdoor play time, arts, crafts and many more fun activities. This year will include some of our most popular camps from the past as well as some new offerings. Be sure to check it out when the Summer Booklet comes out the end of February 2014.

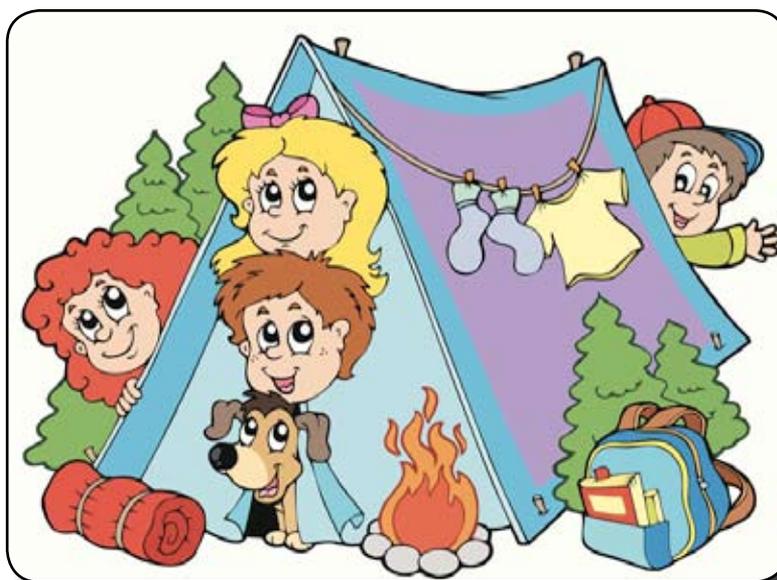
Both Sports Camp and Enrichment Camp are located at Terrabay Gymnasium and Recreation Center. Camps are offered Monday through Friday from 7:30 a.m.-6:00 p.m. The cost is \$205.00 per week for residents and \$230.00 per week for non-residents. Both camps are open to children age 5 (must have completed kindergarten/not open to transitional kindergarteners) to 12 years old.

Traditional Summer Recreation Camp is full of activities each day! Each week of camp is themed based and the activities are loosely planned to support the theme of the week. Traditional camp offers a plethora of activities and opportunities for the campers to participate in on a daily basis. Sports, arts, crafts, cooking, science, large group games are just a few of the activities planned for the campers. Traditional campers also have the opportunity to participate in recreation swim if they are proficient in swim skills. Field trips to bay area destinations as well as local community adventures are also planned each week. Traditional camp is offered Monday through Friday from 7:30 am - 6:00pm. The cost is \$157.00 per week for resident and \$185.00 per week for non-residents. Camp is offered at two sites; Los Cerritos School and the Joseph Fernekes Recreation Building at Orange Memorial Park. Traditional Camp is open to children 5 years old (completed kindergarten/not open to transitional kindergarteners) to 12 years old.

Swim Lessons: Swim lessons are available at additional cost for all camps except Teen Camp.

Teen Camp (13-14 yrs old) Welcome to the Teen Camp experience! Our teens get the opportunity to participate in more age appropriate activities but with supervision and guidance. The teens will get to weigh in on some of their activities and/or local fieldtrips. They will also have the opportunity to help out at camp with snack and other leadership duties. The teens are scheduled to attend the bay area field trips each week with Traditional Camp. There are two recreation leaders that work exclusively with the teen camp each summer. The cost is the same as Traditional Camp. However the teens will need to bring additional money each week for some of the activities and local trips.

For more information, please contact Kelli Jo Cullinan, Recreation and Community Services Supervisor at (650) 875-6950 or kelli.cullinan@ssf.net.



Preschool

Licensed Pre-School at Siebecker and Westborough

The Pre-School Childcare programs are designed for children ages 2-1/2 years to 5 years (children must be toilet trained). The year-round licensed program is offered on a daily basis Monday through Friday from 7:30 a.m. to 6:00 p.m. The program operates out of the Siebecker Center (510 Elm Court-Facility #410509769) and the Westborough Park Building (Westborough and Galway-Facility #410517397).

The Pre-School staff are experienced and trained in areas of Early Childhood Education, child development, supervision, curriculum, First Aid and C.P.R.

Our staff creates an environment that provides children with the opportunity for full intellectual growth and social development through a series of choices. These choices include: art activities; science and nature projects; books and story time; manipulative games; music and outdoor play.

Our developmentally appropriate curriculum will set a sound foundation for successful future school years. Both schools are currently full with a waiting list. If you would like a brochure or more information on the Pre-School Programs, please call or email Laura Armanino laura.armanino@ssf.net or call 875-6951 or Kelli Cullinan kelli.cullinan@ssf.net at 875-6950.

*Registration Fee:

A \$60.00 non-refundable fee per family is due upon orientation into the program. Siblings with a Full time schedule receive a 15% discount on combined monthly fees.

*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 1-2 years.

Billing Policies:

Fees:

Monthly (Full Day over 4 hrs. per day)

# Days	Resident	Non-Resident
5 days	\$577.00	\$640.00
3 days	\$357.00	\$396.00
2 days	\$247.00	\$274.00

*Fees:

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

# Days	Resident	Non-Resident
5 days	\$493.00	\$556.00
3 days	\$305.00	\$344.00
2 days	\$211.00	\$238.00

*Fees subject to change

Childcare

Licensed After School Program

The After School Recreation Program is designed for children ages Kindergarten - 5th grade. The program runs Monday through Friday from 7:30 a.m. to 6:00 p.m. Children enrolled in the program will participate in arts and crafts, games, sports, and group activities. Before School Care is offered at each site from 7:30 am - 8:30 am. The After School Recreation Programs are licensed through the State Department of Education, Community Care Licensing. Our staff are experienced and trained in areas of child development, supervision, recreation activities, First Aid and C.P.R. The Coordinators are all college educated and qualified through Community Care Licensing. All children must have a completed, approved application prior to their enrollment. For more information and an application call Kelli Jo Cullinan at (650) 875-6950 or e-mail kelli.cullinan@ssf.net. Enrollment for the 2014-2015 school year for new families will be on Friday,

May 2, 2014 at the Joseph Fernekes Recreation Building in Orange Park beginning at 7:00 a.m.

Locations:

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

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

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

Buri Buri Elementary School (583-8173)
120 El Campo Drive
License #414002856

After School Recreation Program:

Days: Monday through Friday
Time: 7:30am - 6:00pm

Ages: Kindergarten-5th grade

*Fees

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

A non-refundable waiting list fee of \$25.00. This is not a guarantee of placement into the program.

Before School & After School Program	After School Program Only
5 days per month \$387.00	\$333.00
3 days per month \$264.00	\$228.00
2 days per month \$176.00	\$152.00

*Fees subject to change

Spring Camp 2014

Come enjoy some springtime fun at Spring Camp. Spring Camp will be held April 21, 2014 - April 28, 2014. The campers will have the opportunity to participate in sports, cooking, arts, crafts, science and many more fun and exciting activities during the week. The cost of camp is \$31.00 per day for residents and \$36.00 for non-residents. We hope you will think about joining us for Spring Camp. For more information and an application please contact Kelli Jo Cullinan at 875-6950 or email at kelli.cullinan@ssf.net



Preschool Classes

Art Adventures with Mommy & Me

Age: 18M-4Y

Instructor: Nita Moreno

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 \$15 supply fee is payable to the instructor on the first day of class. Nita Moreno is a professional artist and has been teaching for 16 years. **No**

class: 7/4

Community Learning Center/Classroom

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

Days: F Jun 06 -Jul 25

148931 11:45AM-12:30PM

Classes: 8

Clay Magic for Preschoolers

Age: 4Y-5Y

Instructor: Nita Moreno

Animals! Dinosaurs! Snakes! and more! Your

child will experience the magic of learning and playing with clay in this fun-filled class. Children will learn about texture, color and hand-building techniques while experimenting with a variety of creative clays. A \$15.00 supply fee is payable to the instructor at the first day of class. No class: 7/4

Community Learning Center/Classroom

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

Days: F Jun 06 -Aug 01

149101 9:00AM-10:00AM

Classes: 8

Cooking Fun for Kids!

Age: 3Y-5Y

Instructor: Joanne Desmond

In this class we will learn Fun and Easy recipes such as 'Dirt Cups', 'Rainbow Toast' and 'Fruity Friendship Salad'. We will learn about safety in the kitchen and how to measure and mix ingredients. Due to the length of the class, some recipes will need to be baked at home.

As we go, we will be making a recipe book to go home at the end of the session. A \$15.00 supply fee is payable to the instructor at the

first class. Not a parent participation class.

Community Learning Center/Classroom

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

Days: W Jun 04 -Aug 20

149129 11:30AM-12:30PM

Classes: 12

Fantastic Family Fun

Age: 2Y-3Y

Instructor: Raquel Ledesma

Come and help your child explore art, music, and more! We'll make art projects, explore music, movement, stories, and play; all while encouraging parent and child creativity in this fun class. This is a parent participation class.

Susan Chau will assist. A \$5 materials fee is payable to the instructor at the first class.

MSB/Marie Peterson

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

Days: W Jun 04 -Jul 23

149283 8:45AM-9:45AM

Classes: 8

Gym Daddy by Monica Ehlers

Age: 2 1/2Y-5 1/2Y

Instructor: Monica Ehlers

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! **No class: 7/5, 7/26, 8/16**

Terrabay/Gymnasium

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

Days: Sa Jun 07 -Aug 23

149373 10:00AM-10:50AM

Classes: 9

Kinder Class

Age: 3Y-5Y

Instructor: Joanne Desmond

Young children will participate in a variety of 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 reach the minimum age before the first day of class. Children also must be 'potty trained' prior to start date. Snack will be provided. Please bring a \$15 supply fee to the instructor at the first class. Not a parent participation class. Children can only be enrolled for one class session. **No class: 7/3, 7/17, 7/21**

Community Learning Center/Classroom

Fee: \$204.00(R)/\$219.00(N)

Days: M, W Jun 02 -Aug 20

149515 9:00AM-11:00AM

Classes: 23

Fee: \$195.00(R)/\$210.00(N)

Days: Tu, Th Jun 03 -Aug 21

149516 9:00AM-11:00AM

Classes: 22

Kinder Tots

Age: 3Y-4Y

Instructor: Joanne Desmond

Children will participate in various activities including arts and crafts, pre-writing exercises, and circle time with stories and music. Emphasis is on color, shape, number, and letter recognition. Not a parent participation class in order to encourage independence. Children must be 3 years old and potty trained by start date. A \$10.00 supply fee is payable to the instructor at the first class. **No class: 7/3, 7/17**

Community Learning Center/Classroom

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

Days: Tu, Th Jun 03 -Aug 21

149520 11:30AM-12:30PM

Classes: 22

Kindergarten Readiness

Age: 4Y-5Y

Instructor: Raquel Ledesma

We will work on getting your child ready for school through written worksheets, verbal exercises, arts and crafts projects, and music and dance. Your child will be working on letter recognition, beginning phonics, numbers, colors and shapes. Snack provided. Notify instructor of any allergies on the first day of class. This is not a parent participation class. Children must be entering Kindergarten by September 2013. Raquel Ledesma is a former Junior kindergarten teacher with over 10 years of teaching Pre-K. She is an Early Childhood Education Major and has 30 ECE units. Susan Chau will assist. Please bring a \$15 supply fee payable to the instructor at the first class.

MSB/Marie Peterson

Fee: \$236.00(R)/\$251.00(N)

Days: Tu, Wed, Th Jun 03 -Jul 24

149523 10:15AM-12:15PM

Classes: 24

Kindergarten, Here I Come!

Age: 5Y-6Y

Instructors: Arlene Dizon or Raquel Ledesma

This camp is only for children that will be entering Kindergarten this Fall 2014. 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.

Instructor: **Arlene Dizon**
 Westborough Bldg/Activity Room
 Fee: \$90.00(R)/\$105.00(N)
 Days: M-F Jul 28 -Aug 01
 149527 9:00AM-12:00PM
 Classes: 5
Instructor: **Raquel Ledesma**
 MSB/Marie Peterson
 Fee: \$45.00(R)/\$60.00(N)
 Days: Tu, Wed, Th Aug 05 -Aug 07
 150840 9:00AM-12:00PM
 Classes: 3



Little Art Adventures

Age: 4Y-5Y
Instructor: **Nita Moreno**
 A perfect class for preschool aged kids who are ready to learn basic art techniques and skills. In class, we will explore painting, drawing, clay sculpture, and mixed craft projects. Motor skills will be enhanced with a variety of kid-friendly themed projects. Continuing students welcome! New projects every session! A \$15.00 supply fee is payable to the instructor at the first day of class. Juanita Moreno holds a B.F.A. in Illustration from the Illinois Institute of Art Chicago and has been teaching art for 14 years.
No class: 7/4
 Community Learning Center/Classroom
 Fee: \$35.00(R)/\$50.00(N)
 Days: F Jun 06 -Aug 01
 149666 10:15AM-11:15AM
 Classes: 8

Pre-Gymnastics

Age: 3Y-5Y
Instructor: **Marisa Quintero**
 Ready to get moving? Activities will be aimed at improving your child's flexibility, balance, body awareness, strength and self confidence. Introduction includes tumbling, beam, mini trampoline and a balance based obstacle course. Children can wear sweats, leggings, leotards or shorts. No jeans or overalls. This is not a parent participation class. Children must reach minimum age and be toilet trained before the start of class. Parents may observe last class only. Justine Buenaflor will assist.
 Terrabay/Iris Room
 Fee: \$44.00(R)/\$59.00(N)
 Days: W Jun 04 -Aug 20
 Ages: 3Y-4Y
 149832 6:30PM-7:15PM
 Age: 4Y-5Y
 149833 7:30PM-8:15PM
 Classes: 12

Pre-Karate Shotokan: Level I

Age: 4Y-7Y
Instructor: **Sue Miller**
 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 41 years in Karate and holds the rank of 7th degree black belt with Sensei Leroy Rodrigues (Shinkyu Shotokan). Jason Leung has 12 yrs training w/Shinkyu Shotokan and is a 2nd degree black belt. **No class: 7/5**
 Westborough Bldg/Activity Room

Fee: \$38.00(R)/\$53.00(N)
 Days: Sa Jun 07 -Aug 16
 149838 8:30AM-9:15AM
 149839 9:30AM-10:15AM
 Classes: 10

Pre-Karate Shotokan: Level II

Age: 4Y-7Y
Instructor: **Sue Miller**
 For Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. Need instructor approval to enroll. Jason Leung will assist. **No class: 7/5**
 Westborough/Activity Room
 Advanced White Belts
 Fee: \$74.00(R)/\$89.00(N)
 Days: Sa, Tu Jun 07 -Aug 16
 149842
 Sat 10:30AM-11:15AM
 Tu 6:00PM-6:45PM
 Classes: 10
 Advanced Color Belts
 Fee: \$91.00(R)/\$106.00(N)
 Days: Sa, Tu Jun 07 -Aug 16
 149843
 Sat 10:30AM-12:00PM
 Tu 6:00PM-7:15PM
 Classes: 20

Toddlergarten

Age: 18M-3Y
Instructor: **Raquel Ledesma**
 This class is designed to provide the growing infant to toddler with a chance to experience various toys, games, and work on their social skills; such as, sharing, listening, making friends, and taking turns. This is a parent participation class. Susan Chau will assist.
 MSB/Marie Peterson
 Fee: \$45.00(R)/\$60.00(N)
 Days: Tu, Th Jun 03 -Jul 24
 150515 8:45AM-9:45AM
 Classes: 16

Children's Classes

Aikido-Youth

Age: 7Y-13Y

Instructor: Robert Toyama

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. Instructor Robert Toyama has practiced and taught Aikido for fifteen years. For information, please email aikiodori@

yahoo.com. Aikido Studio

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

Days: Tu, Th Jun 03 -Jun 26

148906 6:00PM-6:45PM

Classes: 8

Days: Tu, Th Jul 01 -Jul 24

148907 6:00PM-6:45PM

Classes: 8

Days: Tu, Th Jul 29 -Aug 26

148908 6:00PM-6:45PM

Classes: 9

Art Adventures

Age: 5Y-10Y

Instructor: Nita Moreno

Using paints, pastels, clay and many other materials, your child will experience a comprehensive art program that includes painting, drawing, and sculpture. Artistic skills, concepts and art history will be taught in this fun-filled class! A \$20.00 supply fee is payable to the instructor at the first class. **No class: 7/3**

Community Learning Center/Classroom

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

Days: Th Jun 05 -Jul 24

148928 3:00PM-4:00PM

148929 4:00PM-5:00PM

Classes: 7

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

Days: Tu Jun 03 -Jul 22

148926 3:00PM-4:00PM

148927 4:00PM-5:00PM

Classes: 8



South San Francisco Civic Ballet

Maria Spremich, Artistic Director

Kristen Quok, Instructor

Pre Ballet (Girls and Boys)

Age: 5 1/2Y-7Y

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! For your convenience, class attire may be ordered through your instructor. 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. For Summer Session, new

beginners will be accepted in Pre-Ballet A only.

Level A-Pre Ballet only

Instructor: Maria Spremich

MSB/Dance Studio

Fee: \$38.00(R)/\$53.00(N)

Days: M Jun 24 -Aug 12

149825 3:10PM-3:55PM

Classes: 8

Level B/C

Instructor: Kristen Quok

MSB/Marie Peterson

Fee: \$38.00(R)/\$53.00(N)

Days: W Jun 25 -Aug 13

149826 4:30PM-5:15PM

Classes: 8

Ballet (Girls and Boys)

Age: 6Y-17Y

Classical ballet technique from beginning (Intro) to advanced (8-10) 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. **No class: 7/4, 7/5**

Introduction

Instructor: Kristen Quok

Ages: 7Y-11Y

MSB/Marie Peterson

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

Days: W Jun 25 -Aug 13
148942 5:15PM-6:05PM
Classes: 8

Basic 1

Instructor: Maria Spremich

Ages: 7Y-11Y

MSB/Marie Peterson

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

Days: Th Jun 26 -Aug 14
148943 3:50PM-4:40PM
Classes: 8

Basic 2

Instructor: Maria Spremich

Ages: 7Y-11Y

MSB/Dance Studio

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

Days: M Jun 23 -Aug 11
148944 4:00PM-5:00PM
Classes: 8

Level 1-A

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Marie Peterson

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

Days: W Jun 25 -Aug 13
148945 3:30PM-4:30PM
Classes: 8

Level 1-B

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: Sa Jun 28 -Aug 16
148946 11:15AM-12:15PM
Classes: 7

Level 1-C

Instructor: Maria Spremich

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: Tu Jun 24 -Aug 12
148947 3:50PM-4:45PM
Classes: 8

Level 2-A

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: Th Jun 26 -Aug 14
148948 3:30PM-4:30PM
Classes: 8

Level 2-B

Instructor: Maria Spremich

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: W Jun 25 -Aug 13
148949 4:30PM-5:30PM
Classes: 8

Level 2-C

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: Sa Jun 28 -Aug 16
148950 9:00AM-10:00AM
Classes: 7

Level 3-A

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: Th Jun 26 -Aug 14
148951 4:30PM-5:30PM
Classes: 8

Level 3-B

Instructor: Maria Spremich

Ages: 7Y-12Y

MSB/Dance Studio

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

Days: W Jun 25 -Aug 13
148952 3:30PM-4:30PM
Classes: 8

Level 4

Instructor: Kristen Quok

Ages: 7Y-12Y

MSB/Dance Studio

Fee: \$57.00(R)/\$72.00(N)

Days: Sa Jun 28 -Aug 16
148953 10:00AM-11:15AM
Classes: 7

Level 5

Instructor: Maria Spremich

Ages: 9Y-15Y

MSB/Dance Studio

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

Days: Tu Jun 24 -Aug 12
148954 4:45PM-6:00PM
Classes: 8

Level 5 Pre-Pointe

Instructor: Maria Spremich

Ages: 9Y-15Y

MSB/Marie Peterson

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

Days: Th Jun 26 -Aug 14
148955 4:45PM-6:00PM
Classes: 8

Level 6

Instructor: Maria Spremich

Ages: 9Y-15Y

MSB/Dance Studio

Fee: \$57.00(R)/\$72.00(N)

Days: F Jun 27 -Aug 15
148956 4:00PM-5:15PM
Classes: 7

Level 6 Pointe 2

Instructor: Maria Spremich

Ages: 11Y-18Y

MSB/Dance Studio

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

Days: Tu Jun 24 -Aug 12
148957 6:00PM-7:10PM
Classes: 8

Level 7/8

Instructor: Maria Spremich

Ages: 12Y-18Y

MSB/Dance Studio

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

Days: M Jun 23 -Aug 11
148958 5:15PM-6:45PM
Classes: 8

Level 7/8

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$57.00(R)/\$72.00(N)
 Days: F Jun 27 -Aug 15
 148959 6:45PM-8:00PM
 Classes: 7

Level 7/8 Pointe 3

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$65.00(R)/\$80.00(N)
 Days: W Jun 25 -Aug 13
 148960 5:30PM-6:45PM
 Classes: 8

Level 7/8 Combo

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$123.00(R)/\$138.00(N)
 Days: M,W, F Jun 23 -Aug 15
 148961 M 5:15PM-6:45PM
 W 5:30PM - 6:45PM
 F 6:45PM - 8:00PM
 Classes: 23

Level 9/10

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$78.00(R)/\$93.00(N)
 Days: M Jun 23 -Aug 11
 148962 6:45PM-8:15PM
 Classes: 8

Level 9/10

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$68.00(R)/\$83.00(N)
 Days: F Jun 27 -Aug 15
 148963 5:15PM-6:45PM
 Classes: 7

Level 10 Pointe 5

Instructor: Maria Spremich

Ages: 12Y-18Y
 MSB/Dance Studio
 Days: W Jun 25 -Aug 13
 Fee: \$78.00(R)/\$93.00(N)
 148964 6:45PM-8:15PM

Classes: 8
Level 9/10 Combo
Instructor: Maria Spremich
 Ages: 12Y-18Y
 MSB/Dance Studio
 Fee: \$123.00(R)/\$138.00(N)
 Days: M,W, F Jun 23 -Aug 15
 148965 M 6:45PM-8:15PM
 W 6:45PM-8:15PM
 F 5:15PM-6:45PM
 Classes: 23



Cooking Classes

Cooking for Kids

Age: 8Y-12Y
Instructor: Lisa Chan
 Students will learn about kitchen safety and sanitation and how to follow a recipe. Menu will change with the season. A \$10.00 supply fee is payable to the instructor at the beginning of the class.
 MSB/Large Kitchen
 Fee: \$24.00(R)/\$39.00(N)
 Days: Tu Jun 03 -Jun 10
 149128 4:00PM-6:00PM
 Classes: 2

NEW

Creative Desserts for Kids

Age: 8Y-12Y
Instructor: Lisa Chan
 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 \$10.00 supply fee is payable to the instructor at the first class.
 MSB/Large Kitchen
 Fee: \$24.00(R)/\$39.00(N)
 Days: Tu Aug 05 -Aug 12
 149143 4:00PM-6:00PM
 Classes: 2

Drawing & Painting

Age: 5Y-15Y
Instructor: Nita Moreno
 Your child will learn the basics of drawing and painting techniques. Individual portfolio's will be kept and developed in a variety of media as each child works at his or her own pace. A \$20.00 supply fee is payable to the instructor at the first class. Taught by professional artist, Nita Moreno, BFA. No class: 7/3
 Community Learning Center/Classroom
 Age: 5Y-10Y

Fee: \$86.00(R)/\$101.00(N)
 Days: Tu Jun 03 -Jul 22
 149211 5:00PM-6:30PM
 Classes: 8
 Age: 7Y-15Y
 Fee: \$75.00(R)/\$90.00(N)
 Days: Th Jun 05 -Jul 24
 149212 5:00PM-6:30PM
 Classes: 8

Fencing

Age: 7Y-15Y
Instructor: Luda Darer
 En Garde! Want to learn the fun and exciting Olympic sport of fencing? In 2008, American women swept the medals in Beijing and

American men took the silver! Learn the fundamentals of sabre fencing; proper measure, tempo change, fast footwork and controlled blade work . . . while getting a great workout! The sport of fencing is a safe, athletic and disciplined art. Mandatory: athletic, comfortable clothing, non-skid athletic shoes and the motivation to cross blades with your classmates! Recent and current students include Pacific Coast champions and national bronze medalists! Intermediate classes for returning students only and instructor approval to enroll. Students can bring their own fencing equipment or pay a \$15.00 equipment rental fee payable to the instructor at the first class.

Westborough Bldg/Activity Room

Fee: \$81.00(R)/\$96.00(N)

Days: Th Jun 05 -Aug 21

Beginning

149285 6:00PM-7:00PM

Intermediate

149286 7:00PM-8:00PM

Classes: 12



Golf for Juniors

Age: 7Y-17Y

Instructor: Tommy Kim

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.

Cypress Golf Center

Fee: \$152.00(R)/\$167.00(N)

Days: Sa Jun 07 -Jun 28

149340 10:00AM-11:00AM

Classes: 4

Days: Sa Jul 12 -Aug 02

149341 10:00AM-11:00AM

Classes: 4

Days: Sa Aug 09 -Aug 30

149342 10:00AM-11:00AM

Classes: 4

Gymnastics

Age: 5Y-17Y

Instructor: Marisa Quintero, Bella Firpo, Rebecca Gigi

This is the perfect class for your child to increase their coordination, learn new gymnastics skills, get some exercise, build confidence and have fun! New students are welcome. These gymnastics classes will provide instruction in four areas: uneven parallel bars, balance beam, tumbling and vault. Classes are set up according to age, not skill level. Parents will wait in the lobby during class time. Please make sure to bring your child on time to class they are enrolled in. Children will not be allowed to take a later class. Class is limited to 7 students per instructor. Classes fill early so sign up as soon as possible. Monica Quintero will assist.

Terrabay/Gym

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

Days: M Jun 02 -Aug 18

Age: 5Y-6Y

149375 6:30PM-7:15PM

Age: 7Y-9Y

149376 7:30PM-8:15PM

Age: 10Y-17Y

149377 8:15PM-9:00PM

Classes: 12

Karate-Shotokan: Level I

Age: 8Y-11Y

Instructor: Sue Miller

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 41 years in Karate and holds the rank of 7th degree black belt. Jason Leung has 12 yrs training w/Shinkyu Shotokan and is a 2nd degree black belt.

Joseph A. Fernekes Recreation Bldg.

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

Days: M, W Jun 02 -Aug 20

149476 6:30PM-7:30PM

Classes: 24

Karate-Shotokan: Level II/III

Age: 8Y-11Y

Instructor: Sue Miller

For Karate students with Green Belts and above. Pace of class is must faster than Level I. Need instructor approval to enroll. Jason Leung will assist.

Joseph A. Fernekes Recreation Bldg.

Green Belts and up

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

Days: M, W Jun 02 -Aug 20

149480 7:30PM-8:30PM

Purple Belts and up

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

Days: M, W Jun 02 -Aug 20

149481 7:30PM-9:00PM

Classes: 24

Keiki (Children's) Hawaiian Hula & Tahitian Dance

Age: 5Y-12Y

Instructor: Remie Aranda

Does your child like to dance? Here's a great class to learn basics of Hawaiian Hula and Tahitian dances. Students, please bring a Pa'u Skirt and Pareo (Sarong) to class. Instructor will provide resources for purchasing clothing at first class, if needed. Remie Aranda is the Director of 'Rahiti'-Polynesian Performing Dance Company and has been teaching Polynesian dance for over 13 years. For information: rahiti1@yahoo.com. **No class: 6/28, 7/5, 7/26, 8/9**

MSB/Marie Peterson

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

Days: Sa Jun 07 -Aug 16

149491 9:45AM-11:00AM

Classes: 7

Kenpo-Eskrima for Children

Age: 5Y-12Y

Instructor: Romeo Agloro, Jr.

Kenpo-Eskrima is a seamless blend of combat-proven Chinese and Filipino fighting arts which was created by this class' instructor. It is a complete personal defense system that trains the student in the use of empty hands, cane, knife or any improvised weapon in a simple, effective system for unarmed combat with both offensive and defensive applications. The class includes meditation, cardio & strengthening warm-ups, stretching, motor skills enhancement and practical applications practice. Historical and cultural aspects are also included. 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 Criswell, 3rd degree Black Belt.

Westborough Bldg/Activity Room

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

Days: M, W Jun 02 -Aug 20

149493 6:00PM-7:00PM

Classes: 24



Mariachi Music Classes

Age: 10Y and up

Instructor: Eduardo Garcia

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. Students must provide their own instrument.

Location: Magnolia Center

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

Days: Th Jun 12 -Jul 31

149697 4:00PM-5:00PM

Classes: 8

Mexican Folk Dance

Age: 4Y-18Y

Instructor: Marianna Roman, Martin Cruz

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. **No class: 7/4, 8/15**

Terrabay/Poppy Room

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

Level IA-New Students Only

Days: F Jun 13 -Aug 22

149724 6:00PM-6:30PM

Classes: 9

Level IB-Returning Students Only

Days: F Jun 13 -Aug 22

149725 6:30PM-7:15PM

Classes: 9

Level II

Days: F Jun 13 -Aug 22

149726 7:30PM-8:30PM

Classes: 9

Level III

Days: M Jun 09 -Aug 18

149727 7:15PM-8:00PM

Classes: 11

Level IV

Days: Th Jun 12 -Aug 21

149728 6:40PM-7:30PM

Classes: 11

Level V

Days: M Jun 09 -Aug 18

149729 5:45PM-6:35PM

Classes: 11

Level VI

Days: Tu Jun 10 -Aug 19

149730 6:00PM-6:55PM

Classes: 11

Level VII

Days: Th Jun 12 -Aug 21

149731 5:45PM-6:35PM

Classes: 11

Level VIII

Days: Tu Jun 10 -Aug 19

149722 7:00PM-7:55PM

Classes: 11
Level IX
 Days: M Jun 09 -Aug 18
 149723 6:40PM-7:35PM
 Classes: 11

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. No class: 6/24, 6/25, 6/28, 7/1, 7/2, 7/5, 8/16

Community Learning Center/Classroom

Fee: \$165.00(R) /\$180.00(N)

Days: W Jun 04 -Aug 20

149870 3:30PM-4:00PM

149871 4:00PM-4:30PM

149872 4:30PM-5:00PM

149873 5:00PM-5:30PM

149874 5:30PM-6:00PM

149875 6:00PM-6:30PM

149876 6:30PM-7:00PM

149877 7:00PM-7:30PM

Classes: 10

Fee: \$149.00(R) /\$164.00(N)

Days: Sa Jun 07 -Aug 23

149878 9:00AM-9:30AM

149879 9:30AM-10:00AM

149880 10:00AM-10:30AM

149881 10:30AM-11:00AM

149882 11:00AM-11:30AM

149883 11:30AM-12:00PM

149884 12:00PM-12:30PM

149885 12:30PM-1:00PM

Classes: 12

Westborough Bldg/Piano Room

Fee: \$165.00(R) /\$180.00(N)

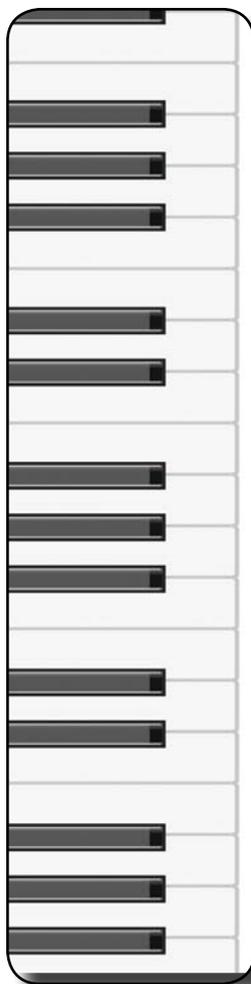
Days: Tu Jun 03 -Aug 19

149886 5:30PM-6:00PM

149887 6:00PM-6:30PM
 149888 6:30PM-7:00PM
 149889 7:00PM-7:30PM
 149890 7:30PM-8:00PM
 Classes: 12

Private Piano Lessons-Rosemarie Picone

Age: 7Y-18Y



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, half hour lessons requires prior approval from instructor. Parents are invited to attend first class of session. **No class: 7/5**

Westborough Bldg/Piano Room

Fee: \$198.00(R)/\$213.00(N)

Days: M Jun 02 -Aug 18

149948 5:00PM-5:30PM

149949 5:30PM-6:00PM
 149950 6:00PM-6:30PM
 149951 6:30PM-7:00PM
 149952 7:00PM-7:30PM
 149953 7:30PM-8:00PM
 Classes: 12

Fee: \$198.00(R)/\$213.00(N)

Days: W Jun 04 -Aug 20

149958 5:00PM-5:30PM

149959 5:30PM-6:00PM

149960 6:00PM-6:30PM

149961 6:30PM-7:00PM

149962 7:00PM-7:30PM

149963 7:30PM-8:00PM

Classes: 12

Fee: \$198.00(R)/\$213.00(N)

Days: Th Jun 05 -Aug 21

149966 5:00PM-5:30PM

149967 5:30PM-6:00PM

149968 6:00PM-6:30PM

149969 6:30PM-7:00PM

149970 7:00PM-7:30PM

149971 7:30PM-8:00PM

Classes: 12

Fee: \$182.00(R)/\$197.00(N)

Days: Sa Jun 07 -Aug 23

149972 9:00AM-9:30AM

149973 9:30AM-10:00AM

149974 10:00AM-10:30AM

149975 10:30AM-11:00AM

149976 11:00AM-11:30AM

149977 11:30AM-12:00PM

149978 12:00PM-12:30PM

149979 12:30PM-1:00PM

Classes: 11

Private Piano Lessons-Sandra Pobe

Age: 7Y and up

Students must have access to keyboard or a piano for practice outside of class. A piano lesson book will be required; the instructor will determine the proper level of instruction. Sandra Pobe has a degree in music. **No class: 7/5**

MSB/Butterfly Room

Fee: \$198.00(R) /\$213.00(N)

Adult/Teen Classes

Days: M Jun 02 -Aug 18
 149991 3:00PM-3:30PM
 149992 3:30PM-4:00PM
 149993 4:00PM-4:30PM
 149994 4:30PM-5:00PM
 149995 5:00PM-5:30PM
 149996 5:30PM-6:00PM
 149997 6:00PM-6:30PM
 Classes: 12
 Fee: \$198.00(R) /\$213.00(N)

Days: Tu Jun 03 -Aug 19
 149998 3:00PM-3:30PM
 149999 3:30PM-4:00PM
 150000 4:00PM-4:30PM
 150001 4:30PM-5:00PM
 150002 5:00PM-5:30PM
 150003 5:30PM-6:00PM
 150004 6:00PM-6:30PM
 Classes: 12
 Fee: \$182.00(R) /\$197.00(N)

Days: Sa Jun 07 -Aug 23
 150007 9:00AM-9:30AM
 150008 9:30AM-10:00AM
 150009 10:00AM-10:30AM
 150010 10:30AM-11:00AM
 150011 11:00AM-11:30AM
 150012 11:30AM-12:00PM
 Classes: 11

Community Learning Center/Classroom
 Fee: \$198.00(R) /\$213.00(N)
 Days: M Jun 02 -Aug 18
 150028 4:00PM-4:30PM
 150029 4:30PM-5:00PM
 150030 5:00PM-5:30PM
 150031 5:30PM-6:00PM
 150032 6:00PM-6:30PM
 150033 6:30PM-7:00PM
 150034 7:00PM-7:30PM
 150035 7:30PM-8:00PM
 Classes: 12

Spanish for Kids

Age: 5Y-7Y
Instructor: Priscilla Hernandez
 Join the fun and discover the sounds of Spanish! Children will learn basic vocabulary and will participate in story telling; making the characters come alive through arts and crafts, games and singing. A \$5.00 supply fee is payable to the instructor at the first class. **No class: 7/4**
 Community Learning Center/Classroom
 Fee: \$42.00(R)/\$57.00(N)
 Days: F Jun 06 -Aug 01
 150208 4:30PM-5:30PM
 Classes: 8

Summer School Fun Club

Age: 6Y-8Y
Instructor: Audrey Valdry
 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. Westborough Bldg/Activity Room

Session I
 Fee: \$149.00(R)/\$164.00(N)
 Days: Tu, W, Th Jun 04 -Jun 26
 150254 9:00AM-12:00PM
 Classes: 11

Session II
 Fee: \$122.00(R)/\$137.00(N)
 Days: Tu, W, Th Jul 08 -Jul 24
 150255 9:00AM-12:00PM
 Classes: 9

Take A Summer Writing Trip

Age: 7Y-13Y
Instructor: Griselda Huete
 Are you looking for a little fun and a little learning this summer for your child? Does your child's writing need a bit of fine tuning? 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. A \$10 supply fee is payable to the instructor at the first class. Griselda Huete has a BA and a Bilingual teaching credential. She currently teaches 1st grade, and has been a substitute teacher with SSFUSD.

MSB/Betty Weber Room
 Fee: \$45.00(R)/\$60.00(N)
 Days: Tu, W, Th Jul 08 -Jul 17
Age: 7Y-8Y
 150312 9:00AM-10:00AM
Age: 9Y-10Y
 150313 10:15AM-11:15AM
Age: 10Y-13Y
 150314 11:30AM-12:30PM
 Classes: 6



Private Piano Lessons- Tatiana Bookbinder

Age: 7Y and up
 Private Piano lessons are a great way to introduce anyone to the music world. Whether it's learning basic chords, harmonization or musical interpretation, piano lessons can open your eyes to the wonderful world of music. All students must have access to a piano in order to progress with daily practice. Students' level will be determined upon first meeting and repertoire books will be assigned. Tatiana Bookbinder has a Master's of Music.



Fee: \$110.00(R)/\$125.00(N)
 Days: M Jun 02 -Aug 04
 150617 9:00AM-11:00AM
 Classes: 10

Teen Classes

Computer Keyboarding Fun

Age: 12Y-14Y
Instructor: **Maria Barcelata-Long**
 'Learn to Type' is a great software program to help your teen get faster on the computer keyboard. Students will practice the basics and improve their typing skills. After each lesson, a game is waiting as a reward! Get set, ready, go! Class will be taught in the Computer Lab.

Community Learning Center
 Fee: \$30.00(R)/\$45.00(N)
 Days: Tu Jun 03 -Jun 24
 149124 3:00PM-4:30PM
 Classes: 4

Karate-Shotokan-Teens

Age: 12Y-17Y
Instructor: **Sue Miller**
 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 41 years in Karate and holds the rank of 7th degree black belt. She will be assisted by Nobu Kaji, 7th degree black belt. Joseph A. Fernekes Recreation Bldg.

Fee: \$94.00(R)/\$109.00(N)
 Days: Tu, Th Jun 03 -Aug 21
 149489 6:30PM-7:30PM
 Classes: 24

Sewing for Teens

Age: 13Y-18Y
Instructor: **Judy Barretto**
 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. Please speak to the instructor for recommendation of a sewing machine if you are interested in purchasing one. A supply fee of \$29.00 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 Barretto has many years of experience in teaching sewing, Hawaiian Quilting & appliqueing, and including a large variety of handicrafts.

MSB/William M. Belloni Family Room
 Fee: \$110.00(R) /\$125.00(N)
 Days: M Jun 02 -Aug 04
 150177 11:30AM-1:30PM
 Classes: 10

Adult/Teen Classes

Aikido-Adult Beginners

Age: 14Y and up
Instructor: **Masatoshi Morita**
 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

NEW

Tween Teen Sewing

Age: 9Y-13Y
Instructor: **Judy Barretto**
 Very basic sewing. Learn how to use a sewing machine and create super quick projects. Each week you will be making a new item and learning new sewing techniques. Bigger projects will take more than one week to complete. A supply fee of \$35 is payable to the instructor at the first class to cover basic notions and patterns. The advantage of bringing your own sewing machine is to accomplish more and getting your projects done quicker. Otherwise, class sewing machines must be shared with everyone. Please contact instructor for recommendation of a sewing machine if you are interested in purchasing one. Judy Barretto has many years of experience in teaching sewing, Hawaiian Quilting & appliqueing, and including a large variety of handicrafts. MSB/William M. Belloni Family Room

San Francisco. For information, call 650 872-2968. Instructors: Masatoshi Morita and Eric Takechi.

Aikido Studio

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

Days: M, W, F Jun 02 -Jun 27

148909 10:00AM-11:00AM

Classes: 12

Days: Tu-Th Jun 03 -Jun 26

148911 7:10PM-8:00PM

Classes: 12

Days: M, W, F Jun 30 -Jul 25

148910 10:00AM-11:00AM

Classes: 12

Days: Tu-Th Jul 01 -Jul 24

148912 7:10PM-8:00PM

Classes: 12

Days: Tu-Th Jul 29 -Aug 21

150620 7:10PM-8:00PM

Classes: 12

Days: M, W, F Aug 04 -Aug 29

150619 10:00AM-11:00AM

Classes: 12

Aikido for Women-Beginners

Age: 14Y and up

Instructor: Sue Gorte

Aikido is a Japanese martial art which uses techniques that emphasize redirecting the energy and force of an assailant's attack in order to subdue him or her. The techniques do not rely on physical strength for effectiveness. Aikido is not used for aggressive purposes. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. 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.

Aikido Studio

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

Days: M Jun 02 -Jun 30

148915 7:10PM-8:00PM

Classes: 5

Days: M Jul 14 -Aug 11

148916 7:10PM-8:00PM

Classes: 5

Argentine Tango for Beginners

Age: 21Y and up

Instructor: Adrian Bermudez

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).

MSB/Social Hall

Fee: \$81.00(R) /\$96.00(N)

Days: W Jun 04 -Aug 20

148925 8:30PM-9:45PM

Classes: 12

Ballet For Teens & Adults I

Age: 13Y and up

Instructor: Maria Spremich

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.

MSB/Dance Studio

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

Days: Th Jun 26 -Aug 14

148991 6:00PM-7:15PM

Classes: 8

Ballet for Teens & Adults II & III

Age: 14Y and up

Instructor: Maria Spremich

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

MSB/Dance Studio

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

Days: Tu Jun 24 -Aug 12

148992 7:15PM-8:30PM

Classes: 8

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

Days: Th Jun 26 -Aug 14

148993 7:15PM-8:30PM

Classes: 8



Chen Taiji (Tai Chi) and Qigong for Beginners

Age: 16Y and up

Instructor: Anthony Cheung

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.

Terrabay/Poppy Room

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

Days: W Jun 11-Aug 20

149083 7:00PM-8:30PM

Classes: 11

Cooking Classes-All New for Summer!

Baking Basics-Fanciful Cupcakes

Age: 15Y and up

Instructor: Terri Dien

These aren't your average bake-sale cupcakes! This hands-on class will show you how to make miniature masterpieces to delight your friends and family. We'll learn recipes for different types of cake, fillings and frostings. A brief instruction on whimsical decorating and garnishing will help put these little lovelies over the top! Menu: Strawberry-Cheesecake Cupcakes, Piña Colada Cupcakes and the Minty Chocolate Cupcake. Supply Fee: \$15.00 payable to the instructor at 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 cofounder of a local startup company, Dear Martini, which produces cooking videos on for their YouTube channel: Dear Martini Kitchen.

MSB/Large Kitchen

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

Days: W Jun 18

148941 6:30PM-9:00PM

Classes: 1

Basic Cooking 101: Kick-start Your Cooking Skills

Age: 15Y and up

Instructor: Terri Dien

A 4-week intensive class designed to get up-and-coming new chefs ready to cook on their own. This hands-on class is ideal for college students, young adults just starting out on their own or career professionals who need a re-introduction. Each week, we will explore basic and essential cooking skills and build on them to increase confidence in the kitchen.

By the end of this 4-week class, you'll have the skills to make basic soups, sauces, eggs, vegetables, salads and basic meats. A \$30.00 supply fee is payable to the instructor at the first class.

MSB/Large Kitchen

Fee: \$72.00(R) /\$87.00(N)

Days: W Jul 02-Jul 23

149000 6:30PM-9:00PM

Classes: 4

Chinese Cuisine

Age: 15Y and up

Instructor: Terri Dien

This 3-week class we'll explore the ingredients, flavors and cooking methods of Chinese cuisine. By the end of this course, you'll have the confidence to make your favorite Chinese dishes at home! Recipes covered in class may include: wonton soup, Kung Pao chicken, black bean sauce, steamed fish, stir-fried veggies and more! A \$25 supply fee is payable to the instructor at the first class.

MSB/Large Kitchen

Fee: \$54.00(R) /\$69.00(N)

Days: W Aug 06-Aug 20

150623 6:30PM-9:00PM

Classes: 3

Cooking Basics-Fresh Pasta

Age: 15Y and up

Instructor: Terri Dien

Nothing is better than enjoying a bowl of fresh hand-made pasta! In this hands-on class, we'll make fresh pasta dough and roll it into various shapes. We'll also prepare simple sauces to pair with each. Menu: fresh pasta dough, easy colorings and flavors (saffron, spinach and tomato), fettuccini with tomato sauce, and farfalle (bow ties) in garlic, olive oil and herbs. A \$15.00 supply fee is payable to the instructor at the class meeting.

MSB/Large Kitchen

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

Days: W Jul 30

150622 6:30PM-9:00PM

Classes: 1

Dim Sum Party

Age: 15Y and up

Instructor: Terri Dien

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 \$15.00 supply fee is payable to the instructor at the class.

MSB/Large Kitchen

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

Days: W Jun 25

149651 6:30PM-9:00PM

Classes: 1

Fun With Fondue!

Age: 16Y and up

Instructor: Lisa Chan

Fondue isn't just cheese and chocolate. learn how to make a variety of fondue we will make chicken fondue, butterscotch fondue and more. Chef Lisa is a graduate of the California culinary academy Le Cordon Bleu and owner

of Delight by Lisa bakery in San Mateo. A class fee of \$15 is payable to the instructor at the beginning of the first class.

MSB/Large Kitchen

Fee: \$24.00(R) /\$39.00(N)

Days: Tu Jun 03 -Jun 10

150838 6:30PM-8:30PM

Classes: 2

Light & Healthy Cooking-Favorites from the Farmer's Market

Age: 15Y and up

Instructor: Terri Dien

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. Menu: new potato salad with mustard cream, spring garden vegetables and roasted salmon fillet with a lemon and herb pistou.

Supply Fee: \$15.00 payable to the instructor.

MSB/Large Kitchen

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

Days: W Jun 04

150621 6:30PM-9:00PM

Classes: 1

Party Plates

Age: 16Y and up

Instructor: Lisa Chan

In this class you will learn how to make simple but impressive hors d'oeuvres and how to plate them to look like a professional. Chef Lisa is a graduate of California Culinary Academy, Le Cordon Bleu and owner of Delights by Lisa bakery in San Mateo. A class fee of \$15 is payable to the instructor at the beginning of the first class

MSB/Large Kitchen

Fee: \$24.00(R) /\$39.00(N)

Days: Tu Aug 05 -Aug 12

150839 6:30PM-8:30PM

Classes: 2



Dyeing for Crafters

Age: 16Y and up

Instructor: Joy-Lily

We'll experiment with acid dyes for hot water, fiber-reactive dyes for cold water and natural dyes such as onion skins, brazilwood, eucalyptus leaves and indigo. You'll learn several shibori dyeing techniques like wrapping, stitching, clamping and the 'rope trick'. (Shibori is Japanese-style tie-dye). Experience dyeing fiber is not necessary for this class. A \$25 supply fee includes some white wool fleece or yarn and cotton yardage to dye. **No class:**

6/26, 7/3

MSB/William M. Belloni Family Room

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

Days: Th Jun 05 -Aug 7

149221 10:00AM-2:00PM

Classes: 8

Essential Oils

Age: 16Y and up

Instructor: Pamela Gradney

Take control of your own health and wellness using essential oils and take care of you and your family in a natural way. Learn how essential oils can relieve headaches, muscle aches, digestive upset, anxiety and many other common ailments. A \$2.00 supply fee is payable to the instructor at the class meeting.

MSB/William M. Belloni Family Room

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

Days: Tu Jul 08

149254 6:30PM-8:00PM

Classes: 1

Essential Oils for Cooking

Age: 16Y and up

Instructor: Pamela Gradney

Learn how to incorporate Essential Oils into your favorite recipes. See how you can liven up summer seasonal appetizers, snacks and drinks with natural and healing essential oils.

We will be tasting some recipes like guacamole with lime and cilantro essential oils, olive oil with basil, oregano, and rosemary. Come hungry and see how getting healthy never tasted so good! A \$2.00 supply fee is payable to the instructor at the class.

MSB/William M. Belloni Family Room

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

Days: Tu Jul 15

149255 6:30PM-8:00PM

Classes: 1

Exercise and Fitness

A.M. Fit N' Fun-Let's Get the Ball Rolling

Age: 18Y and up

Instructor: Ercie Santos

Want to explore new and fun ways to strengthen your core? This class introduces various exercise options, including tone, balance, cardio & stretch, incorporating the popular fitness ball a large, 45 to 75 cm, inflated ball. Exercises designed to condition the body's power center are highlighted, with emphasis placed on improving your spinal alignment and balance. So this summer, 'get the ball rolling' for innovative exercise fun!

(Participants must provide their own fitball to participate.) Ercie is ACE & ACSM certified and has taught exercise and dance classes for over 2 decades.

MSB/Dance Studio

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

Days: Tu Jun 03 -Jul 29

148871 9:30AM-10:30AM

Classes: 9



Absolutely Abs!

Age: 16Y and up

Instructor: Stephanie King

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. **No class: 6/17**

MSB/Social Hall

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

Days: Tu Jun 03 -Aug 19

148875 5:30PM-6:00PM

Classes: 11

Aerobics and Abs-Level II/III

Age: 15Y and up

Instructor: Lisa Forslund

Power charge your day with 30 minutes of aerobics followed by core and body weight exercises for the trunk and abdominals. Bring an exercise mat for floor work.

MSB/Marie Peterson

Fee: \$38.00(R) /\$53.00(N)

Days: M Jun 09 -Aug 11

148901 6:00PM-6:45PM

Classes: 10

Aerobics and Toning

Age: 15Y and up

Instructor: Lisa Forslund

Start your week with an overall body workout. This class includes aerobic activity, light weight training, abdominals, balance, and stretching. Bring an exercise mat and 2 to 5 pound weights. Class includes 20-25 minutes of aerobic activity. Lisa is certified by ACSM as a Group Exercise Leader and by ACE as a Group Fitness Instructor.

MSB/Marie Peterson

Fee: \$38.00(R) /\$53.00(N)

Days: M Jun 09 -Aug 11

148902 5:15PM-6:00PM

Classes: 10



Barre Above - Bender Barre Method

Age: 15Y and up

Instructor: Stephanie King

Bender Barre Method is a 'Barre None' approach to the popular Barre fitness classes infusing ballet, yoga, pilates, and strength conditioning, as well balance and control, all without the need for a ballet bar. This program is open to all levels with no dance experience necessary. The Bender Barre Method is based on applied functional movement and exercises

for the nondancer, with safety and technique a priority. This class will focus on movements that you would use in everyday life, such as reaching, twisting and bending. Every time we walk, a kinetic chain reaction takes place in our bodies. If we reach, twist, bend wrong or have an injury, that chain reaction is affected and as a result, your body won't function the way it was meant to. Join this great class and see the results! Bring water, mat and towel to class. Stephanie King is a certified Barre Above instructor.

MSB/Marie Peterson

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

Days: W Jun 04 -Aug 20

150863 7:30PM - 8:30PM

Classes: 12

Cardio N' Go

Age: 15Y and up

Instructor: Ercie Santos

Busy on Saturdays? This dynamic cardio class is for you. Includes a bonus, endurance-building and fat burning leg work segment. All levels welcome. Rev up your day and energize..5 minute warm up & 30 minute Cardio N' Go. **No class: 7/5**

MSB/Social Hall

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

Days: Sa Jun 07 -Jul 26

149064 9:30AM-10:05AM

Classes: 7

Cardio N'Go: Around the Globe

Age: 18Y and up

Instructor: Ercie Santos

Busy schedule? This dynamic, popular exercise class is for you. All levels are welcome. Start the summer travel season while enjoying an energizing cardio workout. You will revel in fabulous mixes of euro, latin, bollywood & retro moves as you...Cardio n'Go Around the Globe! Ercie is an experienced dancer having toured with several Bay Area and international dance companies. She is ACE & ACSM certified.

MSB/Social Hall
 Fee: \$34.00(R) /\$49.00(N)
 Days: W Jun 04 -Jul 30
 149067 6:15PM-7:00PM
 Classes: 9

Circuit Challenge with TRX

Age: 16Y and up
Instructor: Lizbeth Basila
 Join us for a total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. This class will strengthen, tone, and help you shed those pounds efficiently. TRX suspension training along with circuit training is challenging yet fun. Please bring 2 3-5lbs weights, exercise mat, and water to class. Liz is a personnel trainer, boot camp instructor and is TRX certified.

Terrabay/Iris Room
 Fee: \$60.00(R) /\$75.00(N)
 Days: Tu Jun 03 -Aug 19
 149096 6:00PM-7:00PM
 Classes: 12
 Fee: \$60.00(R) /\$75.00(N)
 Days: Th Jun 05 -Aug 21
 150847 6:00PM-7:00PM
 Classes: 12

Complete Body Workout-Level II/III

Age: 15Y and up
Instructor: Lisa Forslund
 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. Class includes 30-35 minutes of aerobic activity. Lisa is certified by ACSM as a Group Exercise Leader and by ACE as a Group Fitness Instructor.

MSB/Social Hall
 Fee: \$50.00(R) /\$65.00(N)
 Days: Th Jun 12 -Aug 14
 149114 6:00PM-7:00PM

Classes: 10
COMPLETE Combo: Cardio N'Go & Totally Toned

Age: 15Y and up
Instructor: Ercie Santos
 Combines energizing cardio, and resistance training featuring various techniques to achieve total fitness benefits. A complete workout that's dynamic, thorough and FUN-tastic! Bring a personal exercise mat and 2-8 pound hand weights (determined by your level of fitness). **No class: 7/5**

MSB/Social Hall
 Fee: \$43.00(R) /\$58.00(N)
 Days: Sa Jun 07 -Jul 26
 149120 9:30AM-10:45AM
 Classes: 7

Functional Fitness-Level III/Advanced

Age: 16Y and up
Instructor: Lisa Forslund
 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.

MSB/Social Hall
 Fee: \$38.00(R) /\$53.00(N)
 Days: W Jun 11 -Aug 13
 149330 5:15PM-6:00PM
 Classes: 10

HOT HULA fitness®

Age: 16Y and up
Instructor: Masina Misilagi
 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. **No class: 7/8**

MSB/Marie Peterson
 Fee: \$55.00(R) /\$70.00(N)
 Days: Tu Jun 03 -Aug 19
 149421 5:30PM-6:30PM
 Classes: 11

Interval-Kickboxing

Age: 18Y and up
Instructor: Stephanie King
 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.

MSB/Marie Peterson
 Fee: \$60.00(R) /\$75.00(N)
 Days: W Jun 04 -Aug 20
 149431 6:30PM-7:30PM
 Classes: 12

Pilates

Age: 16Y 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.

Days: M Jun 02 -Aug 18
 MSB/Social Hall
 Fee: \$45.00(R) /\$60.00(N)
 149802 5:15PM-6:00PM
 Classes: 12
 Fee: \$60.00(R) /\$75.00(N)
 149803 7:30PM-8:30PM
 Classes: 12

Piloxing (Pilates & Boxing Combo)

Age: 15Y and up
Instructor: Stephanie King

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.

Joseph A. Fernekas Recreation Bldg.
 Fee: \$42.00(R) /\$57.00(N)
 Days: Sa Jun 07 -Aug 16
 149809 9:00AM-9:50AM
 Classes: 10

Step & Sculpt for Beginners

Age: 18Y and up
Instructor: Stephanie King

'Step aerobics' is a dynamic program that is simple yet challenging. It involves stepping up

and down from a platform to the accompaniment of music. This is a super cardio workout that is also super low impact. Perfect for any level from beginner through advanced. (Not required to use the step. The same exercise routine can be executed without the step). Aerobic shoes and personal exercise mats required; Please bring towel and 2-3lb. weights to class. Individuals with prior knee conditions, or expectant mothers should consult a physician before attempting a STEP class.

MSB/Marie Peterson
 Fee: \$60.00(R) /\$75.00(N)
 Days: Th Jun 05 -Aug 21
 150233 6:00PM-7:00PM
 Classes: 12

Step, Dance, Box, Sculpt Combo

Age: 16Y and up
Instructor: Stephanie King

Here is taste of various movements that can be used to build endurance, strength, and balance. Class includes a cardio and core workout that is for all fitness levels, performed at your own pace and comfort zone. A varied workout using; Steps, Dance, Boxing, Sculpting and Pilates will encourage your body to burn more calories by activating a variety of muscles.

It will help maintain or improve mental and physical alertness. Bring the following to class; mat, towel, pillow (optional: as required) water, light/medium weights, aerobic shoes. Tubing will be provided. **No class: 6/17**

MSB/Social Hall
 Fee: \$41.00(R) /\$56.00(N)
 Days: Tu Jun 03 -Aug 19
 150236 6:45PM-7:30PM
 Classes: 11

Stretching and Flexibility

Age: 18Y and up
Instructor: Kevin Simmers

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.

MSB/Dance Studio
 Fee: \$30.00(R) /\$45.00(N)
 Days: Tu, Th Aug 19 -Sep 04
 150250 1:00PM-2:00PM
 Classes: 6



Tone & Stretch- All Levels

Age: 16Y and up
Instructor: Lisa Forslund

A non-aerobic total body workout to increase strength, balance and flexibility. Bring an exercise mat and weights.

MSB/Social Hall
 Fee: \$38.00(R) /\$53.00(N)
 Days: Th Jun 12 -Aug 14
 150516 5:15PM-6:00PM
 Classes: 10

Totally Toned

Age: 15Y and up
Instructor: Ercie Santos

A resistance training and toning workout, emphasis is placed on improving your spinal alignment, conditioning your core and balance training to achieve fitness benefits that have practical applications to life activities. We will use various techniques to define and strengthen the entire body. Bring a personal exercise mat and 2-8 pound hand weights (determined by your level of fitness). **No class: 7/5**

MSB/Social Hall
 Fee: \$27.00(R) /\$42.00(N)
 Days: Sa Jun 07 -Jul 26
 150524 10:00AM-10:45AM
 Classes: 7



Wednesday Walks-All Levels

Age: 13Y and up

Instructor: Lisa Forslund

Enjoy the fresh air and get moving this summer as we walk our city parks. First two class meetings will be at Alta Loma Park, at the picnic tables near the tennis court.

Alta Loma Park

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

Days: W Jun 11 -Aug 13

150568 4:00PM-5:00PM

Classes: 10

Zumba

Age: 15Y and up

Instructor: Adrian Bermudez,
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 and Adrian Bermudez are certified Zumba instructors. **No class: 6/17, 7/5**

Instructor: Adrian Bermudez

Terrabay/Gym

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

Days: M Jun 02 -Aug 18

150613 6:00PM-7:00PM

Classes: 12

Instructor: Stephanie King

MSB/Social Hall

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

Days: Tu Jun 03 -Aug 19

150610 6:00PM-6:45PM

Classes: 11

MSB/Marie Peterson

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

Days: W Jun 04 -Aug 20

150611 7:30PM-8:30PM

Classes: 12

Joseph A. Fernekes Recreation Bldg.

Fee: \$42.00(R) /\$57.00(N)

Days: Sa Jun 07 -Aug 16

150612 10:00AM-10:50AM

Classes: 10

Zumba-Day Time Class

New Days/Location for Summer!

Age: 16Y and up

Instructor: Stephanie King

Drop in class (no advance registration needed).

\$5.00 per class payable to the instructor at each class meeting (cash only please). No senior discount available.

MSB/Social Hall

Fee: \$5.00/\$5.00

Days: M, W Jun 02 -Aug 27

9:00AM-10:00AM

Classes: 13

Golf Lessons for All Levels

Age: 18Y and up

Instructor: Tommy Kim

The Cypress Golf Course & Learning Center (2001 Hillside Blvd., Colma) features a 9 hole public golf course and practice facility. 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 (\$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.

Cypress Golf Center

Fee: \$152.00(R) /\$167.00(N)

Days: Sa Jun 07 -Jun 28

149345 9:00AM-10:00AM

Classes: 4

Fee: \$152.00(R) /\$167.00(N)

Days: Sa Jul 12 -Aug 02

149346 9:00AM-10:00AM

Classes: 4

Fee: \$152.00(R) /\$167.00(N)

Days: Sa Aug 09 -Aug 30

149347 9:00AM-10:00AM

Classes: 4

Hawaiian & Tahitian Dance-Level I & II

Age: 13Y and up

Instructor: Millie Aranda

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

6/17

MSB/Social Hall

Level I

Fee: \$73.00(R) /\$88.00(N)

Days: Th Jun 05 -Aug 14

149394 7:30PM-8:45PM

Classes: 11

Level II

Fee: \$79.00(R) /\$94.00(N)

Days: Tu Jun 03 -Aug 12

149395 7:45PM-9:15PM

Classes: 10

Healing Foods for Your Best Health

Age: 15Y and up

Instructor: Nataliya Bryantsev

Join us in learning the latest news in the field of Holistic Nutrition and Lifestyle! Emphasis will be on whole, seasonal, organic, unprocessed, and local foods adaptable to individual tastes, needs, preferences, and metabolic tendency. Learn how nutrition can optimize blood sugar, hormonal balance, brain functioning, musculo-skeletal pain and other health conditions. You will learn how to enjoy high quality, diverse, and nutrient dense foods that provide the full range of beneficial nutrients helpful to promote health and support recovery and rejuvenation. Experience the taste of homemade sample snacks and explore whole food based recipes that you can try at home and share with your loved ones and friends. A \$5.00 supply fee is payable to the instructor at the first class. Nataliya Bryantsev, BS, Nutritional Consultant (NC), graduate of Bauman College, member of NANP, RYT500. <http://about.me/nataliyabryantsev>. **No class: 7/4**

MSB/William M. Belloni Family Room

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

Days: F Jun 06 -Aug 1

149403 11:00AM-12:30PM

Classes: 8

Ikebana (Japanese Flower Arranging)

Age: 18Y and up

Instructor: Lee Okumoto

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 work and the person appreciating it! You will learn basic Shoka and Free styles from a teacher from the Ikenobo School of Ikebana. Bring your own Japanese Ikebana style ceramic vase, pin frog (no smaller than #3 in size) and a flower or plant scissors. The teacher will supply you with the arrangement materials. A \$48 materials fee is payable to the instructor at the first class. **No class: 6/16**

MSB/William M. Belloni Family Room

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

Days: M Jun 02 -Jul 14

149427 7:00PM-9:00PM

Classes: 6

NEW

Jewelry Design-Introduction to Seed Beading

Age: 16Y and up

Instructor: Paula Andrews

Learn the simple seed bead weaves; an easy ladder stitch and a spiral rope stitch. You will make two attractive necklaces with several colors of seed beads. Combined with larger beads, you will create jewelry you'll be proud to wear! A \$15 supply fee is payable to the instructor at the first class.

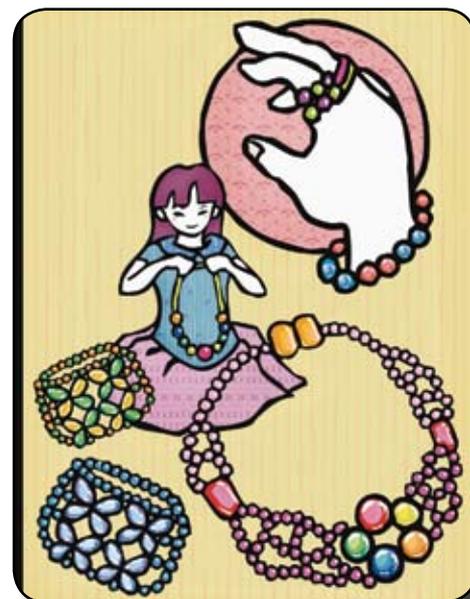
Terrabay/Iris Room

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

Days: Sa Jun 14 -Jun 21

150624 9:30AM-12:30PM

Classes: 2



Jewelry Design

Age: 16Y and up

Instructor: Paula Andrews

Explore your creativity by learning basic beading and jewelry design. This class will show students how to use jewelry components and stringing materials to produce fine, professional jewelry. Completion of two bracelets and two pairs of earrings in class will give students the ability to create more complex pieces in the future. Beading is not only relaxing and fun, but can also provide accessories to one's wardrobe at a fraction of the cost. A \$15 supply fee is payable to the instructor at the first class. Paula Andrews has taught jewelry design and beading throughout the peninsula and also developed a successful retail beading business in San Mateo.

MSB/William M. Belloni Family Room

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

Days: Tu Jun 03 -Jun 10

149462 6:30PM-9:30PM

Classes: 2

Karate Basics for Adults

Age: 18Y and up

Instructor: Nobu Kaji

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. No class: 7/5

Westborough/Activity Room

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

Days: Sa Jun 07 -Aug 16

149484 10:15AM-11:15AM

Classes: 10

Karate-Shotokan-Adult

Age: 18Y and up

Instructor: Sue Miller

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. Sensei Leroy Rodriques started this program in 1965. Sensei Sue Miller has studied 41 years in Karate and holds the rank of 7th degree black belt. She will be assisted by Nobu Kaji, 7th degree black belt.

Joseph A. Fernekas Recreation Bldg.

Fee: \$94.00(R) /\$109.00(N)

Days: Tu, Th Jun 03 -Aug 21

149485 7:30PM-8:30PM

Classes: 24

Kenpo-Eskrima for Teens/Adults

Age: 9Y and up

Instructor: Romeo Agloro, Jr.

Kenpo-Eskrima is a seamless blend of combat-proven Chinese and Filipino fighting arts which was created by this class' instructor. It

is a complete personal defense system that trains the student in the use of empty hands, cane, knife or any improvised weapon in a simple, effective system for unarmed combat with both offensive and defensive applications. The class includes meditation, cardio & strengthening warm-ups, stretching, motor skills enhancement and practical applications practice. Historical and cultural aspects are also included. 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 Criswell, 3rd degree Black Belt.

Westborough Bldg/Activity Room

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

Days: M, W Jun 02 -Aug 20

Beginners

Age: 13Y and up

149497 8:00PM-9:00PM

Intermediate

Age: 9Y and up

149496 7:00PM-8:00PM

Classes: 24



Knitting for Beginners & Intermediates

Age: 18Y and up

Instructor: Victoria Gavidia

Beginners: Learn basic knitting techniques,

how to read patterns and yarn labels and how to use double-pointed needles. Everyone: We will be making fingerless mitts with or without beads. Join in on the fun and interactive environment. Please bring your own knitting tools. \$10 supply fee payable to the instructor. Victoria Gavidia learned how to knit and crochet from her grandmother when she was 12 years old. She loves to knit and enjoys teaching others.

MSB/William M. Belloni Family Room

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

Days: Th Jun 19 -Aug 07

149548 7:00PM-9:00PM

Classes: 8

Mexican Folklorico Dance-Advanced

Age: 16Y and up

Instructor: Martin Cruz

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 this 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 S.S.F.H.S. and is the Artistic Director of Ballet Folklorico Alma de Mexico of S.S.F.H.S. & Community. Mr. Cruz is also Artistic Director of various Bay Area folklorico groups & has extensive experience in choreography and in staging performances. Mrs. Martinelli is a veteran teacher of SSF High School. She is the folklorico dance teacher of the Beginning-Advanced class in the high school Performing Arts Department & the General Director of Ballet Folklorico Alma de Mexico.

Terrabay/Poppy Room

Fee: \$131.00(R) /\$146.00(N)

Days: M, Th Jun 09 -Aug 28

149734 8:00PM-10:00PM

Classes: 24

Private Piano Lessons

Age: 7Y and up

Instructor: Sandra Pobe

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. MSB/ Butterfly Room

Fee: \$198.00(R) /\$213.00(N)

Days: M Jun 02 -Aug 18

149983 7:00PM-7:30PM

149984 7:30PM-8:00PM

149985 8:00PM-8:30PM

Classes: 12

Fee: \$198.00(R) /\$213.00(N)

Days: Tu Jun 03 -Aug 19

149987 7:00PM-7:30PM

149988 7:30PM-8:00PM

149989 8:00PM-8:30PM

Classes: 12

Mixed Levels

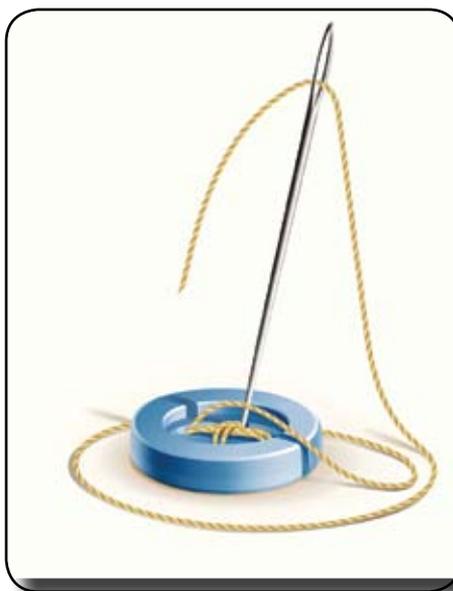
MSB/Social Hall

Fee: \$81.00(R) /\$96.00(N)

Days: W Jun 04 -Aug 20

150841 7:15PM-8:30PM

Classes: 12



Sewing-Beginners

Age: 14Y and up

Instructor: Judy Barretto

This class is ideal if you want to learn how to operate a sewing machine; learn how to complete projects quickly with a shortcut method, stitch a straight seam, make button holes, sew on buttons, install zippers, set in sleeves, hemming, piping application, sew on collars, pull up pants with invisible pockets, set in elastics, pattern alterations, and more. Also perfect for men who are tired of spending money to have pants hemmed or buttons sewn on. Each session offers different projects and class may be repeated endlessly to learn more techniques. A \$29.00 supply fee is payable to instructor at first class. Some notions may be purchase in class for your convenience. Students must bring their own sewing machine to class. Judy Barretto has many years of experience teaching sewing, Hawaiian Quilting & appliqueing, and including a large variety of handicrafts. **No**

class: 7/5

MSB/William M. Belloni Family Room

Fee: \$121.00(R) /\$136.00(N)

Days: Sa Jun 07 -Aug 23

150175 9:00AM-11:00AM

Classes: 12

Sewing-Advanced

Age: 17Y and up

Instructor: Judy Barretto

Have fun changing pattern pieces around to design your own outfits and more. This class may be repeated to learn more techniques. You will learn how to line basic garments, making reversible basic outfits, and working with knits or various types of fabrics. Prerequisite: must have taken Beginning Sewing at least four times with the knowledge of working with patterns and various alteration techniques to enroll in this class. A \$25.00 supply fee is payable to the instructor at first class. Some notions may be purchased in class for your convenience. Students must bring their own sewing machines to class. **No class: 7/5**

MSB/William M. Belloni Family Room

Fee: \$121.00(R) /\$136.00(N)

Days: Sa Jun 07 -Aug 23

150173 11:30AM-1:30PM

Classes: 11

Tai Chi Chuan-Beginners

Age: 15Y and up

Instructor: Gene Thomas

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.

Westborough Bldg/Activity Room

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

Days: Tu Jun 10 -Aug 12

150303 7:30PM-8:30PM

Classes: 10

Salsa Dance

Age: 15Y and up

Instructor: Adrian Bermudez

This is a class designed for students to learn the most basic rhythms and step patterns as a foundation to dancing with partners in a synchronized fashion. By the end of the course, you will be dancing at an intermediate level. Leaders will develop the skill to lead their partners into a variety of turns and passes, while the followers will be able to follow many complicated step patterns. Now remember, the better your skill becomes, the more fun you will have!

Terrabay/Gym

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

Days: M Jun 02 -Aug 18

Beginners

150096 7:00PM-8:00PM

Intermediate

150097 8:00PM-9:00PM

Classes: 12

Tai Chi Chuan-Intermediate

Age: 15Y and up

Instructor: Gene Thomas

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.

Westborough Bldg/Activity Room

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

Days: Tu Jun 10 -Aug 12

150305 8:30PM-9:30PM

Classes: 10

Tai Chi Chuan for Women

Age: 18Y and up

Instructor: Elliotte Mao

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 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. **No class: 7/4**

MSB/Marie Peterson

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

Days: F Jun 13 -Aug 22

Level I

150307 9:30AM-10:30AM

Level II

150308 10:30AM-11:30AM

Classes: 10

Tap Dance for Adults

Age: 16Y and up

Instructor: Carol Costakis

Have you always wanted to dance like Fred or Ginger? It's never too late to start. Come join the fun, from the basic shuffle and flap to advanced rhythms. Carol Costakis is an experienced and enthusiastic instructor. **No class: 8/5**

MSB/Marie Peterson

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

Days: Tu Jun 03 -Aug 19

Intro/Level I

150318 6:45PM-7:25PM

Level II

150319 8:15PM-8:55PM

Level III

150320 7:30PM-8:10PM

Classes: 11

NEW

T-Shirt Quilting

Age: 13Y and up

Instructor: Judy Barretto

Do you have many t-shirts that you no longer wear and would not want to part with? You can make them into a quilt that brings back memories. This is super easy to make, and all you need to do is to piece them together in your own design and add a backing. A supply fee of \$10.00 is payable to the instructor at the first class to cover basic supplies. Some notions may be purchased in class for your convenience. Please contact instructor for recommendation of a sewing machine if you are interested in purchasing one. Judy Barretto has many years of experience in teaching sewing, Hawaiian Quilting & appliqueing, and including a large variety of handicrafts.

MSB/William M. Belloni Family Room

Fee: \$56.00(R) /\$71.00(N)

Days: M Jun 02 -Jun 30

150618 2:00PM-4:00PM

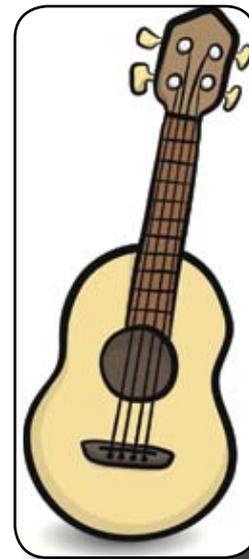
Classes: 5

Ukulele Music Classes

Age: 10Y and up

Instructor: Sil Castillo

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. A \$5.00 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.

MSB/Butterfly Room

Fee: \$56.00(R) /\$71.00(N)

Days: Th Jun 05 -Aug 14

Beginners

150541 6:30PM-7:30PM

Intermediate

150542 7:30PM-8:30PM

Classes: 10

Restorative Yoga: Breathing (Pranayama) & Deep Relaxation

Age: 15Y and up

Instructor: Nataliya Bryantsev

The class begins with gentle warm up movements followed by various breathing exercises. Pranayama (Yogic Breathing) is practiced in a slow and rhythmic pattern and provides

many benefits to the body: it relaxes heart and internal organs, lowers blood pressure, calms the nerves, improves blood oxygenation and circulation, strengthens immune system, removes toxins and extra weight, and improves concentration and memory. The class continues with Meditation to further quiet the nervous system, mind and senses, in order to experience the sensation of deep inner peace and well being. Please, bring your mat, blanket and/or meditation pillow and an eye sleeping mask. Nataliya is a Registered Yoga Teacher, RYT500. No class: 7/5

Terrabay/Poppy Room

Fee: \$88.00(R) /\$103.00(N)

Days: Sa Jun 07 -Aug 23

150085 9:15AM-10:45AM

Classes: 11

Yoga-Beginning & Intermediate

Age: 15Y and up

Instructor: Don Amini

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

Westborough/Activity Room

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

Days: M Jun 02 -Aug 18

150592 10:00AM-11:30AM

Classes: 12

Days: Th Jun 05 -Aug 21

150593 7:30PM-9:00PM

Classes: 12

Yoga (Iyengar) Mixed Level

Age: 15Y and up

Instructor: Vicki Engel

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.

MSB/Marie Peterson

Fee: \$81.00(R) /\$96.00(N)

Days: M Jun 02 -Aug 18

150590 7:15PM-8:30PM

Classes: 12

products to class. Sign up for the Combo Class and save money! Nataliya Bryantsev is a Registered Yoga Teacher & Yoga Therapist, RYT500. <http://about.me/nataliyabryantsev>. No class: 7/4

MSB/Dance Studio

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

Days: W Jun 04 -Aug 20

150603 9:15AM-10:45AM

Fee: \$88.00(R) /\$103.00(N)

Days: F Jun 06 -Aug 22

150604 9:15AM-10:45AM

Classes: 11

Combo Class-2 days/week

Fee: \$147.00(R) /\$162.00(N)

Days: W,F Jun 02 -Aug 22

150605 9:15AM-10:45AM

Classes: 23

Yoga Hatha Flow: Beginning & Intermediate Levels

Age: 15Y and up

Instructor: Nataliya Bryantsev

Yoga improves vitality and health and transforms the quality of life. The class will emphasize proper alignment, medium holding time for asanas, and the deeply relaxing process of withdrawing the senses to reduce stress, anxiety and reawaken the inner energies. Please bring a yoga mat, towel, water bottle, an eye sleeping mask and a strap/belt (optional) to class. Please do not wear perfumes or scented



CPR and First Aid Classes

Heartsaver First Aid (Pediatric and Adult Classes)

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

■ Pediatric CPR and AED Class:

Saturday, March 29 8:30 am - 5:00 p.m.

Saturday, May 10 8:30 am - 5:00 p.m.

■ Adult CPR and AED Class:

Saturday, April 19 8:30 am - 5:00 p.m.

Saturday, May 17 8:30 am - 5:00 p.m.

Basic Life Support for Health Care Providers

The American Heart Association BLS for Health Care Provider course is designed to meet the requirements for people who are required to have the BLS HCP for their employment or who want the full encompassing course which covers infant, pediatric, and adult CPR with choking. Class dates: Saturday, January 25 or Saturday, March 8 from 8:30 am-5:00 pm.

Pre-registration is required for these classes. Purchase of a book may be required for some courses. Book can be obtained at the time of registration. Classes are located at the EOC/ Classroom, Station 61, 480 North Canal, SSF. This course is EMSA approved. Register in person at Fire Administration, 480 North Canal and bring proof of residency. The fee for residents is \$20.00 (covers cost of class materials). Non-resident fee is \$80.00. Classes are limited to the first 12 people. For questions, call 829-3950.



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).



Tennis Classes

Tennis: Private Lessons

Age: 8Y and up

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

Instructor: Jaime Pagmanua

Orange Park-Tennis Court 5

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

Days: Sa Jun 21 -Jul 26

150371 9:00AM-9:30AM

150372 9:30AM-10:00AM

150373 10:00AM-10:30AM

150374 10:30AM-11:00AM

150375 11:00AM-11:30AM

150376 11:30AM-12:00PM

150377 12:00PM-12:30PM

150378 12:30PM-1:00PM

150379 1:00PM-1:30PM

150380 1:30PM-2:00PM

Classes: 6

Terrabay Gymnasium and Recreation Center-

Terrabay Tennis Court #2

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

Days: Su Jun 22 -Jul 27

150428 8:30AM-9:00AM

150429 9:00AM-9:30AM

150430 9:30AM-10:00AM

150431 10:00AM-10:30AM

150432 10:30AM-11:00AM

150433 11:00AM-11:30AM

150434 11:30AM-12:00PM

Classes: 6

Instructor: Jeff Inocencio

Terrabay Gymnasium and Recreation Center-

Terrabay Tennis Court #2

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

Days: Tu Jun 17 -Jul 22

150444 5:00PM-5:30PM

150445 5:30PM-6:00PM

150446 6:00PM-6:30PM

150447 6:30PM-7:00PM

150448 7:00PM-7:30PM

150449 7:30PM-8:00PM

150450 8:00PM-8:30PM

150451 8:30PM-9:00PM

Classes: 6

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

Days: W Jun 18 -Jul 23

150452 5:00PM-5:30PM

150453 5:30PM-6:00PM

150454 6:00PM-6:30PM

150455 6:30PM-7:00PM

150456 7:00PM-7:30PM

150457 7:30PM-8:00PM

150458 8:00PM-8:30PM

Classes: 6

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

Days: Th Jun 19 -Jul 24

150466 5:00PM-5:30PM

150467 5:30PM-6:00PM

150468 6:00PM-6:30PM

150469 6:30PM-7:00PM

150470 7:00PM-7:30PM

150471 7:30PM-8:00PM

150472 8:00PM-8:30PM

150473 8:30PM-9:00PM

Classes: 6

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

Days: Sa Jun 21 -Jul 26

150474 9:00AM-9:30AM

150475 9:30AM-10:00AM

150476 10:00AM-10:30AM

150477 10:30AM-11:00AM

150478 12:30PM-1:00PM

150479 1:00PM-1:30PM

Classes: 6

Tennis-Private

Hour Long Classes

Age: 8Y and up

Instructor: Jeff Inocencio

One hour long classes for the tennis enthusiasts!

Terrabay Gymnasium and Recreation Center-
Terrabay Tennis Court #2

Fee: \$202.00(R) /\$217.00(N)

Days: M Jun 16 -Jul 21

150354 5:00PM-6:00PM

150355 6:00PM-7:00PM

Classes: 6

Orange Park-Tennis Court 5

Fee: \$202.00(R) /\$217.00(N)

Days: Su Jun 22 -Jul 27

150359 10:00AM-11:00AM

150360 11:00AM-12:00PM

150361 12:00PM-1:00PM

Classes: 6

Tennis – Semi-Private

Ages: 8Y and up

Instructors: Jeff Inocencio and Jaime Pagmanua

Semi Private Tennis Classes have only two students per instructor. Participants must register as a pair and the fee is per person. ***Please note-Students may select a private lesson time slot and enroll two students. On-line registration for semi-private is not available.

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

Classes: 6

Jeff – Terrabay: Monday-Saturday

Orange Park: Sundays

Jaime – Orange Park: Monday-Saturday

Terrabay: Sundays

Tennis-Pee Wee

Age: 5Y-7Y

Instructor: Jeff Inocencio

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

Terrabay Gymnasium and Recreation Center-
Terrabay Tennis Court #2

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

Days: Sa Jun 21 -Jul 26

150351 11:00AM-12:00PM

Classes: 6

Youth & Adult Sports

Junior Giants

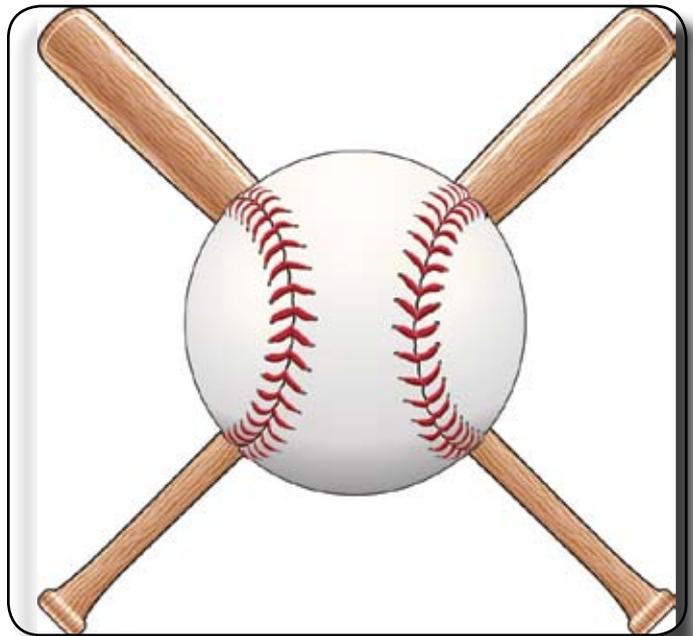
South San Francisco Parks and Recreation Department is offering the Junior Giants program this summer. Junior Giants is a great opportunity for boys and girls 8 – 13 years old to learn the skills of baseball in a non-competitive and fun format. Participants attend one practice per week and play games 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 28 /go to www.jrgiants.org to create an account and sign up.

Walk-in Registration will be held on Saturday, May 3, 2014 from 1:00pm – 3:00pm at the Terrabay Gymnasium and Recreation Center.



Baseball Camp

Ages: 13-19 years old

Days: Monday & Tuesday

Dates: June 9th - August 5th

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

Location: Orange Park, Bob Brian Field

In its sixth 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 (SSFHS Coach). Sign ups will be taken at the field. For more information, please call (650) 829-4680.

Open Gym Program - Terrabay Gymnasium and Recreation Center

The schedule is as follows during the Summer:

Saturday Open Gym Basketball
(17 and under) 12:00 pm to 3:00 pm
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

Adult and Junior Badminton Program

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

Days: Monday and Wednesday
Location: SSFHS small gym
Time: 7:00 pm to 10:00 pm
Fee: Juniors (17 & under) - \$4.00
Adults (18 & over) - \$5.00
Seniors (55 & over) - \$4.00

Summer Adult Softball League

Team slow pitch softball will begin league play in July, 2014. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

League website: www.quickcores.com/ssf



Summer Adult Basketball League

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in "D-1", "D-2" & "D-3" classifications beginning in May 2014. Roster packets and information are available upon request. Registration deadline is May 19, 2014. League fee is \$480.00 per team for a six game season. Call Terrabay Gymnasium and Recreation Center at 650-829-4680

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 7/31/14)

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

Registration Dates: TBA

Fee: \$85.00, \$95.00 after July 1st, 2014
(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

Aquatics

Swim Schedule

•There are no classes on Friday July 4 and Saturday July 5th due to the Independence Day Holiday.

Recreation Swim/Sauna

Adult Recreation and Sauna (18 Years and Older)
10:00 am - 12:30 pm
Monday thru Friday
7:30 pm - 9:30 pm Tuesday

Open Recreation (All Ages)

12:35 pm – 2:00 pm Monday, Wednesday,
Friday (June 9 – August 1, 2014)
1:30 pm-3:00 pm Monday, Wednesday, Friday
(August 4 – 8, 2014)
7:00 pm – 9:00 pm Friday
1:30 pm - 3:00 pm Saturday

Fees:

Children-\$4.25
Adults-\$5.25
Senior Discounts available - inquire at Orange Pool
Family Nite-Friday night only \$5.25 per family
(adult must accompany family into the pool)

Adult Lap Swimming (16 years and up)

5:30 am - 8:00 am Monday thru Friday

7:30 am - 9:00 am Saturday
Fees: Resident - \$48.00/month
Non-Resident - \$56.00/month
10-punch card - \$39.00
Daily - \$5.25

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 \$155 for 30 participants or less, \$175 for 31-60 participants, and \$195 for 61-100 participants. Non residents pay an additional \$20.00. A \$40.00 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.

Infant/Preschool

Level I - Infants (4 mos. - 17 mos.)

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: \$47.00(R)/\$62.00(N)
Days: Tu Jun 10 -Jul 29
150637 6:30PM-7:00PM
Classes: 8
Days: Sa Jun 14 -Aug 09
150638 10:00AM - 10:30AM
Classes: 8

Level II - Toddler (18 mos. - 35 mos.)

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: \$47.00(R)/\$62.00(N)
Days: Tu Jun 10 -Jul 29
150665 7:00PM-7:30PM
Classes: 8
Days: Th Jun 12 -Aug 07
150666 7:00PM-7:30PM
Classes: 8
Fee: \$47.00(R)/\$62.00(N)
Days: Sa Jun 14 -Aug 09
150667 9:00AM-9:30AM
150668 10:30AM - 11:00AM
Classes: 8

Level III - Pre-School (3 - 4 years)

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: \$47.00(R)/\$62.00(N)
Days: M Jun 09 -Jul 28
150693 6:30PM-7:00PM
150694 7:00PM-7:30PM
Classes: 8
Days: Th Jun 12 -Aug 07
150695 6:30PM-7:00PM
Classes: 8
Days: Sa Jun 14 -Aug 09
150696 9:30AM - 10:00AM
150697 11:00AM - 11:30AM
150698 11:30AM - 12:00PM
Classes: 8



Child

Level I/II-Sandfleas

Age: 5Y - 15Y

This class is intended for the first time student and for those students unable to float on their stomach or back.

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

Days: M

150655 6:30PM-7:00PM

150656 7:00PM-7:30PM

150657 7:30PM-8:00PM

Classes: 8

Days: W Jun 11 -Jul 30

150658 6:30PM-7:00PM

150659 7:00PM-7:30PM

150660 7:30PM-8:00PM

Classes: 8

Days: Th Jun 12 -Aug 07

150661 6:30PM-7:00PM

150662 7:00PM-7:30PM

Classes: 8

Days: Sa Jun 14 -Aug 09

150639 9:00AM-9:30AM

150640 9:30AM -10:00AM

150641 10:00AM - 10:30AM

150642 10:30AM - 11:00AM

Classes: 8

Days: M-F Jun 09 -Jun 20

150643 8:30AM-9:00AM

150644 9:00AM-9:30AM

150645 9:30AM - 10:00AM

Classes: 10

Days: M-F Jun 23 -Jul 03

150646 8:30AM-9:00AM

150647 9:00AM-9:30AM

150648 9:30AM - 10:00AM

Classes: 9

Days: M-F Jul 07 -Jul 18

150649 8:30AM-9:00AM

150650 9:00AM-9:30AM

150651 9:30AM - 10:00AM

Classes: 10

Days: M-F Jul 21 -Aug 01

150652 8:30AM-9:00AM

150653 9:00AM-9:30AM

150654 9:30AM - 10:00AM

Classes: 10

Level III - Beginners

Age: 5Y - 15Y

Prerequisites: Floating on both stomach and back for 5 seconds, kicking, and crawl stroke on stomach and back 5 yards.

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

Days: M Jun 09 -Jul 28

150670 6:30PM-7:00PM

150671 7:00PM-7:30PM

150672 7:30PM-8:00PM

Classes: 8

Days: W Jun 11 -Jul 30

150673 6:30PM-7:00PM

150674 7:00PM-7:30PM

150675 7:30PM-8:00PM

Classes: 8

Days: Th Jun 12 -Aug 07

150676 6:30PM-7:00PM

150677 7:00PM-7:30PM

Classes: 8

Days: Sa Jun 14 -Aug 09

150678 9:30AM - 10:00AM

150679 10:00AM - 10:30AM

150680 10:30AM - 11:00AM

150842 9:00AM-9:30AM

Classes: 8

Days: M-F Jun 09 -Jun 20

150681 8:30AM-9:00AM

150682 9:00AM-9:30AM

150683 9:30AM - 10:00AM

Classes: 10

Days: M-F Jun 23 -Jul 03

150684 8:30AM-9:00AM

150685 9:00AM-9:30AM

150686 9:30AM - 10:00AM

Classes: 9

Days: M-F Jul 07 -Jul 18

150687 8:30AM-9:00AM

150688 9:00AM-9:30AM
 150689 9:30AM - 10:00AM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150690 8:30AM-9:00AM
 150691 9:00AM-9:30AM
 1506929:30AM - 10:00AM
 Classes: 10

Level IV - 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.
 Fee: \$47.00(R)/\$62.00(N)
 Days: M Jun 09 -Jul 28
 150700 6:30PM-7:00PM
 150701 7:00PM-7:30PM
 150702 7:30PM-8:00PM
 Classes: 8
 Days: W Jun 11 -Jul 30
 150703 6:30PM-7:00PM
 150704 7:00PM-7:30PM
 150705 7:30PM-8:00PM
 Classes: 8
 Days: Th Jun 12 -Aug 07
 150706 6:30PM-7:00PM
 150707 7:00PM-7:30PM
 Classes: 8
 Days: Sa Jun 14 -Aug 09
 150843 9:00AM-9:30AM
 150844 9:30AM - 10:00AM
 150845 10:00AM - 10:30AM
 150846 10:30AM - 11:00AM
 Classes: 8
 Days: M-F Jun 09 -Jun 20
 150708 8:30AM-9:00AM
 150709 9:00AM-9:30AM
 150710 9:30AM - 10:00AM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150711 8:30AM-9:00AM
 150712 9:00AM-9:30AM
 150713 9:30AM - 10:00AM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150714 8:30AM-9:00AM
 150715 9:00AM-9:30AM
 150716 9:30AM - 10:00AM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150717 8:30AM-9:00AM
 150718 9:00AM-9:30AM

150719 9:30AM - 10:00AM
 Classes: 10

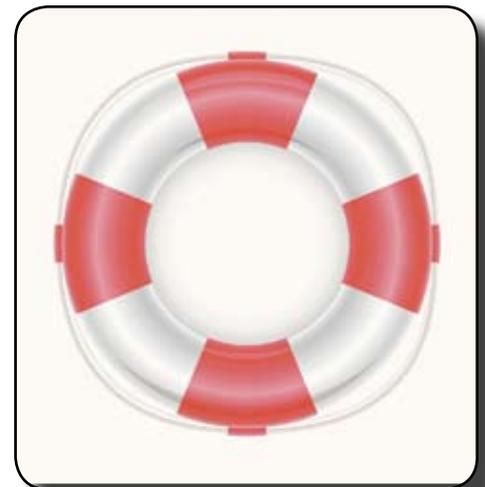
Level V - Intermediates

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.
 Fee: \$47.00(R)/\$62.00(N)
 Days: M Jun 09 -Jul 28
 150720 7:00PM-7:30PM
 Classes: 8
 Days: W Jun 11 -Jul 30
 150721 7:00PM-7:30PM
 Classes: 8
 Days: Th Jun 12 -Jul 31
 149623 6:30PM-7:00PM
 Classes: 8
 Days: Sa Jun 14 -Aug 09
 150722 9:00AM-9:30AM
 150723 10:00AM - 10:30AM
 Classes: 8
 Days: M-F Jun 09 -Jun 20
 150724 8:30AM-9:00AM
 150725 9:30AM - 10:00AM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150726 8:30AM-9:00AM
 150727 9:30AM - 10:00AM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150728 8:30AM-9:00AM
 150729 9:30AM - 10:00AM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150730 8:30AM-9:00AM
 150731 9:30AM - 10:00AM
 Classes: 10

Level VI - 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 minute.
 Fee: \$47.00(R)/\$62.00(N)
 Days: M Jun 09 -Jul 28
 150732 6:30PM-7:00PM
 Classes: 8
 Days: W Jun 11 -Jul 30
 150733 6:30PM-7:00PM

Classes: 8
 Days: Th Jun 12 -Jul 31
 149628 7:00PM-7:30PM
 Classes: 8
 Days: Sa Jun 14 -Aug 09
 150734 9:30AM - 10:00AM
 150735 10:30AM - 11:00AM
 Classes: 8
 Days: M-F Jun 09 -Jun 20
 150736 9:00AM-9:30AM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150737 9:00AM-9:30AM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150738 9:00AM-9:30AM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150739 9:00AM-9:30AM
 Classes: 10



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: \$.00
 Days: M-F Jun 09 -Jun 20
 150832 8:30AM - 10:00AM
 Classes: 10
 Days: M-F Jun 23 -Jul 03

150833 8:30AM - 10:00AM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150834 8:30AM - 10:00AM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150835 8:30AM - 10:00AM
 Classes: 10
 Days: Sa Jun 14 -Aug 02
 150831 9:00AM - 11:00AM
 Classes: 8



Semi Private

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

(Age: 5Y and up)
 Fee: \$92.00(R)/\$107.00(N)

Semi Private, Level I/II - Sandfleas

Days: M-F Jun 09 -Jun 20
 150755 2:15PM-2:45PM
 150756 2:45PM-3:15PM
 150757 3:15PM-3:45PM
 150758 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150759 2:15PM-2:45PM
 150760 2:45PM-3:15PM
 150761 3:15PM-3:45PM
 150762 3:45PM-4:15PM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150763 2:15PM-2:45PM
 150764 2:45PM-3:15PM
 150765 3:15PM-3:45PM
 150766 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150767 2:15PM-2:45PM

150768 2:45PM-3:15PM
 150769 3:15PM-3:45PM
 150770 3:45PM-4:15PM
 Classes: 10
 Days: Sa Jun 14 -Aug 09
 150104 11:00AM - 11:30AM
 150105 11:30AM - 12:00PM
 150106 12:00PM - 12:30PM
 150107 12:30PM-1:00PM
 Classes: 8

Semi Private, Level III - Beginners

Days: M-F Jun 09 -Jun 20
 150775 2:15PM-2:45PM
 150776 2:45PM-3:15PM
 150777 3:15PM-3:45PM
 150778 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150779 2:15PM-2:45PM
 150780 2:45PM-3:15PM
 150781 3:15PM-3:45PM
 150782 3:45PM-4:15PM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150783 2:15PM-2:45PM
 150784 2:45PM-3:15PM
 150785 3:15PM-3:45PM
 150786 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150787 2:15PM-2:45PM
 150788 2:45PM-3:15PM
 150789 3:15PM-3:45PM
 150790 3:45PM-4:15PM
 Classes: 10
 Days: Sa Jun 14 -Aug 09
 150771 11:00AM - 11:30AM
 150772 11:30AM - 12:00PM
 150773 12:00PM - 12:30PM
 150774 12:30PM-1:00PM
 Classes: 8

Semi Private, Level IV - Advance Beg.

Days: M-F Jun 09 -Jun 20
 150795 2:15PM-2:45PM
 150796 2:45PM-3:15PM
 150797 3:15PM-3:45PM
 150798 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150799 2:15PM-2:45PM
 150800 2:45PM-3:15PM

150801 3:15PM-3:45PM
 150802 3:45PM-4:15PM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150803 2:15PM-2:45PM
 150804 2:45PM-3:15PM
 150805 3:15PM-3:45PM
 150806 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150807 2:15PM-2:45PM
 150808 2:45PM-3:15PM
 150809 3:15PM-3:45PM
 150810 3:45PM-4:15PM
 Classes: 10
 Days: Sa Jun 14 -Aug 09
 150791 11:00AM - 11:30AM
 150792 11:30AM - 12:00PM
 150793 12:00PM - 12:30PM
 150794 12:30PM-1:00PM
 Classes: 8

Semi Private, Level V - Intermediate

Days: M-F Jun 09 -Jun 20
 150815 2:15PM-2:45PM
 150816 2:45PM-3:15PM
 150817 3:15PM-3:45PM
 150818 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jun 23 -Jul 03
 150819 2:15PM-2:45PM
 150820 2:45PM-3:15PM
 150821 3:15PM-3:45PM
 150822 3:45PM-4:15PM
 Classes: 9
 Days: M-F Jul 07 -Jul 18
 150823 2:15PM-2:45PM
 150824 2:45PM-3:15PM
 150825 3:15PM-3:45PM
 150826 3:45PM-4:15PM
 Classes: 10
 Days: M-F Jul 21 -Aug 01
 150827 2:15PM-2:45PM
 150828 2:45PM-3:15PM
 150829 3:15PM-3:45PM
 150830 3:45PM-4:15PM
 Classes: 10
 Days: Sa Jun 14 -Aug 09
 150811 11:00AM - 11:30AM
 150812 11:30AM - 12:00PM
 150813 12:00PM - 12:30PM
 150814 12:30PM-1:00PM
 Classes: 8

Adults and Teens

Age: 16Y and up

Level I - Adult Basic Beginners

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

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

Days: Tu Jun 10 -Jul 29

150635 6:30PM-7:00PM

150636 7:00PM-7:30PM

Classes: 8

Level II - Adult Beginners

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

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

Days: Tu Jun 10 -Jul 29

150663 6:30PM-7:00PM

150664 7:00PM-7:30PM

Classes: 8

Level III - Adult Advanced Beginners

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

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

Days: Tu Jun 10 -Jul 29

150669 7:00PM-7:30PM

Classes: 8

Level IV - Adult Swimmer

Age: 16Y and up

Days: Tu Jun 10 -Jul 29

150699 6:30PM-7:00PM

Classes: 8

Classes: 8

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

Days: Tu, Th Jul 8 -Jul 31

150626 12:30PM-1:20PM

150628 1:20PM-2:10PM

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: \$31.00(R) /\$46.00(N)

Days: Tu, Th Jun 10 -Jul 08

150631 7:30PM-8:15PM

150632 8:15PM-9:00PM

Classes: 8

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

Days: Tu, Th Jul 8 -Jul 31

150633 7:30PM-8:15PM

150634 8:15PM-9:00PM

Classes: 8

Exercise and Fitness

Adult Aquatic Exercise

Age: 18Y and up

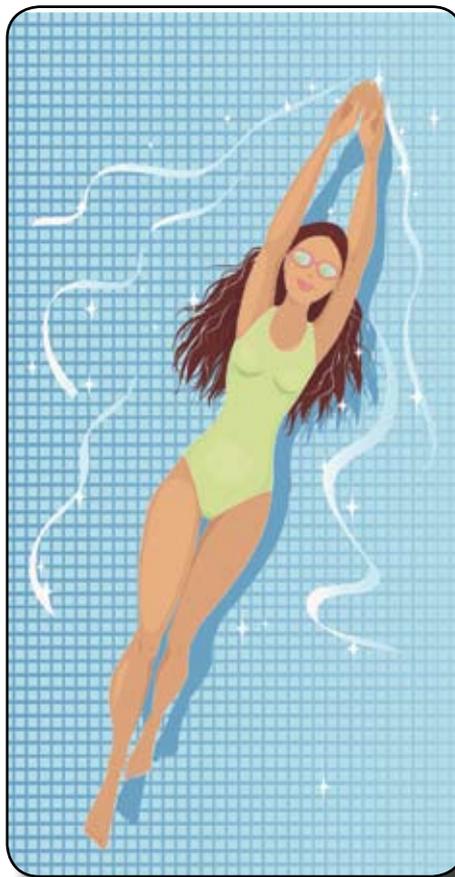
This program is a low intensity water aerobic class designed for those persons in need of therapeutic exercise. It is not necessary to have swimming ability. Participation is subject to the instructor's approval.

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

Days: Tu, Th Jun 10 -Jul 08

150625 12:30PM-1:20PM

150627 1:20PM-2:10PM



Senior Services

Magnolia Senior 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: \$53.00/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 \$5.00 for seniors over 60 and \$6.00 for those under 60. Advance reservations are highly encouraged.

For information, please call:

• Magnolia Senior Center at (650) 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, Medical, in-home supportive services and more. Bi-lingual assistance is available. To schedule an appointment or for further information call 1-800-381-8898.

Transportation

Transportation is available to the Magnolia nutrition site. Space permitted. For information call (650) 829-3820. A \$5.00 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. **2014 class dates are as follows:** May 19-20, Jul 21-22, Sept. 15-16, Nov. 17-18. 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.

Casino Trips

All trips depart from the Magnolia Center at 8:00am. You must be 21 years or older to participate. Registration form and payment must be received in advance. For more information about our Casino Trips, please contact the Magnolia Center at (650) 829-3820.

Senior Classes

MUNICIPAL SERVICES BUILDING	DAYS	TIME
Bead Stringing/Knotting	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
Stretching & Flexibility*	Tues & Thurs	1:00 – 2:00
Tai Chi (Beginners)	Mon	11:00-12:00
Tai Chi (Advanced Beginners)	Mon	10:30-11:00
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
Yoga	Thurs.	9:30-10:45
Yoga	Sat.	10:30-11:45

Refer to the SeniorCenter Newsletter available at the Magnolia Senior 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.

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.

Beautify the City / Donate a Tree

This program is sponsored by the Department of Parks and Recreation – Parks Division. Donating a tree is a great way to acknowledge a birthday, anniversary and a special person. The name of an individual or a group for whom a tree is donated is inscribed on a plaque in the Municipal Services Building lobby, 33 Arroyo Drive. Donated trees are planted within the City of South San Francisco park system. The Cost per tree is \$200.00. For more information contact 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 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.balletfolkloricssf.com

South San Francisco Aquatics Club
www.ssfswim.org

South San Francisco Italian American Citizen's Club
Cathy Welch (650)589-2875

SSF Friends of Parks & Recreation
(650)829-3827 (message)

Historical Society of South San Francisco
Ginny Tilton (650) 538-5498

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

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. Fernekas 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.

Picnics

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.

South San Francisco Public Library

Main Library-840 West Orange Avenue;
650-829-3860. Hours: Mon, Tues, 10 am – 8pm;
Wed: 10 am – 6 pm; Thurs. 12 noon – 8 pm; Fri:

10 am – 6 pm; Sat.: 10 a.m.-5 p.m., Sun.: 2-5 pm.

Program information & holiday schedules-story times, Reading Clubs, author visits, etc. www.ssf.net/library. Discover & Go: Free tickets to local museums & more. Go to <http://discover.ssf.net> to reserve and print out FREE tickets with your SSF library card.

Friends of the Library – currently meets quarterly library auditorium, Oct., Jan, April & July. Memberships start at \$10. Daily book sale bargains found at Main Library lobby book sale (1/2 price last full weekend of the month). Big sale (in auditorium) in the fall – TBA.

Grand Avenue Branch Library, 306 Walnut Avenue; 650- 877-8530. Hours: Mon, Tues – 10 am – 6 pm; Wed. noon – 8 pm; Thurs. 10 am – 6 pm; closed Fri – Sun. Local History Specialist: Thurs. 2-4 pm: by appointment: 877-8533. Community Learning Center (CLC) – 520 Tamarack Lane; 650- 877-8540; clc@ssf.net: English classes, homework assistance, computer instruction (English and Spanish), and other educational programs.

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

Historical Society of South San Francisco

Organized in 1980, the SSF Historical Society operates two museums. The 80 Chestnut Avenue Museum is open on the second and fourth Saturday of each month from 1 – 3pm and every Tuesday and Thursday from 2 – 4pm. 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 and Fire Museum, located at 519 Grand Avenue, is open Wed, 2-4 pm, or by appointment. This historic home reflects life in early SSF and is furnished with period pieces from the early 1900s. The premises also houses the Fire Museum, packed with vintage firefighting equipment, uniforms, a typical fire department kitchen, emergency room and much more. 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

Get Out & Explore with a 2014 SamTrans Summer Youth Pass

San Mateo County youth can "Get Out & Explore" with the 2014 SamTrans Summer Youth Pass, which is available for purchase starting May 21. This \$40 pass allows unlimited rides on SamTrans all summer, from June 1 to Aug. 31, and is available to kids 17 and younger. SamTrans takes kids where they want to go: the mall, movies, parks and other destinations, even summer school. For starters, how about the San Mateo County Fair at the San Mateo Event Center from June 7 – 15! Pick up the latest issue of the SamTrans Transit Fun Guide for a list of various events and routes to get you there. Go to www.samtrans.com/syp or call 1-800-660-4287 (TTY 650-508-6448) for details and special offers available to SYP holders.

Save the Date!

South San Francisco Friends of Parks and Recreation
2nd Annual Chili Cook Off
Saturday, September 6, 2014
11:00am – 2:00 pm.

Orange Memorial Park/Joseph A. Fernekes Building
Open to the public. Cooking Team Fee: \$25.00
(entry deadline: August 20, 2014).

Prizes for best chili and people's choice!
\$5.00 Chili Tasting Kit.

Refreshments for sale and great raffle prizes! All proceeds benefit programs of the SSF Parks and Recreation Department. For cook off entry rules and registration form, please contact Judy Bush at 650 588-0459 or Jeannette Holt at 650 588-0727.

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

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

requirements for joining the program, call 650 829-3924.

HIP Housing's Home Sharing Program

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

Peninsula Conflict Resolution Center

Conflict can be creative-especially when it leads to mediation. In the heat of a dispute with your neighbor, a family member, a landlord, a tenant, or a business-the likelihood of a positive outcome may seem remote. As a neutral third party, the Center offers a sensitive ear to all kinds of conflicts and a calm voice to intercede in difficult situations. The Conflict Resolution Center can

arrange a meeting (mediation) with you and the other party. The goal is to consider all aspects of the situation and together come up with a workable agreement. Mediation is free to residents of South San Francisco. Please call (650) 513-0330 or visit our website: www.pcrweb.org

Community Emergency Response Training (CERT)

This training covers first/aid, CPR, use of fire extinguisher, shut-off gas, electric and water utilities following a disaster as well topics that will ensure that you can do the greatest good for the greatest number of victims, while protecting your self from becoming a 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.

SSF Streets Alive/Parks Alive

Saturday, May 3, 2014 • 9:00 a.m. to 1:00 p.m.

Orange Memorial Park • Joseph A. Fernekes Building • Centennial Way

All activities are Free!

Join us for a variety of activities! All ages are welcome and activities are free. See a listing of our newest activities on the cover of the Leisure Guide. Here are more activities that we are offering:

- Full Court Fitness for Kids
- Family Preschool Wheel Day
- SSF Library Learning Wheels
- Basketball, Soccer and Badminton Clinics for Kids
- Bocce Ball
- Information tables and more!
- Run for Schools Fundraiser 5K – 9:00am start at SSFHS (pre-registration and payment required)

You can view all of the programs, locations and times on our website at www.ssf.net or call us at (650) 829-3800.

PARK AND FACILITY GUIDE

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. Fernekas 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 2380 Galway
5	Orange Memorial Park Orange Ave. & Tennis Dr.	Acres 26.9	         	
	▲ Indoor Swimming Pool	▲ Picnic Shelter and Areas	▲ Sculpture Garden	▲ Bocce Ball Courts
6	Westborough Park Westborough & Galway	11.1	         	
7	Alta Loma Park 450 Camaritas	9.0	       	
8	Avalon Park Dorado Way & Old Country Way	2.4	      	
9	Brentwood Park Rosewood & Briarwood	3.0	      	
10	Buri Buri Park 200 Block of Arroyo	4.2	       	
11	Centennial Way SSF BART – San Bruno BART	16 3 mi.	 Dog Park  Bicycle/Pedestrian Trail 	
12	City Hall Playlot Miller & Walnut	0.1	  	
13	Clay Park Clay and Dundee	0.8	   	
14	Common Green Areas	49.1	 	
15	Cypress & Pine Playlot Cypress & Pine	0.3	   	
16	Francisco Terrace Playlot Terrace & S. Spruce	0.3	 	
17	Gardiner Playlot Gardiner & Randolph	0.1	 	
18	Terrabay Ballfield Hillside School	4.1	  	
19	Paradise Valley Park Hillside & Spruce	0.9	 Boys Club     	
20	Sellick Park Appian Way	4.5	       	
21	Sign Hill Park Access-Poplar Ave.	41	 	
22	Sister Cities Park Between Orange & Spruce	1.5	 	
23	Terrabay Gymnasium 1121 South Francisco Dr.	2.8	       	
24	Elkwood Park Duval & Elkwood	1.8	 	
25	Newman and Gibbs Playlot Newman & Gibbs	0.2	   	
26	Dundee Playlot Dundee & Mansfield	0.2	   	
27	Zamora Park Zamora Drive	0.7	  	
	San Francisco Bay Trail SSF Eastern Border	6 mi.	 Bicycle/Pedestrian Trail 	

Registration Information

HOW TO ENROLL

ONLINE & TOUCH-TONE PHONE REGISTRATION

Residents: Begins Monday, April 28 at 6:00 am

Non-Residents: Monday, May 12

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: Starting April 28

Non-Residents: May 12

*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: April 28

Starting Non-Residents: May 12

*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 \$15.00 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.



CLASS REGISTRATION FORM

USE SEPARATE FORMS / PAYMENTS if registering for both Tennis and Classes

Please use separate registration forms for participants from different families and/or address. * E-Mail _____

Adult/Guardian Name _____ Date _____

Address _____ City _____ ZIP _____

Day Phone _____ Night Phone _____ Emergency _____

First Choice Activity Number	Second Choice Activity Number	Activity Name	Participant Name Last, First	FEE Plus Processing Fee	Date of Birth
				+\$2.00	
				+\$2.00	
				+\$2.00	

Waiver and Release of Liability – Please Read and Sign
DO NOT SIGN THIS DOCUMENT BEFORE YOU READ IT AS IT CONTAINS A WAIVER AND RELEASE OF LIABILITY TO WHICH YOU WILL BE BOUND
 I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. **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.

* Those 62 and over may deduct 20%
 \$5.00 Donation to Youth Scholarship Fund
TOTAL

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.

Signature _____ Date _____
 *I give permission for my email address to receive SSF Recreation e-newsletters.

AQUATICS REGISTRATION FORM

Please use separate registration forms for participants from different families and/or address. *E-Mail _____

Adult/Guardian Name _____ Date _____

Address _____ City _____ ZIP _____

Day Phone _____ Night Phone _____ Emergency _____

First Choice Activity Number	Second Choice Activity Number	Activity Name	Participant Name Last, First	FEE Plus Processing Fee	Date of Birth
				+\$2.00	
				+\$2.00	
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 YES, please contact me about disabled services.

Signature _____ Date _____
 *I give permission for my email address to receive SSF Recreation e-newsletters.

**DEPARTMENT OF
PARKS & RECREATION**

33 Arroyo Drive
So. San Francisco, California 94080

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

ECRWSS

RESIDENTIAL CUSTOMER

34th Annual SSF Police Association Senior Pancake Breakfast

May 18, 2014 ♦ 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.

Movie Night at the Park

Orange Memorial Park/Joseph A. Fernekes Building: field area
Free! ♦ Movies starts at 8:00 p.m.

• **Friday, July 18** – The family classic **“E.T.”**

• **Friday, August 15** – newly released **“The Lego Movie”**

Join us for a fun-filled evening! Bring your sleeping bags, blankets or low-lounge chairs and enjoy a night under the stars with your community. Come early, get your spot on the grass and bring a picnic. We'll have Food Trucks and other snacks and beverages will be for sale. No alcohol permitted. For information, call (650) 829-3800.

18th Annual South San Francisco Fire Department Senior Picnic

Friday, August 15, 2014 ♦ 10:00 am – 1:00 pm

Cost: \$10.00 for Seniors 50+

Orange Memorial Park/Joseph A. Fernekes Recreation Building
Join the South San Francisco Fire Department and the Parks and Recreation Department for the 18th Annual Senior Picnic at Orange Memorial Park in South San Francisco. 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 or to make your reservation. Hope to see you all there!

Cultural Arts Barbeque

(New Indoor Location For 2014)

Sunday, August 17, 2014

12:30 pm to 2:30 pm

Orange Memorial Park/Joseph A. Fernekes Building

Join the Cultural Arts Commission for a Cultural Arts Barbeque! This fun filled event will be held on Sunday, August 17, from 12:30 to 2:30 PM, at the Orange Park/Fernekes Building and BBQ area. Admission is \$15.00 for adults and \$5.00 for children-16 & under.

Admission includes a delicious barbeque sponsored by J&J Barbeque, as well as tasty dessert treats. In addition, there will be a fun silent auction for fantastic items including beautiful artwork and fabulous gift certificates. Proceeds will benefit South San Francisco cultural arts programs. Only service animals are allowed to enter the facility. To purchase tickets, call or visit the Park & Recreation Dept., 33 Arroyo Drive, SSF (650) 829-3800 or the Corporation Yard, 550 North Canal, SSF (650) 829-3837.

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 17th Annual South San Francisco Senior Health and Fitness Fair a great success!

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