

South San Francisco Parks and Recreation Department ACTIVITY GUIDE FALL 2024

FAMILY ACTIVITIES



FOOD & DRINKS



MUSIC



FREE ADMISSION



*Resident Registration begins
August 12, 2024*

Register at www.ssf.net/rec-catalog
Recreation Scholarship opportunity available!
See page 49 for details.

*Concert in the Park:
Community Fun Fest*

SATURDAY, SEPTEMBER 21, 2024
ORANGE MEMORIAL PARK PICNIC MEADOW

STAY CONNECTED!

Sign up for our monthly newsletter for all
the latest updates and announcements at
<https://bit.ly/SSFParkRec>.

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Fall 2024

Dear Friends and Neighbors,

O **N THE HEELS OF THE COMPLETION** of new Orange Memorial Park Sports Field and Library | Parks and Recreation Center, the City has started the development of a new 24,000 square foot aquatic center, which will include two new pools—one for more vigorous lap swimming, and another warmer water pool with zero-depth entry for swim lessons, recreation swim, and fitness classes. In addition, the design includes a spacious pool deck, multi-use room, and state-of-the-art locker rooms. This new facility will be designed to be ADA accessible, sustainable, and architecturally inviting. During the construction of this facility, the existing pool at Orange Memorial Park will remain open. It's anticipated that the new pool will open next year. This amazing new facility will be made possible by utilizing funds from Measure W.

Additionally, community conversations informing the design of a new park on Linden Avenue at Pine Avenue will continue this fall. This project, funded by park developer fees, state grants, and funding supported by Congressman Kevin Mullin, will provide much needed community gathering space and recreation opportunities. We continue to study ways to bring additional parks to neighborhoods that need it most.



This summer and fall also welcome the completion of two park projects. Centennial Way Park South along Centennial Way Trail between Huntington Avenue and Spruce Avenue will be a completely new park. Amenities will include a skate space, bike pump track, playground, outdoor classroom, pollinator garden, and more! This project was largely funded by grants from the State of California and the Federal Government, again

thanks to support from Congressman Kevin Mullin. Lastly, more park offerings are coming to Oyster Point, funded by former Redevelopment Agency funds dedicated specifically for this project. A

new dog park, fitness equipment, interpretive signage, road improvements, an improved trail, fresh landscaping, benches, and picnic tables will soon be available for public use!

Please be sure to enjoy these new amenities. For more details on any of these projects, please visit <https://www.ssf.net/parkprojects>.

Thanks,

Greg Mediati

DIRECTOR,

SOUTH SAN FRANCISCO PARKS AND RECREATION DEPARTMENT

City Council

James Coleman, *Mayor*
 Eddie Flores, *Vice Mayor*
 Mark N. Addiego, *Councilmember*
 Mark Nagales, *Councilmember*
 Flor Nicolas, *Councilmember*

City Manager

Sharon Ranals, *City Manager*
 Rich Lee, *Assistant City Manager*

Parks & Recreation Commission

Ruth DeNardi, Brittany Burgo,
 Kristy Camacho, Betty Battaglia,
 Bill Lock, Robert Uy

Meets the third Tuesday of each month at 7:00pm. The public is invited to attend. Visit www.ssf.net for meeting details.

Cultural Arts Commission

Lydia Pomposo, Frances Luster,
 Hazelle Fernandez, Peter Foley,
 Alexia Huerta, Zubin Maharaj,
 Vivian Ramos, Oscar Sanchez

Meets the fourth Tuesday of each month at 6:30pm. The public is invited to attend. Visit www.ssf.net for meeting details.

Management Staff

Greg Mediati, *Director of Parks and Recreation*
 Angela Duldulao, *Deputy Director of Parks and Recreation*
 Laura Armanino, *Recreation Program Manager*
 Brian Crume, *Facility Manager*
 Erin O'Brien, *Business Manager*
 Joshua Richardson, *Parks Manager*
 Han-Ching Wong, *Community Resource Analyst*
 Kari Jung, *Management Analyst*

Parks and Recreation Supervisors

Anthony Ballinger, *Facility Maintenance*
 Kasey Jo Cullinan, *Seniors*
 Brandon Cutajar, *Parks*
 Prax Duarte, *Facility Maintenance*
 Diana Gonzalez, *Preschool Early Learning Program*
 Zachary Kust, *Parks*
 Kimberly Morrison, *Youth Enrichment Services (YES)*
 Mike Mulkerrins, *Facilities & Sports*
 Brian Noce, *Aquatics*
 Veronica Ortiz, *Classes*
 Bill Stridbeck, *Childcare Assistant Supervisor*

Coordinators

Brooke Bayangos, *Sports*
 Thomas Boitano, *YES*

Aleni Capaz, *Preschool Early Learning Program*
 Gabriella Firpo, *Classes*
 Cynthia Lin, *Aquatics*
 Ashly Michelson, *Preschool Early Learning Program*
 Austin Navarro, *Facilities*
 Cristina Rodriguez, *YES*
 Francisco Rodriguez, *YES*
 Marianna Roman, *Adult Day Care*
 Alexis Rogers, *YES*
 Ernie Santos, *Cultural Arts*
 Kerry West, *YES*
 Lisa Wilson, *Seniors*

Administrative Support

Cristina Simmons
 Keren Solano
 Jeanette Yoshida

Administrative Office

Library | Parks and Recreation Center
 901 Civic Campus Way, 3rd Floor
 (650) 829-3800

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
 (650) 829-4680

Alice Peña Bulos Community Center

2380 Galway Drive
 (650) 875-6981

Joseph A. Fernekas Recreation Building

Orange Memorial Park
 781 Tennis Drive
 (650) 875-6900

Orange Pool

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

Gene Mullin Community Learning Center

520 Tamarack Lane
 (650) 877-8540

Senior Center

Roberta Cerri Teglia Center
 601 Grand Avenue
 (650) 829-3820
 Adult Day Care
 (650) 829-3824

Preschools

Siebecker (LIC #410509769)
 510 Elm Court
 (650) 875-6979
 Westborough (LIC #410517397)
 2380 Galway Drive
 (650) 875-6980 and
 (650) 875-6998

TABLE OF CONTENTS

Preschool Classes.....	04
(Art, School Readiness, Karate, Enrichment, etc.)	
Youth Classes.....	06
(Art, Dance, Martial Arts, Enrichment, etc.)	
Music Classes.....	10
(Clarinet, Piano, Ukulele, etc.)	
Teen/Adult Classes.....	12
(Dance, Arts and Special Interest, Exercise and Fitness, etc.)	
Tennis Classes.....	27
Youth & Adult Sports.....	28
Aquatics: Classes & Programs.....	30
Preschool & Youth Enrichment Services.....	36
Senior Services: Classes & Programs.....	38
Parks and Recreation Facilities.....	42
Parks Information.....	43
Community Information.....	44
Facility and Park Guide & Map.....	46
Registration Form.....	48
Registration Information.....	49
Special Events.....	back cover

Programs September–December 2024 Brochure Printed July 2024

Little Steps (LIC #414004145)
 520 Tamarack Lane
 (650) 877-8545

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

After School Recreation Programs

Monte Verde Elementary School
 (LIC #410518963)
 2551 St. Cloud Drive, San Bruno
 (650) 742-0613

Ponderosa Elementary School
 (LIC #410519011)

295 Ponderosa Road
 (650) 873-1096

Spruce Elementary School
 (LIC #410519010)

501 Spruce Avenue
 (650) 873-0924

Buri Buri Elementary School
 (LIC #414002856)

325 Del Monte Avenue
 (650) 827-8448

REAL Program – Los Cerritos
 Elementary School

201 W. Orange Avenue
 (650) 875-6906

Parks and Facilities Administration

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

South San Francisco Friends of Parks and Recreation

Marie Patea, John Sanna,
 Betty Battaglia, Judy Bush,
 Eddie Flores, Sean Garrone,
 Jeannette Holt

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Follow us for the latest news and announcements:



Subscribe to our monthly newsletter at <https://bit.ly/SSFParkRec>



**YOU'RE
INVITED**

**CIVIC & COMMUNITY
SPONSORS**



**24TH ANNUAL IN PERSON CAREER FAIRS
SOUTH SAN FRANCISCO**

**DIVERSITY EMPLOYMENT DAY
CAREER FAIR
& Roundtables**

**FREE and
Open to
Public**

Our ongoing mission is to provide qualified candidates from the City, County and State's richly diverse communities. With the understanding that diversity is a good business strategy, the opportunities for employer and candidates are endless.

This diversity event is the most significant career fair presented today. Its outreach includes Veterans, Multicultural, Women, LGBTQIA+, Mature Workers and People with Disabilities. Each employer is actively committed to getting America back to work, diversity and equality in the workplace.

It is our wish that this day brings you closer to meeting your goals and objectives.

**EASILY REGISTER
FOR THE EVENT
HERE**



Or register by email
when you send your resume to:
Fasttrack@citycareerfair.com

**IN PERSON CAREER FAIR
Tuesday, Oct. 8, 2024
11 a.m. - 3 p.m.**

**THE LIBRARY/PARKS AND RECREATION CENTER
901 CIVIC CAMPUS WAY
SOUTH SAN FRANCISCO, CA 94080**

**TOP
Employers
Recruiting**

CURRENT AND PAST EMPLOYERS INCLUDE: SUTTER HEALTH, PG&E-PACIFIC GAS AND ELECTRIC, TURNER CONSTRUCTION, UNIVERSITY OF CALIFORNIA SAN FRANCISCO, SAN FRANCISCO HEALTH PLAN, CALIFORNIA DEPT. OF PUBLIC HEALTH, SAN JOSE STATE UNIVERSITY, THE PASHA GROUP/PASHA HAWAII, RENEWAL BY ANDERSEN, ALAMEDA COUNTY SHERIFF'S OFFICE, CALIFORNIA CORRECTIONAL HEALTH CARE SERVICE, DRESS FOR SUCCESS SAN FRANCISCO, THE EDUCATION TEAM, EDD - EMPLOYMENT DEVELOPMENT NORTHERN DIVISION DEPARTMENT, GRAND CANYON UNIVERSITY, EXPLORUS/MUIR WOODS TRADING CO, CUMULUS MEDIA, ABODE, CALIFORNIA DEPT. CORRECTIONS REHABILITATION - CDCR, KTSF 26/LINCOLN BROADCASTING, CALIFORNIA INSTITUTE OF CAREER DEVELOPMENT, JEWISH FAMILY AND CHILDREN'S SERVICES, EVENT MANAGEMENT CP AND MANY MORE.

**CANDIDATE WORKSHOPS
RESUME REVIEWS
EMPLOYER WORKSHOPS
DIVERSITY ROUNDTABLE
GUEST SPEAKERS
GIVE-AWAYS!**

DIVERSITY UNITES US!

Helping employers to build workforces that reflect all communities served.
We commend our local diversity partners and congratulate the over 10,000 hired candidates.



**City Career Fair
productions**



Media & Community Partners

- KTSF 26 TV, Job Train, South San Francisco Chamber of Commerce, Renaissance Entrepreneurship Center, Bonnevillie, Cumulus Media, EDD, Alpha Media, Salem Media and Diversity Recruiters Network

**Stay Informed!
MORE DETAILS!**
info@citycareerfair.com
www.citycareerfair.com

*Business Casual and
resumes required.
Ages 18+ only.*

*Please share with your
Network & Friends.*

AMERICA'S VERY BEST & LARGEST CAREER FAIR!

WE'RE HIRING!

South San Francisco Parks and Recreation Department is looking for dedicated and talented individuals to join our awesome team!



The Parks and Recreation Department is a great place to enhance your communication and leadership skills, foster relationships with community members, and learn from mentors.

- Adult Day Care Leaders
- Aquatic Instructors
- Ballet Instructor
- Building Attendants
- Building Maintenance Custodian - Part Time
- Class Instructors
- Coaches (Basketball, Badminton, Track & Field, and Tennis)

- Lifeguards
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders
- Substitute Preschool Teachers
- Van Drivers



Check out our job postings page at www.ssf.net/rec for more information.



PRESCHOOL AGE CLASSES

Art Adventures in Nature!

Age: 3Y - 5Y

Instructor: Bella Leggero

Location: L | PR - Children's Classroom #236

In this fun-filled class your little artist will use their creativity to turn recyclable items into pieces of art! Children will learn about the beautiful plants and animals we have in our world, incorporating that into their creations. Ms. Bella has been instructing for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. Children must be potty trained by start date. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 10/14, 11/11, 11/27, 12/2

Classes: 24 Fee: \$129.00(R)/\$144.75(N)

COURSE #	DAY	DATE	TIME
FA1-203	M/W	Sep 09-Dec 11	2:30PM-3:30PM

Kinder Class

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center - Small Room

Young children will participate in a variety of fun and engaging activities that will help prepare them for kindergarten. Activities will include skill building in number and letter recognition, arts and crafts and circle time.

Children must be 3 years old, and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. Children can only be enrolled for one class session. Joanne has been teaching Early Childhood Education for over 20 years. Not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 10/14, 11/11

Classes: 26 Fee: \$236.00(R)/\$251.75(N)

COURSE #	DAY	DATE	TIME
FA2-100	M/W	Sep 09-Dec 11	9:00AM-10:30AM
FA2-101	M/W	Sep 09-Dec 11	11:00AM-12:30PM



Kinder Tots

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center - Small Room

This is a great class for first time preschoolers! Children will participate in fun and engaging activities including letters, numbers, colors and shape recognition, as well as arts & crafts and games & movement. **Children must be 3 years old, and potty trained by start date.** A \$15.00 supply fee is payable to the instructor at the first class. This is not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 11/28

Classes: 27 Fee: \$245.00(R)/\$260.75(N)

COURSE #	DAY	DATE	TIME
FA2-102	Tu/Th	Sep 10-Dec 12	9:00AM-10:30AM
FA2-103	Tu/Th	Sep 10-Dec 12	11:00AM-12:30PM

PRESCHOOL AGE CLASSES

POP Art!

Age: 3Y - 5Y

Instructor: Bella Leggero

Location: L | PR - Children's Classroom #236

In this colorful class your little artist will use age-appropriate art materials to create their own masterpieces! Children will explore the vibrant colors of the rainbow and create with playful shapes. Ms. Bella has been instructing for 3 years at the Parks and also works as a freelance Graphic Designer. Children must be potty trained by start date. Children must be potty trained by start date. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply. *No class: 10/14, 11/11, 11/27, 12/2*

Classes: 24 Fee: \$129.00(R)/\$144.75(N)

COURSE #	DAY	DATE	TIME
FA3-203	M/W	Sep 09-Dec 11	1:00PM-2:00PM



Pre-Kinder Learners

Age: 4Y - 5Y

Instructor: Noreen Cronin-Flynn

Location: L | PR - Children's Classroom #236

Students enrolled should be attending Kindergarten Fall 2025. There is an introduction to shapes, colors, alphabet, patterns, and numbers. Materials provided support the development of fine motor skills with scissors, writing, and art projects. Social and emotional development are promoted at circle time, free style dance, games, and mindfulness activities. Snack time occurs daily. This class is a nut tree free environment. Please send healthy snacks daily in lunchbox. \$20.00 supply fee required. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 24 Fee: \$436.00(R)/\$451.75(N) *No class: 11/25, 11/27*

COURSE #	DAY	DATE	TIME
FA2-104	M/W	Sep 09-Dec 11	9:00AM-12:00PM

Classes: 26 Fee: \$472.00(R)/\$487.75(N) *No class: 11/26, 11/28*

COURSE #	DAY	DATE	TIME
FA2-105	Tu/Th	Sep 10-Dec 12	9:00AM-12:00PM

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y - 8Y

Instructor: Sue Miller & Alex Moreno

*Location: L | PR - Banquet Hall #130**

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. Karate Gi (uniform) is required but may be purchased from instructors. Parents are advised to stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt. *No class: 12/7*

Classes: 13 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
FA2-301	Sat	Sep 14-Dec 14	8:30AM-9:15AM
Level I Beginners: Session A			
FA2-302	Sat	Sep 14-Dec 14	9:30AM-10:15AM
Level I Beginners: Session B			

**Class will be held at the Fernekes Recreation Building on 11/2.*

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y - 8Y

Instructor: Sue Miller & Alex Moreno (Sat)

*Location: L | PR - Banquet Hall #130**

This activity is for Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. **A required 3 sessions of Pre-Shinkyu Level 1 experience required to enroll and instructor approval.** *No class: 12/3, 12/7*

Classes: 25 Fee: \$85.00(R)/\$100.75(N)

COURSE #	DAY	DATE	TIME
FA2-303	Sa/Tu	Sep 14-Dec 14	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)
Level II: White Belt/Beginners			

Classes: 25 Fee: \$156.00(R)/\$171.75(N)

COURSE #	DAY	DATE	TIME
FA3-304	Sa/Tu	Sep 14-Dec 14	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)
Level II: Color Belt Yellow & Up			

**Class will be held at the Fernekes Recreation Building on 11/2.*

YOUTH CLASSES

Children's Writing Workshop

Age: 8Y - 12Y

Instructor: Griselda Huete

Location: L | PR - Children's Classroom #236

Students will start with a mindfulness activity to improve their concentration and focus. Through discussion and themed writing exercises to improve sentence structure, students will work at their own level to strengthen their writing skills. Students will write, revise, and edit their writing and receive both peer and teacher feedback. A separate \$10.00 supply fee is payable to the instructor at the first class.

No class: 11/25

Classes: 7 Fee: \$35.00(R)/\$50.75(N)

COURSE #	DAY	DATE	TIME
FA2-225	Mon	Oct 21-Dec 09	5:15PM-6:15PM

Introduction to Hindi Language & Writing

Age: 5Y - 12Y

Instructor: Monita Sharma

Location: L | PR - Children's Classroom #236

Join this class as a beginner level to learn greetings, daily conversations, Hindi vowels, and consonants (Devanagari), numbers, and simple vocabulary through fun learning activities. Students will feel comfortable understanding basic Hindi Language and use it to communicate with their family and friends. Monita is a resident of South San Francisco. As Hindi is her passion, she previously volunteered to teach Hindi Language and Culture to students. She further advanced studying Hindi at a university.

No class: 10/13, 11/10, 12/1

Classes: 11 Fee: \$72.00(R)/\$87.75(N)

COURSE #	DAY	DATE	TIME
FA3-229	Sun	Sep 15-Dec 15	10:00AM-11:00AM

Introduction to Indian Culture

Age: 5Y - 12Y

Instructor: Monita Sharma

Location: L | PR - Children's Classroom #236

In this class you will learn Hindi rhymes, hymns, and verses (shlokas). Learn about different festivals, share moral stories and learnings for character building and a variety of fun learning activities will be included (themed art & craft, dance, etc.) Students will gain basic understanding of Indian culture and values. They will feel connected with others. Allow students to learn principle of moral values and important lessons about being respectful and sincere.

No class: 10/13, 11/10, 12/1

Classes: 11 Fee: \$72.00(R)/\$87.75(N)

COURSE #	DAY	DATE	TIME
FA3-330	Sun	Sep 15-Dec 15	11:00AM-12:00PM

Kenpo-Eskrima for Children

Age: 6Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center - Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, cane, knife or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies are required and may be purchased from the instructor on the first day of class.

No class: 10/14, 11/11

Classes: 26 Fee: \$95.00(R)/\$110.75(N)

COURSE #	DAY	DATE	TIME
FA2-306	M/W	Sep 09-Dec 09	5:00PM-5:45PM

Beginners (Age 6Y - 12Y)

Classes: 26 Fee: \$127.00(R)/\$142.75(N)

COURSE #	DAY	DATE	TIME
FA2-307	M/W	Sep 09-Dec 09	5:45PM-6:45PM

Intermediates (Age 6Y - 15Y)

Classes: 26 Fee: \$127.00(R)/\$142.75(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 09-Dec 09	6:45PM-7:45PM

Teens & Adults (Age 10Y and up)

Let's Paint!

Age: 10Y - 13Y

Instructor: Bella Leggero

Location: L | PR - Children's Classroom #236

In this painting class, artists will use their creativity to paint masterpieces inspired by our daily themes! Artists will learn about the basics of how to paint and explore different styles of the art. While painting on theme is encouraged, it is not mandatory. Ms. Bella has been instructing for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 11/27

Classes: 13 Fee: \$118.00(R)/\$133.75(N)

COURSE #	DAY	DATE	TIME
FA3-303	Wed	Sep 09-Dec 09	5:30PM-6:30PM

YOUTH CLASSES

Math & Counting Fun!

Age: 7Y – 12Y

Instructor: Griselda Huete

Location: L | PR – Children’s Classroom #236

Learning through play and hands-on games and activities students will learn math concepts, like number sense and strategies. Students are expected to do their best with class activities and follow along in class. A separate \$10.00 supply fee is payable to the instructor at the first class.

No class: 11/26

Classes: 8 Fee: \$52.00(R)/\$67.75(N)

COURSE #	DAY	DATE	TIME
FA2-218	Tue	Oct 15-Dec 10	5:00PM-6:00PM

Seasonal Crafts!

Age: 5Y – 9Y

Instructor: Bella Leggero

Location: L | PR – Children’s Classroom #236

In this seasonal class, your little artist will use age appropriate art materials to create their own masterpieces! Children will focus their artistic skills on creating festive projects inspired by Halloween, Thanksgiving, the season of fall, and the season of winter. Ms. Bella has been instructing at the Parks and Rec for 3 years and also works as a freelance Graphic Designer. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 11/27

Classes: 13 Fee: \$177.00(R)/\$192.75(N)

COURSE #	DAY	DATE	TIME
FA3-203	Wed	Sep 11-Dec 11	3:45PM-5:15PM

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Sue Miller

Location: Fernekes Building – Multi-Purpose Hall

Although self-defense may be the primary reason for taking up karate, this training has much more to offer. A young child can develop self-confidence, concentration, perseverance, good sportsmanship, a respectful attitude, good health along with techniques of self-defense. Parents can stay for first and last classes only. Students will learn commands in Japanese, become familiar with exercises, blocks, kicks and more. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 – 4 sessions). Karate Gi (uniform) is required and may be purchased from instructors. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

No class: 10/14, 11/11, 11/25

Classes: 25 Fee: \$94.00(R)/\$109.75(N)

COURSE #	DAY	DATE	TIME
FA3-308	M/W	Sep 09-Dec 12	5:30PM-6:30PM

Level I Beginners, Yellow & Blue 1

Classes: 25 Fee: \$94.00(R)/\$109.75(N)

COURSE #	DAY	DATE	TIME
FA3-309	M/W	Sep 09-Dec 12	6:00PM-7:00PM

Level II Blue 2 & Green 1

Classes: 25 Fee: \$141.00(R)/\$156.75(N)

COURSE #	DAY	DATE	TIME
FA3-310	M/W	Sep 09-Dec 12	6:00PM-7:30PM

Level II Green 2, Purple, Brown & Up

Spanish Fun

Age: 7Y – 12Y

Instructor: Griselda Huete

Location: L | PR – Children’s Classroom #236

Through oral practice, poems, songs, and themed activities supporting language arts and writing, students will learn Spanish language basics. Students are expected to do their best with class activities and follow along in class. A separate \$5.00 supply fee is payable to the instructor at the first class.

No class: 11/25

Classes: 7 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
FA3-228	Mon	Oct 21-Dec 09	4:15PM-5:00PM

DANCE CLASSES



Creative Movement

Age: 3.5Y – 5Y

Instructors: Rachel Wong

Location: L | PR – Small Dance Studio #221

A basic introduction to dance for Preschoolers, with an emphasis on music discovery & appreciation, body coordination, and expressiveness. This is a drop off class. Student must be potty trained. No previous dance experience required. Class uniform is light pink leotard with light pink tights, canvas ballet slippers in light pink color. Hair in ballet bun. No tutus. Rachel Wong trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in their youth performance group. Rachel continued to dance through Cal Poly SLO, the Academy of Ballet and SSF Civic Ballet.

No class: 10/15

Classes: 9 Fee: \$26.00(R)/\$41.75(N)

COURSE #	DAY	DATE	TIME
FA1-500	Tue	Sep 17-Nov 19	9:45AM-10:15AM

YOUTH CLASSES

Mexican Folk Dance

Age: 4Y - 18Y

Instructors: (see below)

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from experienced Ballet Folklórico instructors. 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 registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance from Level 1A - Level IX.** Martin Cruz, who is the folklórico dance teacher at South San Francisco High School in the Performing Arts Department, is the Co-Founder and Artistic Director of Ballet Folklórico Alma de Mexico SSFHS & Community. He has extensive experience in choreography and staging performances. He will be teaching Level IV-Level IX. Marianna Roman has many years' experience in multi-cultural dance. She will be teaching Level IA-Level III.

Instructor: Marianna Roman

Location: Roberta Cerri Teglia Center - 1st Floor Activity Room

Classes: 12-13 Fee: \$25.00(R)/\$40.75(N) No class: 10/14, 11/11, 11/29

COURSE #	DAY	DATE	TIME
FA3-460	Mon	Sep 09-Dec 09	5:45PM-6:15PM
Level IA - New Students			
FA3-461	Fri	Sep 13-Dec 13	5:30PM-6:15PM
Level IB - Returning Students Only			
FA3-462	Fri	Sep 13-Dec 13	6:30PM-7:20PM
Level II			
FA3-463	Mon	Sep 09-Dec 09	6:30PM-7:30PM
Level III			

Instructor: Martin Cruz, Alexis Lopez (sub)

Location: Terrabay - Poppy Room

Classes: 12-13 Fee: \$25.00(R)/\$40.75(N) No class: 10/14, 11/11, 11/28

COURSE #	DAY	DATE	TIME
FA3-464	Thu	Sep 12-Dec 12	6:25PM-7:15PM
Level IV			
FA3-465	Mon	Sep 09-Dec 09	5:30PM-6:20PM
Level V			
FA3-466	Mon	Sep 09-Dec 09	6:25PM-7:15PM
Level VI			
FA3-467	Thu	Sep 12-Dec 12	5:30PM-6:20PM
Level VII			

South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Cara Shpizner and Maria Spremich

Please note: No new beginners (no experience) accepted this session. Pre-Ballet B and Introduction 2 must have previous ballet training and/or instructor approval. Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spremich: mbspointe@aol.com for appropriate level placement.

See here for SSF Civic Ballet Dress Code (<https://bit.ly/3vvdclf>) or contact Maria Spremich: mbspointe@aol.com.

Maria Spremich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department for over 35 years. Cara Shpizner has been dancing since she was 10 years old, starting at the San Mateo Recreation Center, followed by Dance Arts Center in San Carlos and at Scripps College as a performing member of the Claremont Colleges Ballet Company.

Pre-Ballet (Girls and Boys)

A basic introduction to classical ballet for the very young student, with emphasis on the discovery and development of motor coordination, flexibility, expressiveness and musicality.

Pre-Ballet B Instructor: C. Shpizner
Classes: 11 Fee: \$66.00(R)/\$81.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-400	Mon	Sep 09-Dec 09	4:15PM-5:00PM
L PR - Small Dance & Fitness Studio #221 No class: 10/14, 10/21, 11/11			

Pre-Ballet C Instructor: M. Spremich
Classes: 13 Fee: \$78.00(R)/\$93.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-401	Tue	Sep 10-Dec 10	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222 No class: 10/29			

Ballet (Girls and Boys)

Introduction 2 through Level 10 must have previous experience and instructor approval. Classical ballet technique from beginning (Basic) to advanced (9/10) levels. Please note: Age and skill level prerequisite can be found in the online listing of classes. Parents may observe first and last class of session only.

Introduction 2 Instructor: C. Shpizner
Classes: 11 Fee: \$66.00(R)/\$81.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-402	Mon	Sep 09-Dec 09	5:15PM-6:00PM
L PR - Large Dance & Fitness Studio #222 No class: 10/14, 10/21, 11/11			

YOUTH CLASSES

Ballet (cont.)

Basic 1 & 2			Instructor: M. Spremich
Classes: 12	Fee: \$72.00(R)/\$87.75(N)		Age: 6Y - 12Y
COURSE #	DAY	DATE	TIME
FA2-403	Thu	Sep 12-Dec 12	3:30PM-4:15PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/31, 11/28</i>			

Basic 3			Instructor: M. Spremich
Classes: 12	Fee: \$72.00(R)/\$87.75(N)		Age: 6Y - 12Y
COURSE #	DAY	DATE	TIME
FA2-404	Thu	Sep 12-Dec 12	4:30PM-5:15PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/31, 11/28</i>			

Level 1B & 1C			Instructor: M. Spremich
Classes: 13	Fee: \$103.00(R)/\$118.75(N)		Age: 6Y - 12Y
COURSE #	DAY	DATE	TIME
FA2-405	Tue	Sep 10-Dec 10	4:30PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/29</i>			

Level 2A			Instructor: C. Shpizner
Classes: 11	Fee: \$88.00(R)/\$103.75(N)		Age: 7Y - 12Y
COURSE #	DAY	DATE	TIME
FA2-406	Sat	Sep 14-Dec 14	9:30AM-10:30AM
<i>L PR - Small Dance & Fitness Studio #221 No class: 10/12, 10/19, 11/30</i>			

Level 2B			Instructor: C. Shpizner
Classes: 10	Fee: \$80.00(R)/\$95.75(N)		Age: 7Y - 12Y
COURSE #	DAY	DATE	TIME
FA2-407	Thu	Sep 12-Dec 12	4:15PM-5:15PM
<i>L PR - Small Dance & Fitness Studio #221 No class: 10/3, 10/17, 10/31, 11/28</i>			

Level 2C/3A			Instructor: M. Spremich
Classes: 12	Fee: \$96.00(R)/\$111.75(N)		Age: 7Y - 14Y
COURSE #	DAY	DATE	TIME
FA2-408	Thu	Sep 12-Dec 12	5:30PM-6:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 10/31, 11/28</i>			

Level 3B/4A			Instructor: M. Spremich
Classes: 11	Fee: \$88.00(R)/\$103.75(N)		Age: 8Y - 14Y
COURSE #	DAY	DATE	TIME
FA2-409	Sat	Sep 14-Nov 30	10:45AM-11:45AM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/26</i>			

Level 4B			Instructor: M. Spremich
Classes: 11	Fee: \$109.00(R)/\$124.75(N)		Age: 8Y - 14Y
COURSE #	DAY	DATE	TIME
FA2-410	Mon	Sep 09-Dec 09	4:00PM-5:15PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/14, 11/11, 10/28</i>			

Level 5A/5B			Instructor: M. Spremich
Classes: 11	Fee: \$109.00(R)/\$124.75(N)		Age: 8Y - 14Y
COURSE #	DAY	DATE	TIME
FA2-411	Sat	Sep 14-Dec 14	9:15AM-10:30AM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/26</i>			

Level 5B			Instructor: M. Spremich
Classes: 13	Fee: \$129.00(R)/\$144.75(N)		Age: 8Y - 14Y
COURSE #	DAY	DATE	TIME
FA2-412	Tue	Sep 10-Dec 12	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/29</i>			

Level 6A			Instructor: M. Spremich
Classes: 14	Fee: \$139.00(R)/\$154.75(N)		Age: 10Y - 18Y
COURSE #	DAY	DATE	TIME
FA2-413	Wed	Sep 11-Dec 11	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 6B/Pre-Pointe			Instructor: M. Spremich
Classes: 13	Fee: \$129.00(R)/\$144.75(N)		Age: 10Y - 18Y
COURSE #	DAY	DATE	TIME
FA2-414	Fri	Sep 13-Dec 13	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 11/29</i>			

Level 6A/6B			Instructor: M. Spremich
Classes: 11	Fee: \$109.00(R)/\$124.75(N)		Age: 10Y - 18Y
COURSE #	DAY	DATE	TIME
FA2-415	Sat	Sep 14-Nov 30	11:45AM-1:00PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/26</i>			

Level 6 Combo			Instructor: M. Spremich
Classes: 38	Fee: \$302.00(R)/\$317.75(N)		Age: 10Y - 18Y
COURSE #	DAY	DATE	TIME
FA2-416	W/F/Sa	Sep 11-Dec 13	5:30PM-6:45PM (Wed) 4:15PM-5:30PM (Fri)
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/26, 11/28, 11/29, 11/30</i>			

Level 7/8 - Monday			Instructor: M. Spremich
Classes: 11	Fee: \$109.00(R)/\$124.75(N)		Age: 11Y - 20Y
COURSE #	DAY	DATE	TIME
FA2-417	Mon	Sep 09-Dec 09	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/14, 10/28, 11/11</i>			

Level 7/8 - Wednesday			Instructor: M. Spremich
Classes: 14	Fee: \$139.00(R)/\$154.75(N)		Age: 11Y - 20Y
COURSE #	DAY	DATE	TIME
FA2-418	Wed	Sep 11-Dec 11	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7/8 - Friday			Instructor: M. Spremich
Classes: 13	Fee: \$129.00(R)/\$144.75(N)		Age: 11Y - 20Y
COURSE #	DAY	DATE	TIME
FA2-419	Fri	Sep 13-Dec 13	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 11/29</i>			

Level 7/8 Combo			Instructor: M. Spremich
Classes: 38	Fee: \$302.00(R)/\$317.75(N)		Age: 11Y - 20Y
COURSE #	DAY	DATE	TIME
FA2-420	M/W/F	Sep 13-Dec 13	5:30PM-6:45PM (Mon) 4:15PM-5:30PM (Wed) 5:30PM-6:45PM (Fri)
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/14, 10/28, 11/11, 11/29</i>			

Level 9/10 - Monday			Instructor: M. Spremich
Classes: 11	Fee: \$131.00(R)/\$146.75(N)		Age: 13Y and up
COURSE #	DAY	DATE	TIME
FA2-421	Mon	Sep 09-Dec 09	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 10/14, 10/28, 11/11</i>			

Level 9/10 - Wednesday			Instructor: M. Spremich
Classes: 14	Fee: \$167.00(R)/\$182.75(N)		Age: 13Y and up
COURSE #	DAY	DATE	TIME
FA2-422	Wed	Sep 11-Dec 11	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

YOUTH CLASSES

Ballet (cont.)

Level 9/10 – Friday		Instructor: M. Spremich	
Classes: 13	Fee: \$155.00(R)/\$170.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
FA2-423	Fri	Sep 11–Dec 11	7:00PM–8:30PM
<i>L PR – Large Dance & Fitness Studio #222 No class: 11/29</i>			

Level 9/10 Combo		Instructor: M. Spremich	
Classes: 38	Fee: \$363.00(R)/\$378.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
FA2-424	M/W/F	Sep 09–Dec 13	7:00PM–8:30PM
<i>L PR – Large Dance & Fitness Studio #222 No class: 10/14, 10/28, 11/11, 11/29</i>			

MUSIC CLASSES

Private Clarinet Lessons

Age: 10Y and up

Instructor: Wen-Liang Chung

Location: L | PR – Music Room #228

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

Classes: 11 Fee: \$45.00(R)/\$60.75(N) *No class: 10/14, 11/11*

COURSE #	DAY	DATE	TIME
FA5-500	Mon	Sep 09–Dec 02	6:00PM–6:30PM
FA5-501	Mon	Sep 09–Dec 02	6:30PM–7:00PM
FA5-502	Mon	Sep 09–Dec 02	7:00PM–7:30PM
FA5-503	Mon	Sep 09–Dec 02	7:30PM–8:00PM

Classes: 12 Fee: \$49.00(R)/\$64.75(N) *No class: 11/28*

COURSE #	DAY	DATE	TIME
FA5-504	Thu	Sep 12–Dec 05	6:00PM–6:30PM
FA5-505	Thu	Sep 12–Dec 05	6:30PM–7:00PM
FA5-506	Thu	Sep 12–Dec 05	7:00PM–7:30PM
FA5-507	Thu	Sep 12–Dec 05	7:30PM–8:00PM

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: L | PR – Music Room #226

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.

Classes: 10 Fee: \$201.00(R)/\$216.75(N) *No class: 10/14, 11/11*

COURSE #	DAY	DATE	TIME
FA5-400	Mon	Sep 23–Dec 09	3:30PM–4:00PM
FA5-401	Mon	Sep 23–Dec 09	4:00PM–4:30PM
FA5-402	Mon	Sep 23–Dec 09	4:45PM–5:15PM
FA5-403	Mon	Sep 23–Dec 09	5:15PM–5:45PM
FA5-404	Mon	Sep 23–Dec 09	6:00PM–6:30PM
FA5-405	Mon	Sep 23–Dec 09	6:30PM–7:00PM
FA5-406	Mon	Sep 23–Dec 09	7:00PM–7:30PM

Classes: 11 Fee: \$222.00(R)/\$237.75(N) *No class: 11/5*

COURSE #	DAY	DATE	TIME
FA5-407	Tue	Sep 24–Dec 10	3:30PM–4:00PM
FA5-408	Tue	Sep 24–Dec 10	4:00PM–4:30PM
FA5-409	Tue	Sep 24–Dec 10	4:45PM–5:15PM
FA5-410	Tue	Sep 24–Dec 10	5:15PM–5:45PM
FA5-411	Tue	Sep 24–Dec 10	6:00PM–6:30PM
FA5-412	Tue	Sep 24–Dec 10	6:30PM–7:00PM
FA5-413	Tue	Sep 24–Dec 10	7:00PM–7:30PM

Classes: 11 Fee: \$181.00(R)/\$196.75(N) *No class: 11/27*

COURSE #	DAY	DATE	TIME
FA5-414	Wed	Sep 25–Dec 11	5:00PM–5:30PM
FA5-415	Wed	Sep 25–Dec 11	5:30PM–6:00PM
FA5-416	Wed	Sep 25–Dec 11	6:00PM–6:30PM
FA5-417	Wed	Sep 25–Dec 11	6:30PM–7:00PM
FA5-418	Wed	Sep 25–Dec 11	7:00PM–7:30PM

Classes: 11 Fee: \$222.00(R)/\$237.75(N) *No class: 11/30*

COURSE #	DAY	DATE	TIME
FA5-419	Sat	Sep 28–Dec 14	9:00AM–9:30AM
FA5-420	Sat	Sep 28–Dec 14	9:30AM–10:00AM
FA5-421	Sat	Sep 28–Dec 14	10:00AM–10:30AM
FA5-422	Sat	Sep 28–Dec 14	10:30AM–11:00AM
FA5-423	Sat	Sep 28–Dec 14	11:00AM–11:30AM
FA5-424	Sat	Sep 28–Dec 14	11:30AM–12:00PM

MUSIC CLASSES

Private Piano Lessons – Theresa Ames

Age: 7Y and up

Instructor: Theresa Ames

Location: Terrabay – Music Room

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

No class: 10/14, 11/11

Classes: 12 Fee: \$242.00(R)/\$257.75(N)

COURSE #	DAY	DATE	TIME
FA5-200	Mon	Sep 09–Dec 09	3:30PM–4:00PM
FA5-201	Mon	Sep 09–Dec 09	4:00PM–4:30PM
FA5-202	Mon	Sep 09–Dec 09	4:30PM–5:00PM
FA5-203	Mon	Sep 09–Dec 09	5:00PM–5:30PM
FA5-204	Mon	Sep 09–Dec 09	5:30PM–6:00PM
FA5-205	Mon	Sep 09–Dec 09	6:00PM–6:30PM
FA5-206	Mon	Sep 09–Dec 09	6:30PM–7:00PM
FA5-207	Mon	Sep 09–Dec 09	7:00PM–7:30PM
FA5-208	Mon	Sep 09–Dec 09	7:30PM–8:00PM
FA5-209	Mon	Sep 09–Dec 09	8:00PM–8:30PM

Uke & Me – Basic Ukulele Instruction

Age: 12Y and up

Instructor: Liane Barbadillo–Paiso

Location: L | PR – Creator Studio #320

Liane Barbadillo–Paiso is an enthusiastic instructor who will have you wanting to play more than just BASIC ukulele after this course. As a previous student with past SSF Rec uke instructor, Sil Castillo, Liane has the knowledge and patience to show you the very BASIC chords, enough for you to entertain your family and friends at any small party event. Liane is a member of the San Francisco Ukulele Rebellion MeetUp Group and Peninsula Ukulele Group and has performed at the San Mateo Aloha Festival; as well as, participated in-person with instruction by Ukulenny and Cynthia Lin; respectively. Are you excited? Let's play together! Students must have their own (concert/soprano) ukulele instrument. A supply fee of \$10.00 payable to the instructor (cash only) to purchase the music packet, which consists of 40 songs plus ukulele chords (basic and advanced).

Classes: 9 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
FA5-519	Tue	Oct 15–Dec 10	6:30PM–7:30PM

Drop-In: South City Folk Jam – Making Friends Through Music

Age: 16Y and up

Instructor: Mark Cox

Location: L | PR – Children's Classroom #236

The South City Folk Jam is a gathering of musicians of all skill levels who meet once a month to have fun playing traditional and contemporary folk music together. So if you play any type of folk instrument such as (acoustic guitar, ukulele, banjo, mandolin, etc.)—or if you like to sing—come out and join the band! Songbooks will be provided that include a wide range of songs from old-timey folk music (think *O' Brother Where Art Thou*), to more contemporary folk, rock, and country songs from 60's through the 2000's. All songs are fairly easy to play and as long as you know your basic chords (G, C, D, E, em, A, am, F, B7, bm) you'll do great. So, whether you've only been playing a few months or for several decades, there is a place for you in the band. You can check out the website for more info and updates about the time and place for our next folk jam gathering at www.southcityfolkjam.com. Mark Cox has been teaching guitar and leading group singing for over 25 years and believes in the power of music to bring people together.

Capacity limited to 25. Cash only.

Classes: 3 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Sat	Sep 14, Oct 12, Nov 09	3:00PM–5:00PM



TEEN AND ADULT CLASSES

DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up

Instructor: Maria Spremich

Location: L | PR - Large Dance Studio #222

Maria Spremich was a professional ballet dancer with the Theater Ballet of San Francisco and Lines Ballet. She was formerly a staff instructor for the San Francisco Conservatory of Ballet and has been teaching ballet classes for the SSF Rec Department for over 35 years. She is currently the Artistic Director and one of the instructors of the SSF Civic Ballet. For more specific information on the Intermediate Ballet Level please contact M. Spremich: mbspoinite@aol.com. *Class Attire: <https://bit.ly/3vvdvcjf>*

Level II/III: Intermediate Classical Ballet Techniques

Classical Ballet Technique taught in Intermediate Level. Experience in complete barre work and center exercises including adagio, pirouettes, and allegros. For more specific details regarding intermediate ballet content, please contact instructor Maria Spremich: mbspoinite@aol.com.

Classes: 13 Fee: \$155.00(R)/\$170.75(N) *No class: 10/29*

COURSE #	DAY	DATE	TIME
FA1-402	Tue	Sep 10–Dec 10	7:00PM–8:30PM

Classes: 12 Fee: \$143.00(R)/\$158.75(N) *No class: 10/31, 11/28*

COURSE #	DAY	DATE	TIME
FA1-403	Thu	Sep 12–Dec 12	7:00PM–8:30PM

Beginning Ballet for Seniors

Age: 50Y and up

Instructor: Rachel Wong

Location: L | PR - Large Dance Studio #222

This newly added dance class is intended for seniors and older aging community members. Beginning classical ballet technique for absolute beginners (no experience) to individuals with some previous experience. This is a low impact class. Rachel Wong trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in their youth performance group. Rachel continued to dance through Cal Poly SLO, the Academy of Ballet and SSF Civic Ballet. *No class: 10/15*

Classes: 9 Fee: \$90.00(R)/\$105.75(N)

COURSE #	DAY	DATE	TIME
FA1-510	Tue	Sep 17–Nov 19	10:30AM–11:45AM

Belly Dancing – Beginners

Age: 18Y and up

Instructor: Alisa Greer

Location: L | PR - Small Dance Studio #221

Have you always wanted to try belly dancing? In this course, we will learn some basic belly dance movements that will have you dancing in no time. The feminine art of belly dance will add fun, fitness and friendship to your life and women of any age or body type can become beautiful dancers. No previous dance experience is required. We'd love to have you join us. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alisagreer.com. She would love to see you in class. *No class: 10/30, 11/27*

No class: 10/30, 11/27

Classes: 12 Fee: \$83.00(R)/\$98.75(N)

COURSE #	DAY	DATE	TIME
FA1-460	Wed	Sep 11–Dec 11	7:00PM–8:00PM

Belly Dance – Intermediate/Advanced

Age: 18Y and up

Instructor: Alisa Greer

Location: L | PR - Small Dance Studio #221

This class is for students with previous knowledge of the basic steps of belly dance. We will continue refining the basics as we progress onto more complex movements. We will explore different kinds of music and props (veil, finger cymbals, sword, etc.) and we can work on a group dance too—the world is our oyster in this class! Students can expect a welcoming, fun and supportive learning environment with other lovers of belly dance. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alisagreer.com. Come join the fun! *No class: 10/30, 11/27*

No class: 10/30, 11/27

Classes: 12 Fee: \$83.00(R)/\$98.75(N)

COURSE #	DAY	DATE	TIME
FA1-461	Wed	Sep 11–Dec 11	8:00PM–9:00PM

East Coast Swing

Age: 13Y and up

Instructor: Adrian Bermudez

Location: L | PR - Banquet Hall #130

Come learn and enjoy the most basic swing. It's easy, fun, and danced to great swing music. You will learn steps, patterns, and several turns. Shoes: please wear comfortable shoes to have flexible movements such as pivoting. Light tennis shoes are okay. We hope to see you there!

Classes: 14 Fee: \$111.00(R)/\$126.75(N)

COURSE #	DAY	DATE	TIME
FA1-416	Wed	Sep 11–Dec 11	8:30PM–9:30PM

TEEN AND ADULT CLASSES

Hawaiian Hula – Level I & II

Age: 16Y and up

Instructor: Mary Ann Narvaez

Location: (see below)

Come and enjoy learning Hawaiian Hula! It's great fun and exercise! You will learn the basic hula footwork, hand gestures and a hula to a familiar Hawaiian song. No handout materials will be available in this course. Please bring your own pa'u skirt (T-Shirt & leggings are ok too). *Level II requires at least 3 years of Hawaiian Hula dancing experience.*

Alice Peña Bulos Center – Large Multi-Use Room

Classes: 11 Fee: \$72.00(R)/\$87.75(N) *No class: 11/26*

COURSE #	DAY	DATE	TIME
FA1-465	Tue	Sep 24–Dec 10	7:30PM–8:30PM

Level I

L | PR – Banquet Hall #130

Classes: 11 Fee: \$108.00(R)/\$123.75(N) *No class: 11/28*

COURSE #	DAY	DATE	TIME
FA1-466	Thu	Sep 26–Dec 12	7:30PM–9:00PM

Level II

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School – Cafeteria

This class is a joint project with the Folklórico Dance Program of SSF High School and the SSF Recreation Dept. The class is designed for advanced students having successfully completed three years of Mexican Folklórico 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 Folklórico Alma de México. Instructors: Martin Cruz is currently the Folklórico Dance teacher at SSFHS and is the Artistic Director of Ballet Folklórico Alma de México of SSFHS and Community. Mr. Cruz is also Artistic Director of various Bay Area folklórico groups and has extensive experience in choreography and in staging performances. Mrs. Patricia Martinelli is the Co-Founder and General Director of the award winning Ballet Folklórico Alma de México of SSFHS and Community. Along with Mr. Cruz, she developed and established the Folklórico Dance Program and Curriculum at SSFHS, which fulfills the A thru G requirements for all UC campuses. As a retired teacher, she volunteers her time to support the goals of the folklórico program.

No class: 10/14, 11/11, 11/28

Classes: 25 Fee: \$269.00(R)/\$284.75(N)

COURSE #	DAY	DATE	TIME
FA3-470	M/Th	Sep 09–Dec 12	8:00PM–10:00PM

Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: L | PR – Small Dance Studio #221

Come join us for a positive and uplifting experience in dance! Learn basic Mexican Folklórico dance steps, sequences and authentic dances from various states in Mexico. This course is for the beginning adult and teen student, as well as returning folklórico dancers, and will focus on low impact steps and cultural Mexican dances. The class will be instructed by Mrs. Patricia Martinelli, who has over 30 years of experience in Mexican Folklórico Dance and is the Co-Founder and General Director of Ballet Folklórico Alma de México of S.S.F.H.S. and Community. She has also studied and performed with dedicated and talented Hawaiian instructors in our Bay Area for over a decade. She has a deep appreciation for the artistic expression developed through cultural dances and the powerful insight these dances can provide for a deeper understanding of our multicultural communities. *Attire:* Students will need comfortable clothing for maximum stretching and mobility, and secure hard sole shoes or light-weight tennis shoes. Information for purchase of Folklórico shoes and practice/performance skirt will be provided in class.

No class: 10/8, 11/5

Classes: 12 Fee: \$129.00(R)/\$144.75(N)

COURSE #	DAY	DATE	TIME
FA1-464	Tue	Sep 10–Dec 10	4:30PM–6:30PM

Salsa & Bachata Dance

Age: 13Y and up

Instructor: Adrian Bermudez

Location: L | PR – Banquet Hall #130

Come and enjoy learning two Latin dances that are fun, exciting, and festive. Beginner and intermediate levels are welcome. Class starts with basic steps and moves to more complex steps and patterns. Please wear comfortable shoes (no rubber soles).

Classes: 14 Fee: \$111.00(R)/\$126.75(N)

COURSE #	DAY	DATE	TIME
FA1-415	Wed	Sep 11–Dec 11	7:15PM–8:15PM

TEEN AND ADULT CLASSES

ARTS AND SPECIAL INTEREST

Advance Care Planning

Age: 21Y and up

Instructor: Jasmin Flores

Location: L | PR – Gallery Room #321

Advance CARE Planning is not just for the elderly or those with diagnosis of terminal illness. Before cognition is compromised, it is important for single individuals, couples, young families, blended families, and those with foresight to document the manner of care they wish to receive. Jasmin T. Flores is a Stanford-trained Primary Care Associate with a Doctor of Public Health degree from Cal Berkeley's School of Public Health. Her career spans clinical work in public health and in the private sector, and more than 25 years in the biopharmaceutical industry in Clinical R&D and Medical Affairs. Her current focus is on palliative care and the immeasurable impact of end-of-life diagnoses on the overall health of the family, caregiver, and others left behind. Above all, her passion is improving lives, one at a time, through education design, development, and implementation.

Classes: 1 Fee: \$11.00(R)/\$26.75(N)

COURSE #	DAY	DATE	TIME
FA1-607	Sat	Sep 14	10:00AM-12:00PM
Advance Care Planning #1: Essential Documents & Top 10 End-of-Life Illnesses			
FA1-608	Sat	Sep 21	10:00AM-12:00PM
Advance Care Planning #2: Transitioning Life Care			
FA1-609	Sat	Sep 28	10:00AM-12:00PM
Advance Care Planning #3: Caregiving for the Caregiver			

Basic Pencil Sketching

Age: 18Y and up

Instructor: Nobu Kaji

Location: L | PR – Creator Studio #320

Develop your basic drawing skills! Whether you want to learn the fundamentals of pencil drawing, or the basics of Pencil Sketch, this is a class to get you started. Nobuyuki Kaji has worked as an Art Director, was an in-house graphic artist at Fisher Friedman Associates for over 15 years and has done work throughout the Bay Area in the art industry. Nobu has a Bachelor of Fine Arts Degree from Academy of Art University in San Francisco, a recipient of the Merit Award, The Society of Illustrators of Los Angeles, 1988. Please bring a 9 x 12 sketchbook and pencil (4B, 5B, and 6B) or drawing pencil extra soft.

No class: 11/28

Classes: 10 Fee: \$177.00(R)/\$192.75(N)

COURSE #	DAY	DATE	TIME
FA1-535	Thu	Oct 03–Dec 12	3:00PM–5:00PM

Coding 101

Age: 15Y and up

Instructor: Ameen Safi

*Location: L | PR – Gallery Room #321**

Participants will learn the fundamentals of coding with Java, as well as create their very own interactive computer programs. This course not only helps prepare students for a career in the tech industry, but also enables them to increase critical thinking skills while getting to be creative! Java is widely considered to be one of the “founding-fathers” of many modern programming languages. Ameen Safi studied multiple programming languages at San Francisco State University and has a passion for introducing curious minds to the vast wonders of computers and what they can do.

Classes: 11 Fee: \$125.00(R)/\$140.75(N) *No class: 10/14, 11/11, 12/9*

COURSE #	DAY	DATE	TIME
FA1-603	Mon	Sep 09–Dec 09	6:00PM–7:30PM

Classes: 11 Fee: \$125.00(R)/\$140.75(N) *No class: 10/8, 10/15, 10/22*

COURSE #	DAY	DATE	TIME
FA1-604	Tue	Sep 10–Dec 10	6:00PM–7:30PM

Classes: 9 Fee: \$102.00(R)/\$117.75(N) *No class: 9/19, 10/10, 10/17, 10/24, 11/28*

COURSE #	DAY	DATE	TIME
FA1-606	Thu	Sep 12–Dec 12	6:00PM–7:30PM

**Class will be held in the Creator Studio #320 on 10/21 and 10/28.*

Conversational Spanish

Age: 18Y and up

Instructor: Bob Bachecki

*Location: L | PR – Gallery Room #321**

Students will hear the language before they read and write it. They will experience an “immersion” in the language for the entire class. By constantly hearing it, they will understand what is being said without listening to every single word. In other words, hopefully they will be “visualizing” what is being said. Hand gestures can also help this process. It can be helpful in office environments as well as in various professions. Conversational Spanish has helped doctors, nurses, firemen, police officers, teachers, and just ordinary town residents. Bob Bachecki is a former high school and community college instructor in all levels of Spanish. He has worked with several different nationalities in his years of teaching English as a second language and has worked overseas for two years in both Kuwait and Kazakhstan. Students enrolling should expect class to be quite dynamic, each 2 hour session is packed with information, and moves quickly. Bob can be reached at bob_bachecki@hotmail.com.

Classes: 7 Fee: \$106.00(R)/\$121.75(N)

COURSE #	DAY	DATE	TIME
FA1-595	Wed	Sep 11–Oct 23	5:00PM–7:00PM

**Class will be held in the Creator Studio #320 on 10/9, 10/16, and 10/23.*

TEEN AND ADULT CLASSES

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR - Creator Studio #320

Color up your knitting or crocheting yarn, felting fiber, quilt yardage and perk up your clothes. Using all natural fibers, we'll experiment with indigo dye, acid dye in hot water, fiber-reactive dyes in cold water and patterns on fabric. Try out shibori, Japanese-style tie-dye techniques: wrapping, stitching, clamping and the 'rope trick' for making patterns on fabric. Try batik too! Experience dyeing fiber is not necessary for this class. A sense of adventure is a plus. A \$25.00 supply fee is payable to the instructor at the first class. Fee includes cotton yardage to dye.

Classes: 10 Fee: \$156.00(R)/\$181.75(N)

COURSE #	DAY	DATE	TIME
FA1-501	Thu	Sep 19-Nov 21	10:00AM-2:00PM

Introduction of Aromatherapy

Age: 18Y and up

Instructor: Mauricio Garcia

Location: L | PR - Creator Studio #320

This introductory series is for students interested in learning about the origins and practical application of aromatherapy. Through scented and hands-on explorations, students will get to know the aromatic plants and essential oils that are the foundation of fragrant plant therapies. We will explore their fragrant qualities, how science has provided us with an understanding of their relationship to human bodies, and how they have been utilized by ancient and contemporary practitioners for health and mood elevation. Students will also practice the art of blending oils together for their own wellness. A \$15.00 supply fee is payable to the instructor at the first class, which includes essential oils and glass bottles used during class projects. Mauricio Garcia is a perfumer and aromatherapist who is passionate about helping people connect with the world around them by engaging their senses, memories and emotions. His inspiration is born from the fragrant ecology of the Pacific west coast.

Classes: 3 Fee: \$72.00(R)/\$87.75(N)

COURSE #	DAY	DATE	TIME
FA1-621	Wed	Nov 06-Nov 20	5:30PM-8:30PM

Introduction to Hindi Literature

Age: 12Y and up

Instructor: Monita Sharma

Location: L | PR - Children's Classroom #236

In this class, you will learn the brief history of Hindi literature. Interactive class of reading a combination of Hindi novel, one-act play, poems or short stories. Share ideas, thoughts, and themes. Students will gain understanding of cultural heritage and expand horizons through learning and asking questions, and build critical thinking skills through making connections, finding theme, and learning characters. Monita is a resident of South San Francisco. As Hindi is her passion, she previously volunteered to teach Hindi Language and Culture to students. She further advanced studying Hindi at a university.

No class: 10/12, 11/9, 11/30

Classes: 11 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
FA3-331	Sat	Sep 14-Dec 14	11:00AM-12:00PM

Introduction to Perfumery

Age: 18Y and up

Instructor: Mauricio Garcia

Location: L | PR - Creator Studio #320

This introductory series is for students interested in learning about the mysterious origins of perfumery and the beautiful extracts and essences that make up their etheric bodies—who want to develop their sense of smell and capacity for imagination while they learn the foundations of perfume structure and blending through scented and hands-on explorations. A \$25.00 supply fee is payable to the instructor at the first class, which includes essential oils, aromatic compounds, grain alcohol, labels and glass bottles used during class projects. Mauricio Garcia is a perfumer and aromatherapist who is passionate about helping people connect with the world around them by engaging their senses, memories and emotions. His inspiration is born from the fragrant ecology of the Pacific west coast.

No class: 11/1

Classes: 4 Fee: \$120.00(R)/\$135.75(N)

COURSE #	DAY	DATE	TIME
FA1-601	Fri	Oct 18-Nov 15	5:00PM-8:00PM

TEEN AND ADULT CLASSES

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

Location: L | PR - Creator Studio #320

Enrich your life with the Japanese art of arranging flowers. Explore the Ikebana value of discipline, knowledge of rules and forms and idealized approach to nature using fresh seasonal flowers and greenery. You will learn to create distinctive, elegant designs that exudes a sense of harmony, balance and well-being from a teacher who was trained of Ikenobo school of Ikebana, Kyoto Japan. Items to bring to classes:

1. Pin Frog (minimum 3 inches in diameter)
2. Flower Vase which can hold pin flog
3. plant scissors

The teacher will supply other materials. A \$100.00 materials fee is payable to the instructor at the first class.

No class: 11/11

Classes: 5 Fee: \$44.00(R)/\$59.75(N)

COURSE #	DAY	DATE	TIME
FA1-503	Mon	Nov 04-Dec 09	5:00PM-7:00PM

Knitting for Beginners & Intermediates

Age: 15Y and up

Instructor: Victoria Gavidia

Location: L | PR - Creator Studio #320

Knitting is a rewarding lifetime skill. You can knit practically anywhere, any time—all you need is yarn and needles. Learning to knit is challenging and you must practice to improve. This class is a mix of beginning and intermediate students. Beginners learn the basics: long-tail cast on, knit, purl, bind off, how to weave in ends, yarn selection and more. Beginners knit a mug rug/coaster while learning how to do the garter stitch. A washcloth introduces the stockinette and seed stitches. With a drink cozy project, you will be knitting rib stitches. And if time permits, you will knit a hat in the round as you shape your hat using decreases and double-pointed needles. Intermediate students are taught and guided into knitting more complicated stitches along with new tips and techniques. Projects are seasonal, challenging and inspiring. You can knit the class project(s), select from hundreds of patterns or bring your own pattern, the choices are yours. Beginners must bring bamboo 16" circular needles, in US6 and US8. Everyone, please bring your own needles. Join me and make new friends or see former classmates for some fun. You are sure to enhance and heighten your skills. There is a \$10.00 fee payable to the instructor on the first day of class for patterns and supplies.

No class: 10/31, 11/28

Classes: 10 Fee: \$94.00(R)/\$109.75(N)

COURSE #	DAY	DATE	TIME
FA1-480	Thu	Sep 26-Dec 12	7:00PM-9:00PM

Outdoor Sketching

Age: 18Y and up

Instructor: Nick Stern

Location: Joseph A. Fernekes Recreation Building Patio (first meeting location)

Bring your favorite sketching mediums and draw some of the area's most scenic sites. Instructor Nick Stern will give tips on perspective, composition and sketching techniques while students choose their own view to draw. Students can use pencils, pen and ink, watercolors or a combination of techniques. Students will provide their own art supplies of choice. It is highly recommended that students bring a drawing board to support their artwork. Classes will meet at different locations in San Francisco and the Peninsula each week. Students must provide their own transportation. First class will meet at the Joseph A. Fernekes Recreation Building Patio. Nick Stern is a retired professional artist. He has taught art classes for the South San Francisco Parks and Recreation Dept. since 2019.

Classes: 14 Fee: \$247.00(R)/\$267.75(N)

COURSE #	DAY	DATE	TIME
FA1-532	Tue	Sep 10-Dec 10	1:00PM-3:00PM

Personal Perfume Workshop

Age: 15Y and up

Instructor: Mauricio Garcia

Location: L | PR - Gallery Room #321

This introductory workshop is for students interested in creating a personal custom scent of their own design. After learning about the essences fragrances are made of and the basics of fragrance structure, students will blend their own scent under the guidance of the instructor using a bar of essential oils and other fragrant extracts. Juicy, sunny citrus notes and a lush garden of jasmine, gardenia, rose, violet flowers; crisp herbs and delicious woods, decadent sweet notes like chocolate and cotton candy, dreamy amber and soft musks are some of the dozens of notes that will be available to fragrant artists for their creations. The perfume will be bottled in glass with a roller ball to take home. A \$10.00 supply fee is payable to the instructor. Mauricio Garcia is a perfumer and aromatherapist who is passionate about helping people connect with the world around them by engaging their senses, memories and emotions. His inspiration is born from the fragrant ecology of the Pacific west coast.

Classes: 1 Fee: \$24.00(R)/\$39.75(N)

COURSE #	DAY	DATE	TIME
FA1-611	Sat	Sep 14	1:00PM-4:00PM
FA1-612	Sat	Sep 21	1:00PM-4:00PM

TEEN AND ADULT CLASSES

Quilting Your Holiday Gifts

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR - Creator Studio #320

Put your love into your gifts this year by making them yourself! Discover how to quickly sew up stylish tote bags, placemats, potholders, bag savers, aprons and more with easy piecing and quilting methods. Each week another project will be instructed. Materials fee of \$5.00 due to the instructor on the first day of class. Joy Lily has taught quilting in South San Francisco for over 20 years.

Classes: 8 Fee: \$107.00(R)/\$121.75(N)

COURSE #	DAY	DATE	TIME
FA1-502	Tue	Sep 24-Nov 12	10:00AM-1:00PM



Sewing – Beginners

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR - Creator Studio #320

This class is perfect for those interested in learning how to sew or want to brush up on their sewing skills to develop more challenging projects. You will be introduced to some basic techniques, using your sewing machine, while creating simple, uncomplicated projects. You will learn the fundamentals of sewing. Learn how to install a zipper, various seam, finishing blind hand by machine and much more. Student must have knowledge of sewing machine usage, and basic sewing skills. Students must bring their own sewing machines to class. There will be an emphasis on proper sewing machine operation, and the function of each presser foot along with the use of tools and equipment, enhancer sewing skills. Judy has been teaching, sewing and handcrafts for several years and has a knowledge and skills of a wide writing of a handcraft, which includes appliquéing, traditional quilting, and Hawaiian. A supply fee of \$30.00 is payable to the instructor on the first day of class.

Classes: 14 Fee: \$275.00(R)/\$300.75(N)

COURSE #	DAY	DATE	TIME
FA1-507	Wed	Sep 11-Dec 11	9:30AM-12:30PM

Sewing – Advanced Beginners

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR - Creator Studio #320

This class is for the person who is ready to advance to the next level after taking the Basic Beginners sewing class. You are able to do major alterations with commercial patterns, identify pattern pieces without guidance, thread your own machine and troubleshoot. This class elevates your beginner skill level. For a full list of skill requirements for the course, please visit our online recreation catalog for specific details. Judy has been teaching, sewing and handcrafts for several years and has a knowledge and skills of a wide writing of a handcraft, which includes appliquéing, traditional quilting, and Hawaiian. Students must bring their own sewing machines to class. A supply fee of \$30.00 is payable to the instructor on the first day of class.

No class: 10/12

Classes: 13 Fee: \$255.00(R)/\$270.75(N)

COURSE #	DAY	DATE	TIME
FA1-508	Sat	Sep 14-Dec 07	9:30AM-12:30PM

Sewing – Intermediate

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR - Creator Studio #320

It's time to graduate into the next level of sewing, which is, clothing modification. Not only have you learned the alteration patterns working with various fabrics and mastering the intricacies of skill, sewing, but you'll be remaking your favorite clothing that you don't want to part ways with by utilizing more functions available on your sewing machine with additional techniques. This class is dedicated to the advanced sewer who knows the advanced techniques of creating the perfect garment with the skills learned in the beginner's class. Students will be challenged to create increasingly complex project and designs while learning new skills and techniques. Ready to switch from a sewing machine to a serger? Students must bring their own sewing machines to class. Pre-requisite: must be proficient in the sewing machine with all its functions, as well as knowing how to alter and complete sewing projects. Judy has been teaching, sewing and handcrafts for several years and has a knowledge and skills of a wide writing of a handcraft, which includes appliquéing, traditional quilting, and Hawaiian. Students must bring their own sewing machines to class. A supply fee of \$30.00 is payable to the instructor on the first day of class.

Classes: 13 Fee: \$255.00(R)/\$270.75(N)

COURSE #	DAY	DATE	TIME
FA1-509	Sun	Sep 15-Dec 08	9:30AM-12:30PM

TEEN AND ADULT CLASSES

Watercolor for Beginners

Age: 18Y and up

Instructor: Nobu Kaji

Location: L | PR - Creator Studio #320

Learn the art of watercolor painting! Nobu Kaji is an illustrator and graphic artist with an expertise in pencil, pen and ink, watercolor and acrylic paints. Over the past 35 years, Nobu worked as an Art Director, creating brochures, direct mails and product design for various food companies. For over 15 years, Nobu was an in-house graphic artist at Fisher Friedman Associates, Design Architects, managing all project digital images data files including location photos, construction and finished project images. Nobu taught advanced figure drawing classes at Academy of Art University in San Francisco, and basic drawing class and watercolor class at College of San Mateo. Nobu has a Bachelor of Fine Arts Degree from Academy of Art University in San Francisco and was presented with the Merit Award at the annual Spring Show in 1984, and Merit Award, The Society of Illustrators of Los Angeles, 1988. The supply list will be shared on the first day of class.

No class: 11/29

Classes: 10 Fee: \$177.00(R)/\$192.75(N)

COURSE #	DAY	DATE	TIME
FA1-534	Fri	Oct 04-Dec 13	1:00PM-3:00PM

Whole-Foods Plant Based Nutrition

Age: 14Y and up

Instructor: John Erve

*Location: L | PR - Gallery Room #321**

This course will introduce you to what is a Whole-Foods Plant Based Nutrition and why it is good for you and your family's health. To accomplish this, we need to understand why certain foods make us sick in the first place. Therefore, much of this course will provide the evidence behind diet as a major cause for many "life-style" diseases, such as, heart disease, diabetes and certain cancers. Excessive weight, including obesity, is a problem in its own right and can also contribute to the development of life-style diseases and will be addressed as well. This course will consist of a series of five, lectures where we review the science behind foods and certain diseases. After each lecture, there will be ample opportunity for discussion so that participants fully understand the topic. We will also discuss the practical aspects of following a WFPBD and share our own experiences. Participants will be encouraged, but not required, to begin cooking (on their own) meals that follow the principles of a WFPBD and to share their meals and experiences with the class. Although this course will be guided by the science and will cover evidence reported in reputable scientific journals, no special scientific background is required. An interest in science is recommended to gain the most from this course.

John Erve, earned his MS in Chemistry, PhD in Toxicology and has worked in a number of pharmaceutical firms doing drug discovery/ development for various diseases. He also obtained a certificate in Whole Foods Plant Based Nutrition from Cornell University. He has given seminars on whole food plant-based diet and health at the South San Francisco and Millbrae Libraries since 2019.

Classes: 5 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
FA1-601	Tue	Oct 08-Nov 05	2:00PM-4:00PM

**Class will be held in the Creator Studio #320 on 10/29 and 11/5.*

Wreath Making Workshop Fundraiser

Age: All ages (morning session)

18Y and up (afternoon session)

Location: Joseph Fernekes Recreation Building - Orange Park
Join us for a annual Wreath Workshop where you'll craft a stunning natural holiday wreath using fresh, locally harvested materials. Our skilled instructor will provide all the necessary fresh greenery and expert guidance. Feel free to bring your own ornaments and accents to personalize your creation. Your workshop fee covers a wire wreath ring, florist wire, assorted fresh greens sourced from local parks, as well as berries, cones, and ribbon. Dress comfortably in old clothes and warm layers, and bring work gloves and pruners for trimming. This workshop supports the Improving Public Places group, making it not just a creative experience but a contribution to civic beautification. Immerse yourself in the holiday spirit with festive music and hot spiced cider provided. Families are welcome in the morning session, while adults can enjoy an afternoon session with the addition of wine. Spaces are limited, so register early to secure your spot. Note that fees will increase to \$35.00/\$40.00 on the day of the event. Come join us for a memorable day of creativity and community support!

Classes: 1 Fee: \$30.00(R)/\$35.00(N)

COURSE #	DAY	DATE	TIME
FA1-630	Sat	Dec 14	9:30AM-12:00PM
Morning Session (Family-Friendly)			
FA1-631	Sat	Dec 14	1:00PM-3:30PM
Afternoon Session			

TEEN AND ADULT CLASSES

Fresh Holiday Wreath "Take Home" Kits

Age: 18Y and up

Instructor: Sharon Ranals

Location: Joseph Fernekes Recreation Building - Orange Park
Wreath kits are once again available this year for DIY crafters who enjoy making wreaths at home. Host your own wreath-making holiday party with family and friends by purchasing kits for each participant! Those who purchase a kit can visit the Fernekes Building outdoor patio to gather their preferred greens. Each kit includes one large bag of greens, one wreath ring, one spool of wire, and one pre-made bow. All supplies will be handled outdoors on the patio. Kits only—no instruction included.

Classes: 1 Fee: \$25.00(R)/\$30.00(N)

COURSE #	DAY	DATE	TIME
WW24-1000	Sat	Dec 14	10:00AM-10:15AM
WW24-1015	Sat	Dec 14	10:15AM-10:30AM
WW24-1030	Sat	Dec 14	10:30AM-10:45AM
WW24-1045	Sat	Dec 14	10:45AM-11:00AM
WW24-1100	Sat	Dec 14	11:00AM-11:15AM
WW24-1115	Sat	Dec 14	11:15AM-11:30AM
WW24-130	Sat	Dec 14	1:30PM-1:45PM
WW24-145	Sat	Dec 14	1:45PM-2:00PM
WW24-200	Sat	Dec 14	2:00PM-2:15PM
WW24-215	Sat	Dec 14	2:15PM-2:30PM
WW24-230	Sat	Dec 14	2:30PM-2:45PM
WW24-245	Sat	Dec 14	2:45PM-3:00PM

EXERCISE AND FITNESS

Basic Self Defense for All

Age: 18Y and up

Instructor: Nobu Kaji

Location: L | PR - Exercise Studio #235

Learn the beginning level of basic, but very effective methods of Self-Defense. Develop confidence and gain endurance, strength, and flexibility in a step-by-step manner, while in a friendly environment. This class is for beginners only. No martial arts experience needed. Students should wear loose clothing. Sensei Nobu Kaji has 55 years practice Karate and Kobudo who holds 8th Degree Black Belt. *No class: 11/30*

Classes: 10 Fee: \$88.00(R)/\$103.75(N)

COURSE #	DAY	DATE	TIME
FA1-221	Sat	Oct 05-Dec 14	10:15AM-11:45AM

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Banquet Hall #130

A total body workout that safely moves your body at a moderate tempo (your level of comfort) to strengthen and improve balance. The format is to sequentially work each part of your body in order to rest one part while working another part. Bring an exercise towel and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

No class: 10/7, 10/14, 11/11, 12/2

Classes: 10 Fee: \$56.00(R)/\$71.75(N)

COURSE #	DAY	DATE	TIME
FA1-116	Mon	Sep 09-Dec 09	1:00PM-2:00PM

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR - Banquet Hall #130

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

No class: 10/31, 11/28

Classes: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
FA1-103	Thu	Sep 12-Dec 12	5:30PM-6:30PM

Complete Body Workout

Age: 16Y and up

Instructor: Lisa Forslund

*Location: L | PR - Banquet Hall #130**

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

No class: 10/14, 10/28, 11/11

Classes: 11 Fee: \$62.00(R)/\$77.75(N)

COURSE #	DAY	DATE	TIME
FA1-104	Mon	Sep 09-Dec 09	5:30PM-6:30PM

**Class will be held at the Roberta Cerri Teglia Center on 10/7 and 12/2.*

TEEN AND ADULT CLASSES

Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR - Banquet Hall #130

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

No class: 10/30

Classes: 13 Fee: \$73.00(R)/\$88.75(N)

COURSE #	DAY	DATE	TIME
FA1-108	Wed	Sep 11-Dec 11	5:30PM-6:30PM

Introduction to TRX

Age: 13Y and up

Instructor: Helena Rodas

Location: L | PR - Exercise Studio #235

TRX is a form of suspension training that uses your own body weight and gravity to build strength, balance, coordination flexibility, core and joint stability. This Full-Body workout will help you achieve core stability which is essential for overall strength and injury prevention. In addition, it will leave you feeling good, strong and empowered.

No class: 10/17, 11/28

Classes: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
FA1-230	Thu	Sep 12-Dec 12	9:00AM-10:00AM

Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 16Y and up

Instructor: Monica Gutierrez

Location: (see below)

Embark on a transformative journey into the world of Vinyasa Yoga and Kundalini Breath-work. This class is tailored for beginners between the ages of 16 and up who are eager to explore the fundamentals of Vinyasa yoga practice and delve into the transformative power of Kundalini breath-work. Vinyasa yoga synchronizes breath with Ted movement, creating a seamless sequence of poses that energize the body and calm the mind, while Kundalini breath-work activates the dormant energy within, leading to profound states of consciousness and inner transformation. In this class, you will learn basic Vinyasa yoga poses (asanas) breath awareness techniques (pranayama), Sun Salutations (Surya Namaskar A), Introduction to Kundalini breathwork practices to awaken and balance your energy centers (chakras), and guided meditation to cultivate mindfulness and inner stillness. Whether you're completely new to yoga or eager to explore the transformative potential of Kundalini breath-work, this class offers a welcoming and supportive environment for all levels within the specified age range. Monica Gutierrez has a background in Massage Therapy and is a dedicated yoga instructor and former wellness space owner whose passionate about holistic health and helping clients achieve balance and inner peace. Let's get on the mat! Namaste.

L | PR - Social Hall #125

Classes: 9 Fee: \$59.00(R)/\$74.75(N) *No class: 10/7, 10/14, 11/11, 11/25, 12/2*

COURSE #	DAY	DATE	TIME
FA1-160	Mon	Sep 09-Dec 09	11:00AM-12:00PM

L | PR - Exercise Studio #235

Classes: 13 Fee: \$86.00(R)/\$101.75(N) *No class: 11/27*

COURSE #	DAY	DATE	TIME
FA1-161	Wed	Sep 11-Dec 11	3:00PM-4:00PM

L | PR - Exercise Studio #235

Classes: 12 Fee: \$79.00(R)/\$94.75(N) *No class: 11/15, 11/29*

COURSE #	DAY	DATE	TIME
FA1-165	Fri	Sep 13-Dec 13	10:45AM-11:45AM

Kundalini Breathwork Only

L | PR - Exercise Studio #235

Classes: 26 Fee: \$172.00(R)/\$187.75(N) *No class: 10/31, 11/28*

COURSE #	DAY	DATE	TIME
FA1-166	Tu/Th	Sep 13-Dec 13	2:30PM-3:30PM

TEEN AND ADULT CLASSES

Kenpo-Eskrima for Teens & Adults

Age: 10Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center – Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, a cane, a knife, or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies may be purchased from the instructor on the first day of class.

No class: 10/14, 11/11

Classes: 26 Fee: \$127.00(R)/\$142.75(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 09–Dec 09	6:45PM–7:45PM

Pilates

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Pilates works the entire body in addition to the mind. The focus is on the core of the body so the rest can freely move. This makes your body stronger both on the inside and out. The balance is meant to be present between flexibility and strength, resulting in stronger and leaner muscles. Pilates movements are slow, precise, and controlled. Breathing is full breath as well as gentle and natural, not forceful. Slowly stretching, moving, and elongating your total body will help improve joint movement. Learn to first mobilize in order to prepare for movement. Build more strength, improve balance, and strengthen core muscles to protect your back and spine (back problem, number one injury). Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

Alice Peña Bulos Center – Multi-Use Room

Classes: 14 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-143	Tue	Sep 10–Dec 10	5:00PM–6:00PM

L | PR – Exercise Studio #235

Classes: 13 Fee: \$73.00(R)/\$88.75(N) *No class: 11/28*

COURSE #	DAY	DATE	TIME
FA1-144	Thu	Sep 12–Dec 12	5:00PM–6:00PM

Pilates 1 – Beginners

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

Pilates works the entire body. The focus is on the core of the body so the rest of the body can move with ease, strengthen, elongate, improve flexibility, while increasing the range of motion and mobilizing the joint areas (shoulder, hip, knee, ankle). This makes your body stronger both on the inside and out. Pilates movements are slow, precise, and controlled. Breathing is full breath as well as gentle and natural, not forceful. Slowly stretching, moving, and elongating your total body will help improve joint movement. Learn to first mobilize in order to prepare for movement. Getting the total body stronger improves balance and strengthens core muscles to protect your back and spine (back problem, number one injury). Bring a mat, towel, 2 water bottles, or a set of weights (1 lb, 2lb, 3lb, 4lb, or 5lb).

Classes: 14 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-142	Tue	Sep 10–Dec 10	1:45PM–2:45PM

Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

The format of this class will consist of a warmup (10 to 15 minutes). Floorwork will entail Pilates moves performed in a mobility fashion, transitioning from one set of moves to another on the floor, in a standing position, and on the barre. This class will apply all the moves in Pilates 1 (and more) in a flowing fashion. If you are new to Pilates, it is recommended to complete Pilates 1. Bring a mat, towel, 2 water bottles, or a set of weights (1 lb, 2lb, 3lb, 4lb, or 5lb). We will also incorporate the Tabata formula to include cardio and further strengthen the core, upper and lower body. Previous experience is recommended.

Classes: 14 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-142	Tue	Sep 10–Dec 10	12:30PM–1:30PM

TEEN AND ADULT CLASSES

Senior Chair Yoga

Age: 50Y and up

Instructor: Monica Gutierrez

Location: Joseph A. Fernekes Building

Chair yoga offers a safe and accessible way for seniors to experience the benefits of yoga, even with limited mobility or physical challenges. In this class, participants will learn gentle stretches, movements, and relaxation techniques to alleviate discomfort and tension in the neck and back. The focus will be on improving flexibility, reducing stiffness, and enhancing relaxation through mindful movement and breath awareness. The class will focus on gentle stretches and movements, Kundalini breathwork techniques, seated poses and gentle twists, simple neck stretches and exercises to reduce stiffness and increase flexibility. Benefits from chair yoga include tension and discomfort relief, flexibility and movement improvement, and overall sense of well-being and vitality.

No class: 9/19, 10/31, 11/28

Classes: 25 Fee: \$165.00(R)/\$180.75(N)

COURSE #	DAY	DATE	TIME
FA1-164	Tu/Th	Sep 10-Dec 12	9:30AM-10:30AM

Shinkyu Shotokan Karate

Age: Teens (13Y-17Y) & Adults (18Y and up)

Instructors: Sue Miller & Nobu Kaji

Location: Joseph A. Fernekes Building

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. Sensei Leroy Rodriques started this program in 1965. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt. She will be assisted by Nobu Kaji, 8th degree black belt.

No class: 10/31, 11/28

Classes: 26 Fee: \$98.00(R)/\$113.75(N)

COURSE #	DAY	DATE	TIME
FA1-215	Tu/Th	Sep 10-Dec 12	6:00PM-7:00PM

Teens

Classes: 26 Fee: \$147.00(R)/\$162.75(N)

COURSE #	DAY	DATE	TIME
FA1-216	Tu/Th	Sep 10-Dec 12	7:00PM-8:30PM

Adults

Stable and Strong: Seated Pilates and Balance

Age: 18Y and up

Instructor: Monica Gutierrez

Location: L | PR - Exercise Studio #235

Enhance your strength, flexibility, and balance with our Seated Pilates and Balance class, specially designed for people age 45 and above, and those with limited mobility. This gentle, chair-based class combines the core-strengthening benefits of Pilates with targeted balance exercises to support your overall well-being. You will work on seated exercises, balance-enhancing movements and gentle stretches in supportive inclusive environment. The benefits of the class include improving core strength, muscle tone, enhances and so much more. Whether you are new to exercise or looking for a more accessible fitness option, this class offers a safe and effective way to stay active and healthy. Join us to experience the positive impact of Pilates and balance training on your daily life!

No class: 10/14, 11/11

Classes: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
FA1-166	Mon	Sep 09-Dec 09	3:00PM-4:00PM

StrengthPloxing

Age: 15Y - 85Y

Instructor: Stephanie King

*Location: Alice Peña Bulos Center - Multi-Use Room**

Get it all. Strength, cardio, endurance, balance, and control with mindful/safe execution. A fusion of standing pilates, boxing and fitness movements that can be performed at your own level of comfort. Bring a mat (or large towel) to lay on and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

Classes: 13 Fee: \$73.00(R)/\$88.75(N)

COURSE #	DAY	DATE	TIME
FA1-117	Sat	Sep 14-Dec 07	9:00AM-10:00AM

**Class will be held at the Fernekes Recreation Building on 12/7.*

Stretch & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

We will apply gentle stretch & flow movements at your comfort level, using the barre. We will tone your body by using your own body weight, bands, and hand weights. Bring a mat (or large towel) to lay on and a pair of 2lb or 3lb weights. If you do not have weights, bring 2 water bottles.

No class: 11/29

Classes: 12 Fee: \$70.00(R)/\$85.75(N)

COURSE #	DAY	DATE	TIME
FA1-129	Fri	Sep 13-Dec 06	1:00PM-2:00PM

TEEN AND ADULT CLASSES

Tabata LiiT (Low Intensity Interval Training)

Age: 15Y - 80Y

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

Tabata LiiT is a mix of low-impact generous intervals and generous rest intervals. It is a safe and very effective way to build long term muscle and burn fat. The repetitions and burst of low impact exercise strengthen targeted muscles and enhance your overall cardiovascular fitness. Deconditioned individuals due to lack of exercise. Bring a mat and two water bottles (if you do not have weights).

No class: 11/28

Classes: 13 Fee: \$73.00(R)/\$88.75(N)

COURSE #	DAY	DATE	TIME
FA1-118	Thu	Sep 12-Dec 12	1:00PM-2:00PM

Tabata Strength

Age: 15Y - 85Y

Instructor: Stephanie King

Location: (see below)

Each class consists of 15 minutes of moderate cardio (including the warmup), 20 minutes of no-to-low impact and rebound movements for 20 seconds and resting 10 seconds, 20 minutes of weight work-Tabata style (work 20 seconds, resting 10 seconds), and a 5-minute cool-down. This activity builds strength, encourages core stability for the body to move safely, and improves coordination, endurance, and flexibility. Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

*L | PR - Social Hall #125**

10/7, 10/14,

Classes: 10 Fee: \$56.00(R)/\$71.75(N) *No class: 11/11, 12/2*

COURSE #	DAY	DATE	TIME
FA1-119	Mon	Sep 09-Dec 09	7:00PM-8:00PM

L | PR - Exercise Studio #235

Classes: 13 Fee: \$73.00(R)/\$88.75(N) *No class: 11/28*

COURSE #	DAY	DATE	TIME
FA1-120	Thu	Sep 12-Dec 12	6:00PM-7:00PM

**Class will be held at the Roberta Cerri Teglia Center on 10/7 and 12/2.*

Tai Chi Chuan: Guang Ping Yang – Beginners

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Tai Chi, often known as moving meditation, yields many health benefits such as stress reduction, improved balance, and more efficient breathing. Muscles and joints are always relaxed as the movements are slow, low-impact and safe. The beginner class focuses on fundamental principles and introduces the graceful movements of the beginners form. Basic qigong and I-Chuan standing meditation will be taught. Guang Ping Yang Tai Chi Chuan was taught in South San Francisco Parks and Recreation for the past 40 years under Grandmaster Henry Look and eventually by his students over the decades continuing his legacy of the art.

Classes: 8 Fee: \$47.00(R)/\$62.75(N)

COURSE #	DAY	DATE	TIME
FA1-209	Thu	Sep 12-Oct 31	5:30PM-6:30PM

TEEN AND ADULT CLASSES

Recreation Scholarship Program

Income-eligible residents may apply for a Recreation Scholarship to receive a discount on fees to participate in recreation classes and programs. Applications are available at the Parks and Recreation office at 901 Civic Campus Way, 3rd Floor. Applications must be accompanied by documentation of enrollment in other subsidized programs such as school free or reduced meal programs, or utility discount programs. The Recreation Scholarship Program is made possible thanks to community donations. Donations are accepted online at www.ssf.net/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way, 3rd Floor. Please call (650) 829-3800 for more information.

TEEN AND ADULT CLASSES

Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Students in the intermediate class will learn additional movements and refinement of forms going deeper into applications and understanding of concepts. Additional Qigong and I-Chuan meditation exercises will also be taught. Qualified students will progressively learn the saber, sword and spear. We will also introduce Hsing-I and Bagua to advanced students. Guang Ping Yang Tai Chi Chuan was taught in South San Francisco Parks and Recreation for the past 40 years under Grandmaster Henry Look and eventually by his students over the decades continuing his legacy of the art.

Classes: 8 Fee: \$47.00(R)/\$62.75(N)

COURSE #	DAY	DATE	TIME
FA1-210	Thu	Sep 12-Oct 31	6:30PM-7:30PM

Tai Chi Chuan: Guang Ping Yang Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Tai Chi, often known as moving meditation, yields many health benefits such as stress reduction, improved balance, and more efficient breathing. Muscles and joints are always relaxed as the movements are slow, low-impact and safe. Guang Ping Yang Tai Chi has been taught in the South San Francisco Parks and Recreation program under Grandmaster Henry Look and his students over the past 40 years and his continuing legacy of the art. Advanced students will move to the next level of refinement in the Tai Chi form. Qigong and I-Chuan moving meditation exercises will be taught. Qualified students with knowledge of weapons like saber, sword, and spear will be refined. Hsing-I and Bagua will also be taught to qualified students.

Classes: 8 Fee: \$47.00(R)/\$62.75(N)

COURSE #	DAY	DATE	TIME
FA1-211	Thu	Sep 12-Oct 31	7:30PM-8:30PM

Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

Location: L | PR – Exercise Studio #235

The Qi energy harnessed for centuries for its life enhancing force has been underutilized by today's modern world! Come learn this gentle exercise to fortify us against issues such as stress, fatigue, depression, imbalance, brain fog. Classes are fun and learner friendly. Elliotte Mao is a wellness educator with over 20 years' experience in teaching Tai Chi and other health modalities. No athletic skills or prior experience needed for Level I. Students will enjoy graduating to higher levels with more moves and complexity. Let's discover wellness together.

Classes: 14 Fee: \$83.00(R)/\$98.75(N)

COURSE #	DAY	DATE	TIME
FA1-121 Level I	Wed	Sep 11-Dec 11	9:00AM-10:00AM
FA1-122 Level II	Wed	Sep 11-Dec 11	10:00AM-11:00AM
FA1-123 Level III	Wed	Sep 11-Dec 11	11:00AM-12:00PM

(Tai Chi) Chen Style Taiji for Beginners and Intermediates

Age: 18Y and up

Instructor: Niki Ulehla

Location: L | PR – Exercise Studio #235

Taiji can translate to "grand extreme" and as such, is a practice of balancing opposites—opening and closing, fast and slow, hard and soft, front and back, tense and relax. The class will introduce the traditional Chen-style first form (Lao Jai Yi Lu), the Silk Reeling exercises, and Wuji Qigong. The Lao Jia Yi Lu is the ancient unmodified foundation of Chen Taiji. It is an exercise for the mind and the body, helping improve balance, coordination and develop an understanding of the underlying Taiji principles. The Silk Reeling Exercises are a series of spiraling movements taken from within longer Chen Taiji forms, allowing a person to learn the shapes, practice the movements and develop natural breathing. Wuji Qigong is a standing meditation practice to help cultivate internal energy flow (qi) and promote relaxation. Niki Ulehla has practiced Chen Taiji for over 10 years and is a certified instructor of American Chen Taijiquan Society.

No class: 10/14, 11/11, 11/25

Classes: 11 Fee: \$98.00(R)/\$113.75(N)

COURSE #	DAY	DATE	TIME
FA1-240	Mon	Sep 09-Dec 09	10:00AM-11:30AM

TEEN AND ADULT CLASSES

Drop-In: (Tai Chi) Chen Style Taiji Silk Reeling for Seniors

Age: 50Y and up

Instructor: Niki Ulehla

Location: L | PR - Exercise Studio #235

Tai chi can translate to "grand extreme" and is a practice of balancing opposites—opening and closing, front and back, tense and relax. The class will focus on the Silk Reeling Exercises, a series of essential movements which are taken from within the long forms of Chen style tai chi. The hour-long series begins with the neck and moves all the way down to the toes. Through the movements, we will focus on the essential elements of alignment, shifting weight, opening and closing, tensing and relaxing and spiraling. The class is low impact and can be done while seated if needed. Niki Ulehla has practiced Chen Taiji for over 10 years and is a certified instructor of American Chen Taijiquan Society. Drop-in cash payable to the instructor.

No class: 10/14, 11/11, 11/25

Classes: 11 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 09-Dec 09	11:45AM-12:45PM

TRX Circuit

Age: 13Y and up

Instructor: Helena Rodas

Location: L | PR - Exercise Studio #235

TRX is a form of suspension training that uses your own body weight and gravity to build strength, balance, coordination flexibility, core and joint stability. This Full-Body workout will help you achieve core stability which is essential for overall strength and injury prevention. In addition, it will leave you feeling good, strong and empowered.

No class: 10/17, 11/8

Classes: 12 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
FA1-231	Thu	Sep 12-Dec 12	10:15AM-11:15AM

Women's Self Defense

Age: 13Y and up

Instructor: Sue Miller

Location: L | PR - Exercise Studio #235

Learn techniques to keep yourself safe! This class will help you become more aware of your environment and give you the techniques to react against a single assailant. No prior martial arts experience is needed. Everyone is welcome; students, parents, working individuals and anyone at any level of fitness. Students should wear loose clothing. Instructor Sue Miller has 50 years experience in Karate and holds the rank of 8th Dan degree black belt.

No class: 11/8

Classes: 10 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
FA1-219	Fri	Sep 13-Nov 22	5:30PM-6:30PM
FA1-220	Fri	Sep 13-Nov 22	6:30PM-7:30PM

Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

Instructor: Don Amini

Location: L | PR - Large Dance Studio #222

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

No class: 10/14, 11/11

Classes: 12 Fee: \$119.00(R)/\$134.75(N)

COURSE #	DAY	DATE	TIME
FA1-303	Mon	Sep 09-Dec 09	10:15AM-11:45AM
FA1-304	Mon	Sep 09-Dec 09	12:00PM-1:30PM

TEEN AND ADULT CLASSES

Zumba®

Age: 15Y - 90Y

Instructor: **Stephanie King**

Location: (see below)

Zumba® helps improve your cardiovascular fitness. It is a fusion of Latin (Cha Cha, Bachata, Salsa) and International music—dance themes that create a dynamic, exciting, fun, and effective fitness system. The routines feature aerobic/fitness interval training with a combination of quick, moderate, and slow rhythms that tone and sculpt the body. Appropriate for all levels of fitness levels, moving with your own flavor and comfort level. Bring water and a towel.

Alice Peña Bulos Center - Multi-Use Room

Classes: 14 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-124	Tue	Sep 10-Dec 10	6:00PM-7:00PM

L | PR - Social Hall #125

Classes: 14 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-125	Wed	Sep 11-Dec 11	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room*

Classes: 13 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-126	Sat	Sep 14-Dec 07	10:15AM-11:15AM

*Class will be held at the Fernekes Recreation Building on 12/7.

Drop-In: Zumba®

Age: 15Y - 90Y

Instructor: **Stephanie King**

Location: Joseph A. Fernekes Building*

Drop-in class (no advance registration needed). \$6.00 per class payable to the instructor at each class meeting (cash only please). No senior discount available.

No class: 10/14, 11/11

Classes: 12-14 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 09-Dec 09	11:30AM-12:30PM
---	Tue	Sep 10-Dec 10	11:00AM-12:00PM
---	Fri	Sep 13-Dec 06	11:00AM-12:00PM

*Class will be held in the L | PR Social Hall #125 on 9/20, 10/18, and 11/25.

Drop-In: Zumba® Gold & Tone

Age: 15Y - 90Y

Instructor: **Stephanie King**

Location: L | PR - Large Dance Studio #222

Zumba® Gold is a lower-intensity and slower version of the typical Zumba® class. It is designed for senior and older adults young at heart, those who want to begin exercising, and anyone who wants to burn calories and strengthen their muscles while enjoying a bit of a "boogie". The dance and fitness movements will improve your mental health and increase your self-esteem as you follow simple to more complicated dance movements. Following simple movements, you will condition and tone your body while benefiting from learning choreography and engaging in dance routines that will stimulate brain activity and memory recall. Come together to have fun as you enjoy an exhilarating workout. Drop-in class (no advance registration needed). \$6.00 per class payable to the instructor at each class meeting (cash only and exact bills please). No senior discount available.

No class: 11/28

Classes: 13 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Thu	Sep 12-Dec 12	11:00AM-12:00PM

Our classes are growing!

The South San Francisco Parks and Recreation programs are expanding. New classes are coming soon and being added throughout the year. To get the latest schedule of our classes and programs happening this summer, visit our online recreation catalog at

www.ssf.net/rec-catalog

Create your account and get ready for your registration date! For assistance, call the Recreation Office at (650) 829-3800 or email web-rec@ssf.net

CPR AND FIRST AID CLASSES

Adult Heartsaver CPR AED

Saturday, Aug 10, 2024 at 9:00am

Saturday, Sep 14, 2024 at 9:00am

Saturday, Dec 14, 2024 at 9:00am

Pediatric Heartsaver First Aid CPR AED

Saturday, Oct 12, 2024 at 9:00am

Basic Life Support (BLS) Provider

Saturday, Nov 16, 2024 at 9:00am

*All classes will be on Saturday starting at 9:00am in the EOC at Station 61, 480 N. Canal St. Please contact the fire department at cpr@ssf.net for registration information.



Information and Requirements

- Students furnish own racquet or may check out a loaner.
- Enrollment limited; early registration advised.
- Classes and times subject to change with notice.

Instructors: Anthony Dizon-Barron and Jaime Pagmanua are Certified Instructors by the U.S.P.T.R. (United States Professional Tennis Registry).

Tennis: Private Lessons

Age: 8Y and up

Instructor: Anthony Dizon-Barron

Location: Terrabay – Tennis Court #1

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

Classes: 14 Fee: \$291.00(R)/\$306.75(N)

COURSE #	DAY	DATE	TIME
FA4-400	Sat	Sep 14-Dec 14	8:30AM-9:00AM
FA4-401	Sat	Sep 14-Dec 14	9:00AM-9:30AM
FA4-402	Sat	Sep 14-Dec 14	9:30AM-10:00AM
FA4-403	Sat	Sep 14-Dec 14	10:00AM-10:30AM
FA4-404	Sun	Sep 15-Dec 15	8:30AM-9:00AM
FA4-405	Sun	Sep 15-Dec 15	9:00AM-9:30AM
FA4-406	Sun	Sep 15-Dec 15	9:30AM-10:00AM
FA4-407	Sun	Sep 15-Dec 15	10:00AM-10:30AM

Tennis: Private Lessons

Age: 8Y and up

Instructor: Jaime Pagmanua

Location: Terrabay – Tennis Court #2

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

Classes: 14 Fee: \$291.00(R)/\$306.75(N)

COURSE #	DAY	DATE	TIME
FA4-200	Sat	Sep 14-Dec 14	8:00AM-8:30AM
FA4-201	Sat	Sep 14-Dec 14	8:30AM-9:00AM
FA4-202	Sat	Sep 14-Dec 14	9:00AM-9:30AM
FA4-203	Sat	Sep 14-Dec 14	9:30AM-10:00AM
FA4-204	Sat	Sep 14-Dec 14	10:00AM-10:30AM
FA4-205	Sat	Sep 14-Dec 14	10:30AM-11:00AM
FA4-206	Sun	Sep 15-Dec 15	8:00AM-8:30AM
FA4-207	Sun	Sep 15-Dec 15	8:30AM-9:00AM
FA4-208	Sun	Sep 15-Dec 15	9:00AM-9:30AM
FA4-209	Sun	Sep 15-Dec 15	9:30AM-10:00AM
FA4-210	Sun	Sep 15-Dec 15	10:00AM-10:30AM
FA4-211	Sun	Sep 15-Dec 15	10:30AM-11:00AM

YOUTH AND ADULT SPORTS

Open Gym Program

Terrabay Gymnasium and Recreation Center
 Terrabay Gymnasium will be open for several drop-in activities during the week and on weekends. Cash only for walk-ins. To pay in advance by credit card go to www.ssf.net/rec-catalog. The schedule is as follows:

Basketball

Mon/Wed/Fri 12:00PM – 3:00PM
 Saturday 12:00PM – 3:00PM (Juniors only)
 Sunday 12:30PM – 3:00PM (All ages)

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$3.00	\$27.00
Adults	\$4.00	\$36.00
Seniors*	\$3.00	\$27.00

*Senior discount applies to ages 62 years and up.

Pickleball

Mon* 7:00PM – 9:30PM**
 Tue/Thu 12:00PM – 3:00PM

*Online registration opens 1 week prior to the drop-in date at 6am online

**Instructional drop-in offered

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Per person	\$4.00	\$36.00

Badminton

Sunday 9:15AM – 12:00PM (All ages)

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$4.00	\$36.00
Adults	\$6.00	\$54.00
Seniors*	\$4.00	\$46.00

*Senior discount applies to ages 62 years and up.

Terrabay Fitness Room

Terrabay Gymnasium and Recreation Center offers a small work out room that includes a treadmill, elliptical, and a universal machine, with a maximum capacity of 10 people.

Monday thru Friday 9:30AM – 8:00PM

Saturday/Sunday 9:30AM – 3:00PM

Closing hours may vary depending on programming.

Ages: 16 years of age and over only

NEW script cards available Monday through Fridays

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Per person	\$2.50	\$20.00

Fall Adult Bocce League

Known as Italian lawn bowling, it is one of the most widely played games in the world and is one of the oldest lawn or yard games. A Thursday night and Friday morning league will be offered in the Fall for all levels. Game times will be between 4:45pm – 8:15pm on Thursdays and Fridays from 9:30am – 10:45am. Registration begins on Monday, August 12, 2024, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Dates: September 12, 2024 – December 12, 2024

BOCCE-101	Team Only	Thu	4:45PM – 5:45PM
BOCCE-101A	Team Only	Thu	6:00PM – 7:00PM
BOCCE-101B	Team Only	Thu	7:15PM – 8:15PM
BOCCE-101C	Team Only	Fri	9:30AM – 10:45AM
BOCCE-102	Individual*		

*Please note: registered participants will be asked their desired timeslot preference upon registration.

Fee: \$120.00/team (4 player min & 8 player max)*

Fee: \$30.00/individual*

*Fees subject to change.

Middle School Sports Program

Students who attend one of the three high schools in the South San Francisco Unified School District can participate in our sports program. Students from all three schools will be joined together to form teams that will represent the City of South San Francisco in the North County Recreation League (NCRL). Flag football practices and home games will be held at the Terrabay Field and volleyball practices and home games at the Terrabay Gymnasium. The Evaluation Day will have anyone who registers (30 max per grade) placed on a team which could include students from all three schools playing together. There will be no cuts, but anyone who signs up after the evaluation day will only be placed on a team if a team is not already full. Please call (650) 829-4680 for further information on the Middle School Sports program. Registration forms will be made available at each school. We will not accept any registrations after our deadline for each season. Please read the new registration format below.

Middle School Sports Registration: All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE AUGUST 21** to play Flag Football or Volleyball. For a registration flyer, please call (650) 829-4683. Registration forms are also located at the Terrabay Gymnasium, 1121 South San Francisco Drive. Parents must sign the registration form and submit fees prior to participation.

NEW!

Free Middle School Volleyball Camp:
 Tues, Aug 20, 5:00PM – 6:30PM
 Wed, Aug 21, 5:00PM – 6:30PM

Free Flag Football Camp:
 Thurs, Aug 22, 5:00PM – 6:30PM

Location: Terrabay Gymnasium
 Pre-registration preferred at
www.ssf.net/rec-catalog

YOUTH AND ADULT SPORTS

FALL MIDDLE SCHOOL SPORTS

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

Location: Terrabay Field

EVALUATION DAY:

Thursday, August 29 at 5:00PM

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

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

COST: \$80.00 per participant and includes a team shirt

COURSE #	GRADE LEVEL
FA6-200	6th Grade
FA6-201	7th Grade
FA6-202	8th Grade

6th, 7th, 8th Grade Girls Volleyball

Location: Terrabay Gymnasium and Recreation Center
(1121 South San Francisco Drive)

EVALUATION DAYS:

6th grade: Tuesday, August 27 at 5:00PM

7th grade: Wednesday, August 28 at 5:00PM

8th grade: Wednesday, August 28 at 6:30PM

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

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

COST: \$80.00 per participant and includes a team shirt

COURSE #	GRADE LEVEL
FA6-400	6th Grade
FA6-401	7th Grade
FA6-402	8th Grade

7th/8th Grade Boys/Girls Basketball

(STARTS IN NOVEMBER)

Location: Terrabay Gymnasium and Recreation Center
(1121 South San Francisco Drive)

EVALUATION DAYS:

Wednesday, November 6 and Thursday, November 7

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

GAMES: Games will begin in December and will be announced.

COST: \$80.00 per participant and includes a team shirt

COURSE #	GRADE LEVEL
FA6-100	7th Grade Boys
FA6-101	7th Grade Girls
FA6-102	8th Grade Boys
FA6-103	8th Grade Girls



RAPP SPORTS

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

Coed 3rd – 5th Basketball League

DAYS: Fridays

PRACTICE DATES: September 20 – November 15

TIMES: 3:30PM–4:30PM or 4:30PM–5:30PM

Practice location: Terrabay Gymnasium

GAME DATES: Games begin October 6, 2023 (Fridays)*

Game location: Terrabay Gymnasium and Recreation Center

COST: \$80.00

For more information call (650) 829-3800.

COURSE #	DAY	TIME
FA6-300	Fri	3:30PM
FA6-301	Fri	4:30PM

*Dates subject to change. No RAPP on Friday, October 4, 2024.

Middle School Dance

FRIDAY, OCTOBER 4, 2024
6:00 P.M. - 8:00 P.M.
COST: \$12.00



Registration opens Wednesday, September 4 at www.ssf.net/rec-catalog. Registration required.

No walk-ins will be accepted on event date.

For questions, please contact (650) 829-4683.

AQUATICS CLASSES

Orange Pool

1 West Orange Ave | South San Francisco, CA 94080
(650) 875-6973 | www.ssf.net/aquatics
Indoor, six lanes, 25 yards | Approximately 83 degrees

Aquatics Registration

All classes are subject to cancellation based on instructor availability. Please check the online catalog for the most up-to-date course offerings.

FALL 2024

All registrations open at 6:00am online and in-person at Orange Pool.

Session #1 (All classes, including weekend classes)

Resident Registration – Monday, August 12, 2024
Non-Resident Registration – Monday, August 26, 2024

Session #2 (Mon/Wed and Tues/Thur evening classes only)

Resident Registration – Wednesday, October 16, 2024
Non-Resident Registration – Friday, October 18, 2024

Registration Procedures

Registration can be done online or in-person. It is highly recommended to register online through CivicRec at www.ssf.net/rec-catalog. **You will need to create a family account in advance if you have not already.** If registering in-person, the registration form is located **on page 48**. Completed forms can be brought to Orange Pool or the Recreation Administrative Office.

We reserve the right to cancel or relocate classes due to low enrollment or instructor unavailability.

Schedule: Monday, September 9, 2024 – Saturday, November 23, 2024

Please check the aquatics website at www.ssf.net/aquatics for the most up-to-date schedule.

OMP Pool will be closed on the following dates:

Monday, September 2, 2024
Saturday, September 21, 2024
Monday, October 14, 2024
Saturday, October 19, 2024: Closed after 8:45AM
Monday, November 11, 2024
Thursday, November 28 – Sunday, December 1, 2024
Saturday, December 7, 2024
Monday, December 23, 2024 – Wednesday, January 1, 2025

Adult Lap Swimming (16 Years and up)

Mon-Fri 5:30AM – 9:30AM
Saturday 7:15AM – 8:45AM

Adult Recreation Swim (18 Years and up)

M/W/F 10:00AM – 1:45PM
Tue/Thu 10:00AM – 12:45PM
7:45PM – 9:30PM
Sunday 7:15AM – 9:15AM

Open Recreation (All Ages)

Saturday 12:45PM – 2:30PM
Sunday 1:00PM – 3:00PM

Drop-in Baby and Parent Recreation Swim (4 months to 4 years)

For \$6.50, bring your child for playtime in the pool! This particular recreation time is for caregivers and children to play in the pool together and **a time for expecting mothers** to get in for some aquatic exercise. A lifeguard will be on duty and this is strictly for recreation (not a class). Buy a membership card or pay the drop-in fee. **All babies and children 4 years and younger must wear a swim diaper and swimsuit. All children 4 years and younger are required to have an adult accompany them in the water.** Please, no outside toys, life vests, or other floatation devices.

Mon/Fri 2:00PM – 3:00PM

Fees

All class fees are listed in the class schedule. There are two sets of fees (residents and non-residents). *Prices are subject to change.* Class payment can be made online with a credit card anytime, or in-person by check or credit card (Visa, MasterCard, American Express, or Discover) Monday through Friday, 8:00am – 5:00pm.

Admission Fees

Children \$5.25
Adults \$6.50

Script Card (10 use passes) and Monthly Passes

(Adult and Senior (62+) 10 use and monthly passes can be used for lap, adult rec, and open rec)

Child Script \$26.25(R)/\$51.50(N)
Adult Script \$39.50(R)/\$62.75(N)
Senior/Veterans \$26.50(R)/\$38.50(N)
Monthly Adult \$58.50(R)/\$66.50(N)
3-Month Adult \$165.75(R)/\$189.25(N)
Monthly Senior/Veterans \$47.75(R)/\$54.75(N)
3-Month Senior/Veterans \$135.75(R)/\$155.75(N)

Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one party if available. For parties reserving both time slots, the

AQUATICS CLASSES

rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-serve basis and must be booked in person. Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

Rental Rates (1.5 hours):
 \$193.50 for 30 participants or less
 \$218.25 for 31–60 participants
 \$243.00 for 61–100 participants

Rental Rates (3 hours):
 \$387.00 for 30 participants or less
 \$436.50 for 31–60 participants
 \$486.00 for 61–100 participants

Non-residents pay an additional \$21.50 per 1.5 hours. Rental payments are due upon completion of the permit. For further information and date availability, please contact Orange Pool at (650) 875-6973.

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 through Friday and competes in at least one swim meet a month. Tryouts are held on Monday through Friday by appointment only. Candidates for swim team should be able to swim 25 yards freestyle and backstroke. For more information, check out the team website at www.teamunify.com/team/ssf/page/home.

INFANT/PRE-SCHOOL

Level 1: Infants

Age: 6M – 1Y 5M
 This level is designed to orient infants to the water and the various skills involved in swimming. An adult must accompany the infant in the water, and **infants are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Pre-school classes may be combined.

Tuesday/Thursday Session #1
 Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-1103	Tu/Th	Sep 10–Oct 10	6:30PM–7:00PM
FA8-1104	Tu/Th	Sep 10–Oct 10	7:05PM–7:35PM

Tuesday/Thursday Session #2
 Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-1105	Tu/Th	Oct 22–Nov 21	6:30PM–7:00PM
FA8-1106	Tu/Th	Oct 22–Nov 21	7:05PM–7:35PM

Saturday Session #1

Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-1107	Sat	Sep 14–Nov 23	11:25AM–11:55AM
FA8-1108	Sat	Sep 14–Nov 23	12:00PM–12:30PM

Sunday Session #1

Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-1109	Sun	Sep 15–Nov 17	10:30AM–11:00AM
FA8-1110	Sun	Sep 15–Nov 17	11:05AM–11:35AM

Level 2: Toddler

Age: 1Y 6M – 2Y 11M

This level works with the toddler on orientation to the water and teaches the various skills involved in beginning swimming. An adult must accompany the toddler in the water, and **all toddlers are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Pre-school classes may be combined.

Tuesday/Thursday Session #1

Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-2203	Tu/Th	Sep 10–Oct 10	6:30PM–7:00PM
FA8-2204	Tu/Th	Sep 10–Oct 10	7:05PM–7:35PM

Tuesday/Thursday Session #2

Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-2205	Tu/Th	Oct 22–Nov 21	6:30PM–7:00PM
FA8-2206	Tu/Th	Oct 22–Nov 21	7:05PM–7:35PM

Saturday Session #1

Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-2207	Sat	Sep 14–Nov 23	11:25AM–11:55AM
FA8-2208	Sat	Sep 14–Nov 23	12:00PM–12:30PM

Sunday Session #1

Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-2209	Sun	Sep 15–Nov 17	10:30AM–11:00AM
FA8-2210	Sun	Sep 15–Nov 17	11:05AM–11:35AM

AQUATICS CLASSES

Level 3: Pre-School

Age: 3Y - 4Y 11M

The purpose of this course is to begin teaching floating and swimming skills to preschoolers. An adult must accompany the preschooler in the water. **All participants are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Pre-school classes may be combined.

Tuesday/Thursday Session #1

Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-3303	Tu/Th	Sep 10-Oct 10	6:30PM-7:00PM
FA8-3304	Tu/Th	Sep 10-Oct 10	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-3305	Tu/Th	Oct 22-Nov 21	6:30PM-7:00PM
FA8-3306	Tu/Th	Oct 22-Nov 21	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$66.50(R)/\$70.75(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-3307	Sat	Sep 14-Nov 23	11:25AM-11:55AM
FA8-3308	Sat	Sep 14-Nov 23	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$73.75(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
FA8-3309	Sun	Sep 15-Nov 17	10:30AM-11:00AM
FA8-3310	Sun	Sep 15-Nov 17	11:05AM-11:35AM

Level 4: Pre-Basic Beginners

Age: 4Y - 5Y

The purpose of this course is to begin teaching floating and swimming skills to preschoolers *without their parents in the water with them*. The children will enter the water themselves and stand on a Tot-Dock to keep them safely above water during class. Class size will be limited to 4 children. Please do not eat or drink 30 minutes before the start of class.

Saturday Session #1

Classes: 9 Fee: \$77.25(R)/\$81.50(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-4402	Sat	Sep 14-Nov 23	9:00AM-9:30AM
FA8-4403	Sat	Sep 14-Nov 23	9:35AM-10:05AM
FA8-4404	Sat	Sep 14-Nov 23	10:10AM-10:40AM
FA8-4405	Sat	Sep 14-Nov 23	10:45AM-11:15AM

Sunday Session #1

Classes: 10 Fee: \$86.00(R)/\$90.25(N)

COURSE #	DAY	DATE	TIME
FA8-4406	Sun	Sep 15-Nov 17	11:40AM-12:10PM
FA8-4407	Sun	Sep 15-Nov 17	12:15PM-12:45PM

CHILD

Level 1: Basic Beginners

Age: 5Y - 13Y

This class is intended for the first time student. We will primarily focus on going under water unassisted, supported front floats with the face in the water and supported back float with ears in the water. Participants in this class must be at least 5 years old.

Monday/Wednesday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-110	M/W	Sep 09-Oct 09	6:30PM-7:00PM
FA8-111	M/W	Sep 09-Oct 09	7:05PM-7:35PM
FA8-112	M/W	Sep 09-Oct 09	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-113	M/W	Oct 21-Nov 20	6:30PM-7:00PM
FA8-114	M/W	Oct 21-Nov 20	7:05PM-7:35PM
FA8-115	M/W	Oct 21-Nov 20	7:40PM-8:10PM

Saturday Session #1

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-116	Sat	Sep 14-Nov 23	9:00AM-9:30AM
FA8-117	Sat	Sep 14-Nov 23	9:35AM-10:05AM
FA8-118	Sat	Sep 14-Nov 23	10:10AM-10:40AM
FA8-119	Sat	Sep 14-Nov 23	10:45AM-11:15AM

Sunday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-120	Sun	Sep 15-Nov 17	11:40AM-12:10PM
FA8-121	Sun	Sep 15-Nov 17	12:15PM-12:45PM



AQUATICS CLASSES



Level 2: Beginners

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-210	M/W	Sep 09-Oct 09	6:30PM-7:00PM
FA8-211	M/W	Sep 09-Oct 09	7:05PM-7:35PM
FA8-212	M/W	Sep 09-Oct 09	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-213	M/W	Oct 21-Nov 20	6:30PM-7:00PM
FA8-214	M/W	Oct 21-Nov 20	7:05PM-7:35PM
FA8-215	M/W	Oct 21-Nov 20	7:40PM-8:10PM

Saturday Session #1

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-216	Sat	Sep 14-Nov 23	9:00AM-9:30AM
FA8-217	Sat	Sep 14-Nov 23	9:35AM-10:05AM
FA8-218	Sat	Sep 14-Nov 23	10:10AM-10:40AM
FA8-219	Sat	Sep 14-Nov 23	10:45AM-11:15AM

Sunday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-220	Sun	Sep 15-Nov 17	11:40AM-12:10PM
FA8-221	Sun	Sep 15-Nov 17	12:15PM-12:45PM

Level 3: Advanced Beginners

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-310	M/W	Sep 09-Oct 09	6:30PM-7:00PM
FA8-311	M/W	Sep 09-Oct 09	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-312	M/W	Oct 21-Nov 20	6:30PM-7:00PM
FA8-313	M/W	Oct 21-Nov 20	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-314	Sat	Sep 14-Nov 23	9:00AM-9:30AM
FA8-315	Sat	Sep 14-Nov 23	10:45AM-11:15AM

Sunday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-316	Sun	Sep 15-Nov 17	12:15PM-12:45PM

Level 4: Intermediates

Age: 5Y - 13Y

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

Thursday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-410	Thu	Sep 12-Nov 21	6:30PM-7:00PM

Saturday Session #1

Classes: 9 Fee: \$66.75(R)/\$71.00(N) No class: 9/21, 10/19

COURSE #	DAY	DATE	TIME
FA8-411	Sat	Sep 14-Nov 23	9:35AM-10:05AM
FA8-412	Sat	Sep 14-Nov 23	11:25AM-11:55PM

Sunday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-413	Sun	Sep 15-Nov 17	10:30AM-11:00AM
FA8-414	Sun	Sep 15-Nov 17	11:40AM-12:10PM

AQUATICS CLASSES

Level 5: Swimmers

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-510	M/W	Sep 09-Oct 09	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 9 Fee: \$66.75(R)/\$71.00(N) *No class: 11/11*

COURSE #	DAY	DATE	TIME
FA8-511	M/W	Oct 21-Nov 20	7:40PM-8:10PM

Thursday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N) *No class: 10/31*

COURSE #	DAY	DATE	TIME
FA8-512	Thu	Sep 12-Nov 21	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$66.75(R)/\$71.00(N) *No class: 9/21, 10/19*

COURSE #	DAY	DATE	TIME
FA8-513	Sat	Sep 14-Nov 23	10:10AM-10:40AM
FA8-514	Sat	Sep 14-Nov 23	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$74.00(R)/\$78.25(N)

COURSE #	DAY	DATE	TIME
FA8-515	Sun	Sep 15-Nov 17	11:05AM-11:35AM

TEENS AND ADULTS

Swim Aid Program

Age: 13Y - 15Y

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. Those interested in the swim aid program must sign up through the class registration. Requirements: Pass intermediates or the pre-test, be between 13 and 15 years old, participate in an interview, and attend mandatory training. Training dates will be determined after the interview. Interviews do not guarantee acceptance into the swim aid program.

Fall 2024

Classes: - Fee: \$0(R)/\$0(N)

COURSE #	DAY	DATE	TIME
FA8-001	Mon	Sep 09-Nov 23	TBD

Level 1: Adult Basic Beginners

Age: 13Y and up

This class is for first time student. No swimming experience is required. We will help you learn and improve your floating skills, basic arm movements and kicks.

Classes: 11 Fee: \$81.25(R)/\$85.50(N)

COURSE #	DAY	DATE	TIME
FA8-100	Fri	Sep 13-Nov 22	6:30PM-7:00PM
FA8-101	Fri	Sep 13-Nov 22	7:05PM-7:35PM

Level 2: Adult Beginners

Age: 13Y and up

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

Classes: 11 Fee: \$81.25(R)/\$85.50(N)

COURSE #	DAY	DATE	TIME
FA8-200	Fri	Sep 13-Nov 22	6:30PM-7:00PM
FA8-201	Fri	Sep 13-Nov 22	7:05PM-7:35PM

Level 3: Adult Advanced Beginners

Age: 13Y and up

In this class, you will work on your existing skills. Also, introduce the sidestroke and breaststroke.

Classes: 11 Fee: \$81.25(R)/\$85.50(N)

COURSE #	DAY	DATE	TIME
FA8-300	Fri	Sep 13-Nov 22	6:30PM-7:00PM
FA8-301	Fri	Sep 13-Nov 22	7:05PM-7:35PM

Level 4: Adult Swimmer

Age: 13Y and up

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

Classes: 11 Fee: \$81.25(R)/\$85.50(N)

COURSE #	DAY	DATE	TIME
FA8-400	Tue	Sep 10-Nov 19	6:30PM-7:00PM
FA8-401	Tue	Sep 10-Nov 19	7:05PM-7:35PM

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

This program is a low-intensity water aerobics 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. **Subject to cancellation based on instructor availability.**

Tuesday/Thursday Session #1

Classes: 10 Fee: \$64.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-602	Tu/Th	Sep 10-Oct 10	1:00PM-2:00PM
FA8-603	Tu/Th	Sep 10-Oct 10	2:00PM-3:00PM

Tuesday/Thursday Session #2

Classes: 10 Fee: \$64.50(R)/\$80.50(N) *No class: 10/31*

COURSE #	DAY	DATE	TIME
FA8-604	Tu/Th	Oct 22-Nov 21	1:00PM-2:00PM
FA8-605	Tu/Th	Oct 22-Nov 21	2:00PM-3:00PM

Adult Aquatic Fitness

Age: 16Y and up

This class is a medium-intensity, shallow water exercise class. It is not necessary to have swimming ability.

Tuesday/Thursday Session #1

Classes: 10 Fee: \$64.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-606	Tu/Th	Sep 10-Oct 10	7:45PM-8:30PM
FA8-607	Tu/Th	Sep 10-Oct 10	8:30PM-9:15PM

Tuesday/Thursday Session #2

Classes: 10 Fee: \$64.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-608	Tu/Th	Oct 22-Nov 21	7:45PM-8:30PM
FA8-609	Tu/Th	Oct 22-Nov 21	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance; for one pool party you shouldn't miss! Benefits: There is less impact on your joints during an Aqua Zumba® class so that you can let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Classes: 11 Fee: \$70.75(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
FA8-600	Wed	Sep 11-Nov 20	2:00PM-3:00PM

Classes: 10 Fee: \$64.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-601	Sun	Sep 15-Nov 17	9:30AM-10:15AM



New Aquatic Center at Orange Memorial Park Updates

To learn more about this project, visit www.ssf.net/parksproject.



Orange Memorial Park Ballfield

The Orange Memorial Park Ballfield is open to the public at various times throughout the season.

For details on availability, please visit www.ssf.net/sports or call (650) 829-4680.

PRESCHOOL

LICENSED PRESCHOOLS:

Little Steps Preschool,
Siebecker Preschool, and
Westborough Preschool

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

To be eligible for Westborough and Siebecker Preschool, children must be between 2 ½ and 5 years old and be fully toilet trained. To be eligible for Little Steps Preschool children must be between 3 and 5 years old and be fully toilet trained. Preschool is a year-round licensed program that runs Monday-Friday 7:30am to 6pm. There are three preschools, Siebecker Preschool is located at 510 Elm Court, (650) 875-6979, Facility #410509769 and Westborough Preschool is located at 2380 Galway, (650)875-6980, Facility #410517397. Little Steps is located at 520 Tamarack Lane, (650) 877-8545, Facility #414004145. Little Steps is a Big Lift grant funded preschool. Enrollment is full time only and based on family size and gross monthly income. The goal of our teachers is to provide a safe, nurturing environment with many developmentally appropriate activities and opportunities for children to creatively explore and learn through play. We are experienced and trained in the areas of Early Childhood Education, First Aid and CPR.

For more information please email **Diana Gonzalez**, Preschool Supervisor, at diana.gonzalez@ssf.net or call (650) 829-3756.

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

REGISTRATION FEE:

A \$72.00 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$34.50 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. The current waiting list is approximately 3-4 years.

BILLING POLICIES:

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

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$714.00/month	\$799.00/month
3 DAYS	\$443.00/month	\$494.00/month
2 DAYS	\$306.00/month	\$344.00/month

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$631.00/month	\$704.00/month
3 DAYS	\$391.00/month	\$435.00/month
2 DAYS	\$271.00/month	\$301.00/month

**Fees subject to change.*

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

For more information, please visit our website at www.ssf.net/childcare.

Winter Camp 2024

DATES

December 23rd, 26th, 27th, 30th, and
January 2nd and 3rd

FEES

\$39.50 for Residents and \$45.00 for Non-residents

Public Registration will begin Tuesday, November 12th
For more information, visit www.ssf.net/childcare.

YOUTH ENRICHMENT SERVICES

LICENSED AFTER SCHOOL RECREATION PROGRAM

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

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

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

REGISTRATION PROCESS:

Waitlist applications are available at www.ssf.net/childcare. For more information, contact the Childcare Administrative Office at (650) 875-6900 or **Kimberly Morrison**, Recreation and Community Services Supervisor at (650) 875-6950 or kimberly.morrison@ssf.net

LOCATIONS:

Buri Buri Elementary School (827-8448)
325 Del Monte Avenue
License #414002856

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

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

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

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

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

REGISTRATION FEE:

A \$72.00 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A non-refundable fee of \$34.50 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

Tuition is based on days of operation divided into ten tuition payments. The first and last tuition payment is due the first month of program each year. The last tuition installment is non-refundable, nor can it be used for your last month of attendance if you leave the program before the end of the school year.

# DAYS PER WEEK	BEFORE SCHOOL & AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$473.00/month	\$408.00/month
3 DAYS	\$322.00/month	\$279.00/month
2 DAYS	\$215.00/month	\$188.00/month

**Before school care only \$150/month.*

For more information, please visit our website at www.ssf.net/childcare.


REAL PROGRAM:

Los Cerritos and Martin Elementary Schools

The Recreation, Education, and Learning (REAL) Program is an After School Education and Safety (ASES) expanded learning program that is grant funded through the California Department of Education and operates in partnership with the City of South San Francisco and the South San Francisco Unified School District. The program provides academic support and enrichment for students Kindergarten through 5th grade. Priority enrollment is given to students who are referred by the school principal or teachers.

SENIOR SERVICES

Senior Program Administration: Roberta Cerri Teglia Center

601 Grand Avenue
(650) 829-3820
Monday, Wednesday, Friday, & Saturday: 9:00am – 3:00pm
 Tuesday & Thursday: 9:00am – 5:00pm

Kasey Jo Cullinan, Supervisor
(650) 829-3822
kaseyjo.cullinan@ssf.net



TAKE THE FREE SOUTH CITY SHUTTLE!

The shuttle provides free service around South San Francisco Monday through Friday (except certain holidays), with trips to local stores, senior center, libraries, city hall, and parks. The shuttle provides transit connections with SamTrans and BART. This free shuttle is open to the general public.

To view the map, visit www.ssf.net/shuttle. For questions, or more information please contact the City of South San Francisco's Public Works Department via phone (650) 877-8550 or email shuttle@ssf.net.

Licensed Adult Day Care Program

SECOND FLOOR

The South San Francisco Adult Day Care Center is located at 601 Grand Avenue, 2nd floor and is open Monday through Friday with program hours from 8:00am – 3:00pm. The fee for the ADC program is \$48 – \$64 per day. Financial assistance and sliding scale may be available for clients.

The program objectives are to maintain and enhance participant's physical, social and emotional functioning, while encouraging the highest level of independence and enhancing their quality of life, thus enabling frail or impaired older adults to remain in their community and to prevent premature or inappropriate institutionalization. It also provides on-going support, respite, and assistance with community resources for caregivers and clients. The activities are designed to provide mental and physical stimulation for participants. Structured recreation, education, and social programs include exercise, nutrition education, reality orientation, arts/crafts, music, games, walking and more. The program also provides a nutritionally balanced hot lunch and snack. Transportation assistance is available for clients.

Benefits for participants enrolled in the program are supervision, assistance and adaptive equipment for activities of daily living, structured activity programs to overcome isolation of physical and/or emotional disability and socialization with peers. Benefits for caregivers are respite, a safe and secure environment for their loved ones, community resource information, support group opportunities and information and referral. For information on the Adult Day Care Program please contact the ADC coordinator, Marianna Roman at (650) 829-3824.

Congregate Nutrition Program

THIRD FLOOR

Tuesdays and Thursdays from 12:30pm – 2:30pm
SSF residents 60 years and up are provided a healthy lunch and taught the benefits of proper nutrition and health. A completed application and pre-registration are required. There is a \$3.00 voluntary contribution, but it does not impact the ability to participate. For more information: (650) 829-3820 or email kaseyjo.cullinan@ssf.net

Senior Connection Newsletter

Stay up to date on all the fun activities and programs at the Roberta Cerri Teglia Center.

For more information call (650) 829-3820
or visit www.ssf.net/seniors.

Older Adult and Senior Programs: Roberta Cerri Teglia Center / Library | Parks and Recreation Center

A wide range of free programs are offered for adults 50 and older at the Roberta Cerri Teglia Center such as exercise classes, arts and special interest, wellness, and much more. Additionally, senior social dancing opportunities take place three days a week at the new Library | Parks and Recreation Center. Please find information on each program below to learn more. *Participants visiting the Roberta Cerri Teglia Center:* Please sign in at the front desk on the 3rd floor and complete an Emergency Form.

Chess

Age: 50Y and up

Instructor: Colin

Location: Roberta Cerri Teglia Center,

Activity Room #1 – 3rd Floor

Join us for a game of chess and showcase your skills! Chess board and pieces will be provided.

DAY	TIME
Saturday	9:30AM-12:00PM

Coffee and Chat

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Activity Room #1 – 3rd Floor

Have a cup of coffee and chat with us! This is a great way to meet local community members.

DAY	TIME
Monday	10:00AM-12:00PM

Coloring Club

Age: 50Y and up

Instructor: Sandy

Location: Roberta Cerri Teglia Center,

Activity Room #1 – 3rd Floor

Does your brain need a break? Want to reduce stress and anxiety all while sharpening your focus? Come and enjoy the soothing, calming effects of coloring and some great company to sit and chat with. You may bring your own crayons, pencils, water colors, and coloring sheets. If you do not have any, no worries! We have supplies you may use.

DAY	TIME
Thursday	11:30AM-1:00PM

Fine Arts Exploration

Age: 50Y and up

Instructor: Graham

Location: Roberta Cerri Teglia Center,

Activity Room #2 – 3rd Floor

Fine Arts Exploration allows for beginner, intermediate, and experienced artists to come and work on their skills while creating beautiful works of art. While painting is the focus of the group, we encourage artists of all kinds to come and share their talents. Beginner supplies provided!

DAY	TIME
Monday	12:30PM-2:30PM
Thursday	9:30AM-12:30PM

Grand-Friends

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Activity Room #2 – 3rd Floor

Pre-registration is required.

DAY	TIME
July 16, July 23 August 6, August 20	10:00AM-11:00AM

Hawaiian Plus

Age: 50Y and up

Instructor: Carolyn

Location: Roberta Cerri Teglia Center,

Dance Studio – 1st Floor

Learn basic strumming, chords, and songs on the ukulele in a friendly environment. No ukulele? No problem! We are offering free ukuleles to loan. Simply fill out a check out form, and you can use one of our free ukuleles for class and even take it home to practice with!

DAY	TIME
Tuesday	10:30AM-12:00PM

Classes marked with an (*) are fee based. For all programs/classes/events that do not have a program/class fee, there is a suggested donation of \$5.00 – \$10.00 per participant per class. Class program dates, locations, and times are subject to change after publication of the guide. Visit our updated program information at www.ssf.net/seniors. Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

SENIOR SERVICES

Karaoke

Age: 50Y and up

Instructor: Sandy

Location: Roberta Cerri Teglia Center,

Activity Room #1 – 3rd Floor

We have microphones, sound systems, and a wonderful room with nice acoustics so you just bring your voice. Join us every Wednesday at 1:00 PM to sing some songs and make some friends! We hope to see you there!

DAY	TIME
Wednesday	1:00PM-2:30PM

Knitting and Crochet

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Activity Room #2 – 3rd Floor

You don't have to be an expert to join, everyone is welcome! There is traditional knitting as well as single needle crocheting. There are people who can help you out and give you advice with projects.

DAY	TIME
Monday/Wednesday	10:00AM-12:00PM

Mahjong

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Multi-Use Room – 3rd Floor

We have everything you need to play: tables, tiles, and friendly players. We now have 10 tables at once, so come on by and join us for a game or come learn how to play!

DAY	TIME
Friday	9:30AM-1:00PM

Movies

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Multi-Use Room – 3rd Floor

Drop-by for a free screening of weekly movies handpicked by our Seniors Team.

DAY	TIME
Saturday	12:30PM-2:30PM

Open Billiards

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Billiards Room – 3rd Floor

Drop-by the Billiards room for a game or two! The objective of the game is to clear your ball from the table before your opponents do. We are happy to announce that there are two newly renovated tables in the billiards room.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tue/Thu	9:00AM-5:00PM

Open Computer Lab

Age: 50Y and up

Location: Roberta Cerri Teglia Center, Lobby – 3rd Floor

Join the computer lab for free drop-in computer time and/or bring your laptop for free wi-fi access.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tue/Thu	9:00AM-5:00PM

Open Gym

Age: 50Y and up

Instructor: (self paced)

Location: Roberta Cerri Teglia Center,

Exercise Room – 3rd Floor

Drop-by at our gym for open gym time where you will have access to a bike and treadmill to workout. First come, first serve.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tue/Thu	9:00AM-5:00PM

Ping Pong

Age: 50Y and up

Location: Roberta Cerri Teglia Center,

Multi-Use Room – 3rd Floor

Play a game of ping pong with other community members. All levels are welcome to play and enjoy several of our pool tables.

DAY	TIME
Monday	11:00AM-2:30PM

Classes marked with an (*) are fee based. For all programs/classes/events that do not have a program/class fee, there is a suggested donation of \$5.00 – \$10.00 per participant per class. Class program dates, locations, and times are subject to change after publication of the guide. Visit our updated program information at www.ssf.net/seniors. Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

Seated Full Body Workout

Age: 50Y and up

Instructor: Monica

*Location: Roberta Cerri Teglia Center,
Dance Studio – 1st Floor*

This class offers a safe and effective way to improve cardiovascular health, enhance circulation, and boost overall fitness. The movements are designed to increase heart rate, build strength, and improve flexibility without putting stress on the joints. This class will improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.

DAY	TIME
Wednesday/Friday	1:00PM-2:00PM

Seated Pilates

Age: 50Y and up

Instructor: Monica

*Location: Roberta Cerri Teglia Center,
Dance Studio – 1st Floor*

This class is designed to improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.

DAY	TIME
Tuesday/Thursday	12:30PM-1:30PM

Seated Weight Training

Age: 50Y and up

Instructor: Monica

*Location: Roberta Cerri Teglia Center,
Multi-Use Room – 3rd Floor*

DAY	TIME
Tuesday/Thursday	10:45AM-11:45AM

Senior Social Dance*

Age: 50Y and up

Instructor: Lisa

*Location: Library | Parks and Recreation Center,
Banquet Hall #130 – 1st Floor*

Make new friends and get in shape with ballroom dancing. All levels are welcome!

DAY	TIME
Tuesday/Friday	10:00AM-1:00PM
Thursday	9:00AM-12:00PM

Vitality in Breath

Age: 50Y and up

Instructor: Monica

*Location: Roberta Cerri Teglia Center,
Dance Studio – 1st Floor*

DAY	TIME
Friday	12:00PM-1:00PM

Yoga

Age: 50Y and up

Instructor: Monica (Monday/Wednesday)
Kevin (Tuesday/Thursday/Saturday)

*Location: Roberta Cerri Teglia Center,
Multi-Use Room – 3rd Floor*

Yoga is a great way to get in shape. It is a low impact activity that develops strength and balance. Our yoga classes are geared towards seniors so please come by and observe or join us and bring a mat! Mats are provided if you do not have one. Limited to the first 30 participants.

DAY	TIME
Monday/Wednesday	9:45AM-10:45AM
Tuesday/Thursday	3:30PM-4:30PM
Saturday	9:15AM-10:45AM

Zumba Gold

Age: 50Y and up

Instructor: Stephanie

*Location: Roberta Cerri Teglia Center,
Multi-Use Room – 3rd Floor*

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance in-spired workout of Zumba and makes it accessible for seniors and/or beginners. Come to this class and get ready to sweat, prepare to leave empowered and feeling strong.

DAY	TIME
Wednesday	11:30AM-12:30PM

Classes marked with an (*) are fee based. For all programs/classes/events that do not have a program/class fee, there is a suggested donation of \$5.00 – \$10.00 per participant per class. Class program dates, locations, and times are subject to change after publication of the guide. Visit our updated program information at www.ssf.net/seniors. Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

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. For more information, visit www.ssf.net/rentals, email facilityrequests@ssf.net, or call (650) 829-3800.

Facilities:

ALICE PEÑA BULOS COMMUNITY CENTER 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.

LIBRARY | PARKS AND RECREATION CENTER is comprised of three levels totaling 80,000 square-footage and a new 1.3-acre park. The new Library | Parks and Recreation Center will be a highly adaptable facility that will house both Library and Parks and Recreation programming. This will include halls for receptions, new council chambers, and multi-purpose rooms.

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

TERRABAY GYMNASIUM & RECREATION CENTER is available for parties, meetings and gymnasium rentals. Facilities include the gymnasium and 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 2:45pm – 4:15pm or 4:30pm – 6:00pm. For further information on fees and availability please call (650) 875-6973.

ATHLETIC FIELDS when not scheduled for Parks & Recreation Department activities or co-sponsored leagues, are available on a permit basis. For information on fees and availability, please call (650) 829-3800.

General information on picnic rentals:

Designated group picnic areas in specific parks may be reserved from March to the end of October. The Parks & Recreation office begins accepting reservations for picnic areas beginning in January each year. **You may reserve picnic areas online at www.ssf.net/rec-catalog.**

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning July 2024)

LOCATION	CAPACITY	TOTAL RESIDENT
Orange Park #1	150	\$391.00*
Orange Park #2	20	\$77.00
Orange Park #3	30	\$94.00
Orange Park #4	40	\$113.00
Orange Park #5	50	\$133.00
Westborough Shelter	120	\$414.00*
Westborough Small	40	\$174.00
Buri Buri Park #1	70	\$150.00
Buri Buri Park #2	20	\$77.00
Buri Buri Park #3	30	\$94.00
Buri Buri Park #4	30	\$94.00
Sellick Park (7 tables)	50	\$133.00
Alta Loma Park #1	60	\$152.00
Alta Loma Park #2	20	\$77.00
Alta Loma Park #3	20	\$77.00
Avalon Park (5 tables)	50	\$107.00
Oyster Point Marina	80	\$150.00

*plus \$225 refundable damage deposit

Added hours to either shelter: \$56.00 per hour / Added grill at Westborough Shelter: \$113.00

Non-Residents add \$15 per rental.

San Francisco Bay Trail

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

Bocce Courts at Orange Memorial Park

A total of six Bocce Courts are located at 783 Tennis Drive, near the award winning sculpture garden and tennis courts at Orange Memorial Park. The courts are owned by the city, and operated by the SSF Italian American Citizen's Club, a co-sponsored group of the Parks and Recreation Department. The Club provides FREE Bocce Lessons in April and September.

Court Hours: The courts are open to the public, Monday through Saturday from 1:00pm – 4:00pm unless otherwise reserved. Please contact the Recreation office at (650) 829-3800 or email web-rec@ssf.net for more information or questions regarding bocce lessons. Please look for additional details regarding our Bocce League on page 28.

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 typically qualifies as a "protected tree"?

1. Any upright, single-trunked tree with a circumference of forty-eight inches or more when measured fifty-four inches above natural grade; or
2. Any upright, single-trunked tree of the following species: Blue Gum (*Eucalyptus globulus*), Black Acacia (*Acacia melanoxylon*), Myoporum (*Myoporum laetum*), Sweetgum (*Liquidambar styraciflua*), Glossy Privet (*Ligustrum lucidum*), or Lombardy Poplar (*Populus nigra*) with a circumference of seventy-five inches or more when measured fifty-four inches above natural grade; or
3. Any upright, single-trunked tree considered to be a heritage tree species, with a circumference of thirty inches or more when measured at fifty-four inches above natural grade. A heritage tree means any of the following: California Bay (*Umbellularia californica*), Oak (*Quercus* spp.), Cedar (*Cedrus* spp.), California Buckeye (*Aesculus californica*), Catalina Ironwood (*Lyonothamnus asplenifolium*), Strawberry Tree (*Arbutus* spp.), Mayten (*Maytenus boaria*), or Little Gem Dwarf Southern Magnolia (*Magnolia grandiflora* "Little Gem").

For definitions of additional terms including "upright," "single-trunked," and "heritage tree," or more information please refer to the Tree Preservation Ordinance of the SSF Municipal Code (Section 13.30). When in doubt, contact the Parks Division Office at (650) 829-3837.

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. Minor trimming of a protected tree is allowed without a permit.

How much does a permit cost?

The fee for a tree permit is \$115.05 per tree.

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/parks.

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.

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. Volunteers will assist with tasks such as: planting, adding mulch, raking, weeding, trimming, watering, and general maintenance of an established public area. For more information, visit www.ssf.net/IPP or call (650) 829-3837.

Sign Hill Stewards



Many unique plant and animal species call the slopes of Sign Hill home, including the endangered mission blue butterfly and callippe silverspot butterfly. Help us protect, restore, and expand critical habitat by removing

invasive species, and helping plant native species focusing on improving pollinator habitat! Those who volunteer with **Sign Hill Stewards** will perform this critical work while also learning more about the wildlife they can find on the hill and even in their own backyard. Visit <https://www.ssf.net/departments/parks-recreation/parks-division/sign-hill> for more information. *Questions?* E-mail parks.volunteers@ssf.net or call (650) 829-3837.



COMMUNITY INFORMATION

Community Services

Community Emergency Response Training (CERT)

This training covers first/aid, CPR, use of fire extinguisher, shut-off gas, electric and water utilities following a disaster as well topics that will ensure that you can do the greatest good for the greatest number of victims, while protecting yourself from becoming a victim. Graduates are encouraged to become members of the Fire Department's CERT program. Call the CERT Hotline for upcoming class dates (650) 829-4337, or email ken.anderson@ssf.net. Pre-registration is required. Fee: \$20.00(R)/\$80.00(N)

Help Me Grow

Help Me Grow offers free developmental screening for children 0-5 and their families to promote the health and well-being of children in these important early learning years. Through screening you can learn useful important information about your child's individual strengths and needs, have the opportunity to talk about your child's development with a child development specialist and to learn about services or resources in the community for your child and family. Help Me Grow is funded by *First 5 San Mateo County*. Services are available in English and Spanish. For more information, please call (650) 762-6930. Free Online Developmental Screening is available in English or Spanish to any family in San Mateo County with a child 0-5 years to help you track your child's development. To participate in the online *Ages & Stages Questionnaire*: <https://abilitypath.org/services/childrens-services/free-developmental-screening/>

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 and 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

Job Train

JobTrain specializes in preparing underserved individuals for successful, sustainable careers in high-demand and emerging fields. Job Train provides career training, online

classes, recruitment events, and serves as a career center connecting employers to potential candidates. For details, visit <https://www.jobtrainworks.org/north-san-mateo-county-career-center/>.

Public Agency Maintenance References

- **BART:** (510) 464-7134
- **PG&E:** (877) 660-6789
- **Cal Water:** (650) 558-7800
- **SF PUC:** (415) 551-3000
- **County of San Mateo:** (650) 363-4100
- **SMC Harbor District:** (650) 952-0808
- **Caltrans:** (510) 286-6445
- **Caltrain:** (800) 660-4287
- **SSFUSD:** (650) 877-8700
- **Union Pacific Railway:** (888) 870-8777
- **California Golf Club:** (650) 588-9021
- **City of Daly City:** (650) 991-8038
- **City of San Bruno:** (650) 616-7180
- **Town of Colma:** (650) 757-8888

Renaissance Entrepreneurship Center

Renaissance Entrepreneurship Center helps individuals achieve personal, financial, and social transformation through the power of small business. Renaissance provides business readiness, business fundamentals, business planning, women's empowerment, financial management, technology, e-commerce, merchandising, sales, marketing and offers almost all workshops in English and Spanish. Visit us at 366 Grand Avenue in South San Francisco, or by calling (650) 829-4652. The EAC is open 9:00am to 5:00pm Monday to Friday, or contact via email. Se ofrece ayuda y programas en español.

South San Francisco Farmers Market

Come to the South San Francisco Farmers' Market for fresh, delicious fruits and vegetables straight from the source! Additional vendors include food truck, fresh hummus, fresh baked goods, candles, plants, crafts, and much more! The SSF Farmers' Market is open to all every Saturday from 9:00 a.m. to 1:00 p.m. at Orange Memorial Park behind the Joseph A. Fernekes Building at 781 Tennis Dr. Interested vendors should visit www.wcfma.org. Additional questions? (650) 877-8502. We hope to see you there!

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.

South San Francisco Promotores Program

www.ssf.net/promotores
promotores@ssf.net | (650) 829-6680
Promotores are members of the community who are involved in championing health and social services in their own communities. They bridge communities to tangible services, provide support and peer education, and are fully vested in improving the overall health and well-being of their community. Need food assistance? Need help obtaining health insurance? Want to learn how to build a resume or get a job? We can help with all of that and more. All services are at no cost to South San Francisco residents. Get connected today!

South San Francisco Sister Cities Association

The South San Francisco Sister Cities Association works to develop relationships with the people of our five sister cities through educational, sports and cultural exchanges. Our Sister Cities are Lucca, Italy; Atotonilco el Alto, Mexico; Kishiwada, Japan; Pasig, Philippines; St Jean Pied de Port, France. We meet bi-monthly in the Municipal Services Building and membership is open to all. Check us out at www.ssf.net/our-city/sister-cities

South San Francisco PAL Boosters

The SSFPAL boosters has been in existence for over 40 years sponsoring youth programs. In recent years, the PAL boosters have expanded into other areas of interest so we can serve more members of our younger community. The community of South San Francisco depends on our dedicated community boosters, police officers, coaches, teachers, and parents to provide a way for our youth to learn sportsmanship, discipline, respect, and friendship along with providing a positive interaction with the SSF Police Department. Our boosters donate hundreds of hours of their time to help bridge these concepts between the PD and youth and, are committed to helping youth activities prosper. For questions, please email Mark.Kosta@ssf.net.

Co-Sponsored Groups

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



Historical Society of South San Francisco
www.ssfhistory.org
info@ssfhistory.org
 (650) 829-3825

Organized in 1980, the Historical Society operates two museums. The South San Francisco Historical Society Museum, at 80 Chestnut Avenue, is open each Saturday from 1-4pm, or by appointment. The museum focuses on life in early South San Francisco and our industrial heritage with rotating special exhibits. For further information, call (650) 829-3825 email info@ssfhistory.org. The Plymire-Schwarz House, located at 519 Grand Avenue, is open each Saturday, 1-4 pm, or by appointment. This historic home reflects life in early SSF and is furnished with period pieces from the early 1900s.



Italian American Citizen's Club of South San Francisco
iacc.ssf@yahoo.com

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



San Mateo County Athletic Club
www.smcfootball.club
pgomez@smcfc.club
 (650) 797-9479

SMCAC promotes affordable, accessible and quality sports and recreational services for youth; specifically providing affordable competitive soccer opportunities for the youth of South San Francisco and its surrounding communities.



South San Francisco Aquatics Club
www.teamunify.com/Home.jsp?team=ssf
 SSFAC is a USS year

round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities.



S.S.F. United Youth Soccer League
www.ssfsoccer.net
ssfsoccer1@gmail.com
 (650) 797-9479

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



South San Francisco Youth Baseball Managers Association
www.ssfbaseball.org
 SSF baseball is a non-profit

organization co-ed baseball league in South San Francisco. They teach children the fundamentals of the game through good sportsmanship.



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

The SSF Friends of Parks & Recreation is a non-profit volunteer citizens group organized to support parks, 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.

South San Francisco Public Library

www.ssf.net/library

LIBRARY | PARKS AND RECREATION CENTER
 901 Civic Campus Way; (650) 829-3860

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

GRAND AVENUE BRANCH LIBRARY
 306 Walnut Avenue; (650) 877-8530
 Local History Collection

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

COMMUNITY LEARNING CENTER (CLC)
 520 Tamarack Lane; (650) 877-8540
clc@ssf.net

English classes, homework assistance, computer instruction (English and Spanish), and other educational programs. www.ssf.net/clc

For holiday hours & class information including story times, book clubs, author visits, online classes and tutoring, etc. visit www.ssf.net/library

Discover & Go: free tickets to local museums & more. Go to <https://ssf.discoverandgo.net/> to reserve and print out FREE tickets with your SSF library card.

Streaming Videos & E-Books: Download the Libby and Kanopy apps for access to thousands of streaming movies and TV shows. The best part—it is all free with your library card. For more information, or to sign up for a library card, visit our website our email: ssfpladm@plsinfo.org

Connect with us:    

Email: ssfpladm@plsinfo.org

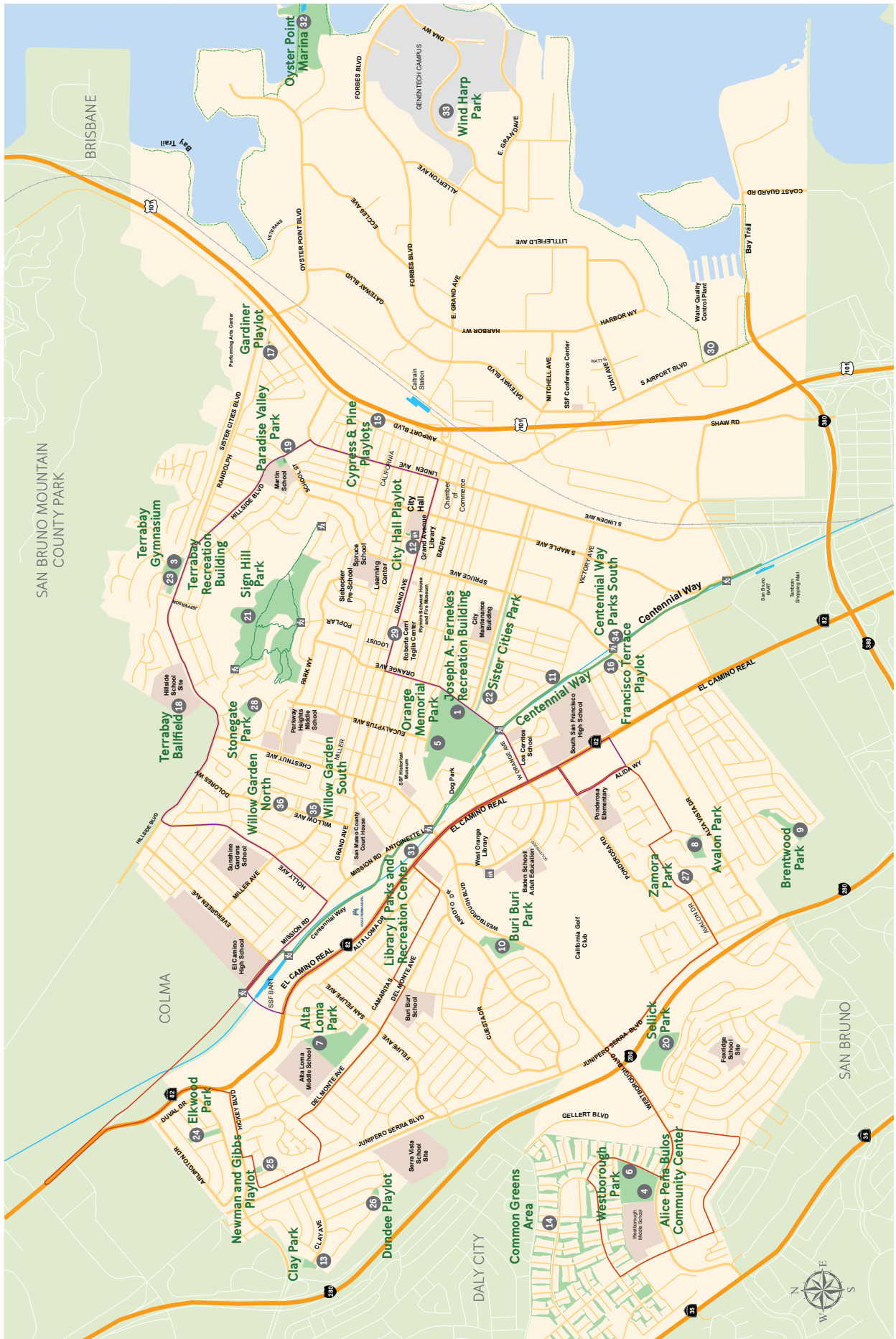
FRIENDS OF THE LIBRARY

Meets quarterly at the Main Library on the second Tuesday of Jan, April, July & Oct. 6 pm. Membership \$10. Daily book sale in Main Library lobby. Special book sales scheduled during the year. For more information, contact the Main Library at (650) 829-3860.

PROJECT READ, NORTH SAN MATEO COUNTY

840 West Orange Avenue; (650) 829-3871
 Services are offered to the communities of Daly City, San Bruno, South San Francisco, and Town of Colma. 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, visit: www.ssf.net/projectread

Do you have a non-profit group that is recreational in nature and is designed to bring people of like-minded interests together? If so, you may be eligible to apply for co-sponsorship with the Parks and Recreation Department. Please contact Erin O'Brien at erin.obrien@ssf.net or (650) 829-3811 for more information.



PARK AND FACILITY GUIDE



MAP	LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Concession/Games	Soccer Field	Pickleball Courts	Public Art
5	Orange Memorial Park <i>Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts</i>	Orange Ave & Tennis Dr	26.9	●	●	●	●	●	●	●	●	●	●	●	●		
6	Westborough Park	Westborough & Galway	11.1	●	●	●	●	●	●	●	●	●					
7	Alta Loma Park	450 Camaritas	9.0	●		●	●	●		●	●	●	●	●			
8	Avalon Park	Dorado Way & Old Country Way	2.4	●		●	●	●			●						
9	Brentwood Park	Rosewood & Briarwood	3.0	●		●	●			●	●	●	●				
10	Buri Buri Park	200 Block of Arroyo	4.2	●		●	●	●		●	●	●	●	●		●	
12	City Hall Playlot	Miller & Walnut	0.1	●			●										
13	Clay Park	Clay & Dundee	0.8	●			●					●					
14	Common Green Areas	-	49.1	●									●				
15	Cypress & Pine Playlot	Cypress & Pine	0.3	●			●					●					
16	Francisco Terrace Playlot	Terrace & S. Spruce	0.3	●								●					
17	Gardiner Playlot	Gardiner & Randolph	0.1	●								●					
18	Terrabay Ballfield	Hillside School	4.1			●					●				●		
19	Paradise Valley Park	Hillside & Spruce	0.9	●		●	●					●					
20	Sellick Park	Appian Way	4.5	●		●	●	●		●		●	●			●	
21	Sign Hill Park	Access on Poplar Ave	41										●				
22	Sister Cities Park	Between Orange & Spruce	4.1										●				
23	Terrabay Gymnasium	1121 South San 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	●			●										
28	Stonegate Park	Ridgeview	2.2							●			●			●	
31	Civic Campus Park	901 Civic Campus	1.3	●	●	●											
32	Oyster Point Marina	623 Marina Boulevard	14.0			●	●						●				
33	Wind Harp Park	500 Grand View Ave	0.5														●
34	Centennial Way Parks South	Spruce Ave & Huntington	-	●													
35	Willow Garden South	Willow Ave & Nora Way	-	●													
36	Willow Garden North	Willow Ave & Brusco Way	-	●													

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

- Public Transit Stations
- Caltrain Route
- Free SSF Shuttle
- Free Western Shuttle
- Bart Route
- Freeways and Highways

Please visit the City's interactive [Parks and Public Art Map](http://www.ssf.net/departments/parks-recreation/parks-division/interactive-parks-map) www.ssf.net/departments/parks-recreation/parks-division/interactive-parks-map

Recreation Facility Sites

- Joseph A. Fernekes Recreation Building** 781 Tennis Drive
- Terrabay Recreation and Gymnasium** 1121 South San Francisco Drive
- Alice Peña Bulos Community Center** 2380 Galway Drive
- Roberta Cerri Teglia Center** 601 Grand Avenue
- Library | Parks and Recreation Center** 901 Civic Campus Way

Bicycle/Pedestrian Trails

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

Take the free South City shuttle! Visit www.ssf.net/shuttle for more information.

CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____
(Required: Best Contact Phone Number)

Email: _____
(Required)

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

FIRST CHOICE SESSION CODE	SECOND CHOICE SESSION CODE	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + PROCESSING FEE
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
TOTAL					

Recreation Scholarship Program opportunities available! **Those 62 and over may deduct 20% off the resident rate*
 Call (650)829-3800 for more information. *\$5.00 Donation to Scholarship Fund*

Waiver and Release of Liability – Please Read and Sign

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

I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage, or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. Further, I give the City of South San Francisco permission to use any photos or videos of the participant taken during Program for promotional purposes. Finally, I understand that any and all activities, including but not limited to additional practices, performances, travel, private gatherings, etc., that take place outside of the class scope, days, times, and locations as set by the City are not a part of the City Recreation Class and are not affiliated with the City of South San Francisco and its Parks and Recreation Department. If I choose to participate in such outside activities not affiliated with the City, I do so at my own risk and fully assume all responsibilities and risks associated with such participation.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY ACKNOWLEDGING THIS WAIVER, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.

Signature _____ Date _____

Do you have special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?
 ___ YES, please contact me about disabled services.

There are two ways to pay:

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

Card Number _____ Exp. Date _____ Card Code _____

Cardholder's Name _____

Signature _____

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Non-aquatic Class & Sports Programming

Residents: Begins MONDAY, August 12, 2024 at 6:00am

Non-Residents: MONDAY, August 26, 2024 at 6:00am

Aquatics Registration: Summer 2024 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 30 for complete session registration dates.

Residents: Begins MONDAY, August 12, 2024 at 6:00am

Non-Residents: MONDAY, August 26, 2024 at 6:00am

Please call the Parks & Recreation Department at (650) 829-3800 for assistance setting up your account, or visit our website: www.ssf.net/rec-catalog and click the "Welcome!" tab for step-by-step directions on creating your account.



MAIL-IN

Residents: MONDAY, August 12, 2024

Non-Residents: MONDAY, August 26, 2024

*Payment can be made by check or credit card
(Master Card, Visa, Amex or Discover)

*Please do not send cash

Parks & Recreation Administration Office

P.O. Box 711

South San Francisco, CA 94083



WALK-IN

Residents: MONDAY, August 12, 2024

Non-Residents: MONDAY, August 26, 2024

*Payment can be made by check or credit card
(Master Card, Visa, Amex or Discover)

Library | Parks and Recreation Center

901 Civic Campus Way - 3rd Floor

*Registration hours: Monday – Friday 8:00am – 5:00pm

Class information, dates, times, and locations listed in this issue of the activity guide are subject to change after publication. Visit our online registration page for the latest class information at www.ssf.net/rec-catalog.

REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- Registration for each class will end one week prior to the start of class.
- **Register early!** Many classes fill before their start dates, so enroll early!
- For registration information, call (650) 829-3800.
- Make checks payable to:
South San Francisco Parks & Recreation
- There is a \$25.00 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 online and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In & Fax receipts will be emailed. 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 via email. You will not be charged for the class unless you are enrolled.
- A 20% senior discount off the resident rate applies to most classes for participants 62 years of age and over.
- No class dates (if any) are listed on the classes registration receipt.

CLASS LOCATIONS

See page 1.

REFUND AND CREDIT POLICY – CLASSES ONLY

- All processing fees are non-refundable.
- 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.
- All transfers and withdrawals must be submitted in writing.

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.

RECREATION SCHOLARSHIP PROGRAM

Income-eligible residents may apply for a Recreation Scholarship to receive a discount on fees to participate in recreation classes and programs. Applications are available at the Parks and Recreation office at 901 Civic Campus Way - 3rd Floor. Applications must be accompanied by documentation of enrollment in other subsidized programs such as school free or reduced meal programs, or utility discount programs. The Recreation Scholarship Program is made possible thanks to community donations. Donations are accepted online at www.ssf.net/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way - 3rd Floor. Please call (650) 829-3800 for more information.



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

PRST STD
U.S. POSTAGE
PAID
BURLINGAME, CA
PERMIT NO. 138

RESIDENTIAL CUSTOMER

OCTOBER ART SHOW
EXPLORE YOUR "ROOTS"

Exhibit Opening Weekend:

Friday, October 11 | 6:00pm-8:00pm (reception)
Saturday, October 12 | 10:00am-3:00pm

Gallery Hours (Monday-Friday):

Tuesday, October 15 through Friday, October 25 | 10:00am-5:00pm
(Closed Monday, October 14)

Location: Library | Parks and Recreation Center
901 Civic Campus Way, 3rd Floor Gallery
Free Admission

Enjoy viewing exceptional artwork at the final 2024 art show. The exhibit will focus on the artist's exploration of their "roots" by delving into cultural foundations, symbolic connections, and personal origins, whether through the lens of family heritage, abstract symbolism, or personal stories.

Information: SSF Parks and Recreation Department
(650) 829-3800 | www.ssf.net/culturalarts

Upcoming Events

MOVIE NIGHT IN THE PARK

Friday, August 16, 2024

Location: Martin Elementary School Ballfield
This event is FREE! The movie will begin at sundown.

HALLOWEEN EXTRAVAGANZA

Saturday, October 19, 2024 | Time TBA

Location: Orange Park
Free Event

Join us for a spook-tacular community event celebrating Halloween! Enjoy games, delicious food, and more fun activities suitable for all ages.

SENIOR HOLIDAY BOUTIQUE & MAKER'S FAIRE

Saturday, November 2, 2024 | 10:00am - 4:00pm

Location: Library | Parks and Recreation Center
Free Admission

Join us for a day of shopping while supporting local vendors! This year's event will showcase a variety of handcrafted jewelry, ceramics, holiday crafts, and more. Enjoy complimentary beverages and candy canes as you browse and shop in the festive atmosphere. We look forward to seeing you there!

5K THANKSGIVING FUN RUN

Saturday, November 23, 2024 | Time TBA

Location: Oyster Point Marina
Runners and walkers of all ages are invited to participate in the 51st annual 5K Thanksgiving Fun Run.

SANTA COMES TO TOWN

Saturday, December 7, 2024 | Time TBA

Location: Library | Parks and Recreation Center
Free Event

IPP WREATH MAKING WORKSHOP

Saturday, December 14, 2024

Morning Session (Family-Friendly) | 9:30am - 12:00pm
Afternoon Session | 1:00am - 3:30pm
Location: Joseph A. Fernekes Building

For more information on upcoming events, visit www.ssf.net/rec or call the Recreation Office at (650) 829-3800.



Concert in the Park:
Community Fun Fest

SATURDAY, SEPTEMBER 21, 2024
ORANGE MEMORIAL PARK PICNIC MEADOW

Free Admission
Music, Food & Drinks, Family Activities

For more details, visit www.ssf.net/concert