

South San Francisco Parks and Recreation Department ACTIVITY GUIDE SUMMER 2024



WE'RE HIRING!

The SSF Parks and Recreation Departments team is always growing. Explore job opportunities and build your skills in various program areas. Visit page 23 for more details.

July is Parks and Recreation Month!

See inside cover for details on this month-long celebration!

Resident Registration begins Monday, May 6!

Register at www.ssf.net/rec-catalog
See page 45 for details.

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Summer 2024

Dear Friends and Neighbors,

THIS SUMMER WE ARE YET AGAIN OBSERVING the month of July as Parks and Recreation Month. This month-long celebration recognizes the outstanding Parks and Recreation programs and staff who support building resilient, healthy and robust communities.

Since 1985, the National Parks and Recreation Association (NRPA) has recognized the roles of hundreds of thousands of parks and recreation professionals nationwide, and the programs they work tirelessly to provide. Here in South San Francisco, our outstanding team members—our skilled maintenance workers, talented instructors, dedicated recreation leaders, and professional administrators—all play a vital role in providing essential services.

In celebration of Parks and Recreation Month, we have a month-long celebration of free activities planned. We encourage you to participate. To learn more about our activities and full schedule in observation of Parks and Recreation Month, please visit www.ssf.net/rec.

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,*
Lenita Boldenweck, *Risha Bond,*
Michael DeNatale,
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*
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*

Elisia Espinoza, *YES*
Gabriella Firpo, *Classes*
Cynthia Lin, *Aquatics*
Ashly Michelson, *Preschool Early Learning Program*
Austin Navarro, *Facilities*
Kristin Pierotti, *YES*
Cristina Rodriguez, *YES*
Francisco Rodriguez, *YES*
Marianna Roman, *Adult Day Care*
Alexis Rogers, *YES*
Ercie 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. Fernekes 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

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Programs June–August 2024 Brochure Printed April 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

Parks and Facilities Administration
Corporation Yard
550 North Canal Street
(650) 829-3837

Ponderosa Elementary School (LIC #410519011)
295 Ponderosa Road
(650) 873-1096
Spruce Elementary School (LIC #410519010)
501 Spruce Avenue
(650) 873-0924

South San Francisco Friends of Parks and Recreation
Marie Patea, John Sanna, Betty Battaglia, Judy Bush, Eddie Flores, Sean Garrone, Jeannette Holt

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

We're on social media!
Follow us for the latest news and announcements:



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



On Saturday, March 30, the City of South San Francisco hosted the groundbreaking ceremony for the new Aquatic Center at Orange Memorial Park. This new 24,000 square foot state-of-the-art facility will include an indoor and outdoor pool, swimmers' lounge, and other much-needed amenities for the aquatics community. The existing Orange Pool will remain open during the construction of the new Aquatic Center to provide these essential wellness and life-safety services.

To follow the project's timeline and to learn more about the new Aquatic Center, visit www.ssf.net/newpool. For more information on other Park Projects, visit www.ssf.net/parkprojects.

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 is a graduate of San Francisco State University and a 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: 6/19, 7/10, 7/24

Classes: 19 Fee: \$102.00(R)/\$117.75(N)

COURSE #	DAY	DATE	TIME
SU3-201	M/W	Jun 03-Aug 14	11:30AM-12:30PM

Gym Daddy: A Class for Parents, Grandparents, Caregivers and Their Little Ones

Age: 2.5Y - 6Y
Instructor: Monica Ehlers & Vanessa Neri
Location: Terrabay - Gym
 When was the last time you played like you did when you were a kid? When was the last time you actually played with your toddler or kindergartner? Remember what it was like to move freely and have fun during this p.e.-style class where the only serious component is the workout. Run, jump, play tag, throw balls and be as loud and crazy as you want with your kids or the kids in your life. We encourage all of it! Play more and live better at Moms' Gym and Gym Daddy fitness classes. Bring a mat and water for you and each of your kids. Up to two registered children allowed per adult.
No class: 7/6, 7/13

Classes: 10 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
SU2-300	Sat	Jun 08-Aug 24	10:00AM-10:50AM



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: 6/19

Classes: 23 Fee: \$209.00(R)/\$224.75(N)

COURSE #	DAY	DATE	TIME
SU2-100	M/W	Jun 03-Aug 21	9:00AM-10:30AM
SU2-101	M/W	Jun 03-Aug 21	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: 7/4

Classes: 23 Fee: \$209.00(R)/\$224.75(N)

COURSE #	DAY	DATE	TIME
SU2-102	Tu/Th	Jun 04-Aug 22	9:00AM-10:30AM
SU2-103	Tu/Th	Jun 04-Aug 22	11:00AM-12:30PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

PRESCHOOL AGE CLASSES

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: 6/19

Classes: 9 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
SU2-225	M/W	Jun 03-Jul 03	5:15PM-6:15PM

Chinese Cantonese Kindergarten - Level 1A

Age: (see below)
Instructor: Music Chow
*Location: L | PR - Children's Classroom #236**
 The curriculum includes basic speaking, listening, reading and writing Cantonese. Students will also learn about Chinese tradition and culture. Traditional festivals such as Mid-Autumn Festival and Lunar New Year play an important part in the program. Music Chow is an experienced piano and music theory teacher. She also taught Chinese many years. Come learn Cantonese with fun and joy!
No class: 7/7

Classes: 11 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
SU3-332	Sun	Jun 09-Aug 25	1:30PM-2:15PM

Level IA (Age 6Y - 8Y)

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

COURSE #	DAY	DATE	TIME
SU3-333	Sun	Jun 09-Aug 25	2:30PM-3:30PM

Level IA (Age 9Y - 11Y)

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.

Classes: 10 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
SU3-229	Sun	Jun 23-Aug 25	10:00AM-11:00AM

Pre-Shinkyu Shotokan Karate - Level I/Beginners

Age: 4Y - 8Y
Instructor: Sue Miller
*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.

Classes: 12 Fee: \$58.00(R)/\$73.75(N)

COURSE #	DAY	DATE	TIME
SU2-301	Sat	Jun 08-Aug 24	8:30AM-9:15AM

Level I Beginners: Session A

COURSE #	DAY	DATE	TIME
SU2-302	Sat	Jun 08-Aug 24	9:30AM-10:15AM

Level I Beginners: Session B



Pre-Shinkyu Shotokan Karate - Level II/Colored Belts

Age: 4Y - 8Y
Instructor: Sue Miller
*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.**

Classes: 23 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SU2-303	Sa/Tu	Jun 08-Aug 24	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)

Level II: White Belt/Beginners

Classes: 23 Fee: \$144.00(R)/\$159.75(N)

COURSE #	DAY	DATE	TIME
SU2-304	Sa/Tu	Jun 08-Aug 24	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)

Level II: Color Belt Yellow & Up

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

YOUTH CLASSES



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.

Classes: 10 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
SU3-330	Sun	Jun 23-Aug 25	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: 6/19

Classes: 23 Fee: \$84.00(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
SU2-306	M/W	Jun 03-Aug 21	5:00PM-5:45PM

Beginners (Age 6Y - 12Y)

Classes: 23 Fee: \$112.00(R)/\$127.75(N)

COURSE #	DAY	DATE	TIME
SU2-307	M/W	Jun 03-Aug 21	5:45PM-6:45PM

Intermediates (Age 6Y - 15Y)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 03-Aug 21	6:45PM-7:45PM

Teens & Adults (Age 10Y and up)

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

YOUTH CLASSES

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 is a graduate of San Francisco State University and a 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.

Classes: 11 Fee: \$199.00(R)/\$214.75(N)

COURSE #	DAY	DATE	TIME
SU1-205	Tue	Jun 04-Aug 13	9:00AM-11:00AM

Math & Counting Fun!

Age: 5Y - 12Y
Instructor: Griselda Huete
*Location: L | PR - Children's Classroom #236**
 Learning through play and hands-on math games and activities is a great way to help students understand math concepts. Students will work on increasing number sense and counting strategies. Activities will be based on the student's individual level and skill. A separate \$10.00 supply fee is payable to the instructor at the first class.
No class: 6/11, 7/4

Classes: 9 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
SU2-217	Tu/Th	Jun 04-Jul 02	4:00PM-5:00PM

Math Counting (Age 5Y - 8Y)

COURSE #	DAY	DATE	TIME
SU2-218	Tu/Th	Jun 04-Jul 02	5:15PM-6:15PM

Math Counting (Age 9Y - 12Y)

Paint that Movie!

Age: 10Y - 13Y
Instructor: Bella Leggero
*Location: L | PR - Children's Classroom #236**
 In this movie-inspired painting class, students will watch a film and bring its characters and scenes to life on paper! While painting on the movie's theme is encouraged, it is not mandatory. Ms. Bella is a graduate of San Francisco State University and a 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: 6/19, 7/10, 7/24

Classes: 19 Fee: \$344.00(R)/\$359.75(N)

COURSE #	DAY	DATE	TIME
SU1-203	M/W	Jun 03-Aug 14	9:00AM-11:00AM

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.

Classes: 23 Fee: \$86.00(R)/\$101.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU3-308	M/W	Jun 03-Aug 21	6:30PM-7:30PM

Level I Beginners, Yellow & Blue 1

Classes: 23 Fee: \$86.00(R)/\$101.75(N)

COURSE #	DAY	DATE	TIME
SU3-309	M/W	Jun 03-Aug 21	7:00PM-8:00PM

Lev II Blue 2 & Green 1

Classes: 23 Fee: \$129.00(R)/\$144.75(N)

COURSE #	DAY	DATE	TIME
SU3-310	M/W	Jun 03-Aug 21	7:00PM-8:30PM

Lev II Green 2, Purple, Brown & Up

Story Writing

Age: 8Y - 12Y
Instructor: Griselda Huete
*Location: L | PR - Children's Classroom #236**
 This class will help students brainstorm to build and develop their story ideas through exercises and discussions. Each student will work at their own level to write, revise, and edit their story. They will receive both peer and teacher feedback. A separate \$5.00 supply fee is payable to the instructor at the first class. Wearing FACE MASKS will be highly encouraged.

Classes: 3 Fee: \$19.00(R)/\$34.75(N)

COURSE #	DAY	DATE	TIME
SU3-226	T-Th	Jul 09-Jul 11	4:15PM-5:30PM



*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

Summer Crafts!

Age: 10Y - 13Y
Instructor: Bella Leggero
*Location: L | PR - Children's Classroom #236**
 In this seasonal class, students will get creative under the summer sun! Dive into hands-on activities inspired by the fun of summer. From juicy watermelons to beach-inspired projects, join us for a vibrant journey! Ms. Bella is a graduate of San Francisco State University and a 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: 6/19, 7/10, 7/24

Classes: 19 Fee: \$258.00(R)/\$273.75(N)

COURSE #	DAY	DATE	TIME
SU3-204	M/W	Jun 03-Aug 14	1:30PM-3:00PM

Summer Spanish Fun

Age: 6Y - 12Y
Instructor: Griselda Huete
*Location: L | PR - Children's Classroom #236**
 Through poems, songs, and spring themed activities students will learn Spanish language basics. Activities will be focused on themes to support language arts and writing. This class is for beginners and Spanish speakers. 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. Wearing FACE MASKS will be highly encouraged.

Classes: 5 Fee: \$33.00(R)/\$48.75(N)

COURSE #	DAY	DATE	TIME
SU3-227	Mon	Jun 03-Jul 01	4:00PM-5:00PM

Writing Workshop for Younger Writers

Age: 6Y - 7Y
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: 6/19

Classes: 4 Fee: \$15.00(R)/\$30.75(N)

COURSE #	DAY	DATE	TIME
SU2-224	Wed	Jun 05-Jul 03	4:15PM-5:00PM

YOUTH CLASSES

DANCE CLASSES

Hip Hop

Age: (see below)

Instructors: Alycia Tam

Location: L | PR - Large Dance Studio #222*

Join Miss Teen Chinatown 2022 for an exciting hip hop experience. Alycia, a current undergraduate student studying Pharmacological Chemistry at UCSD, brings over 13 years of diverse dance experience, ranging from hip hop to ballet. With a background in choreographing for her high school's varsity Dance & Drill team and organizing dance gals, Alycia is dedicated to sharing her love for dance to others. Dancers will immerse themselves in weekly hip hop choreographies, focusing on musicality, and flexibility while making friends and of course, having fun! Recognizing that dance is both a physical and cognitive activity that these sessions offer benefits to dancers of all ages. No experience required in the introductory classes. Let's dance!

Classes: 11 Fee: \$69.00(R)/\$84.75(N)

COURSE #	DAY	DATE	TIME
SU1-565	Sun	Jun 16-Aug 25	9:30AM-10:30AM
Hip Hop Beginner Kids (Age 6Y - 9Y) A			
SU1-566	Sun	Jun 16-Aug 25	10:45AM-11:45AM
Hip Hop Beginner Kids (Age 6Y - 9Y) B			
SU1-567	Sun	Jun 16-Aug 25	12:00PM-1:00PM
Hip Hop Beginner Teens (Age 10Y - 15Y)			
SU1-568	Sun	Jun 16-Aug 25	1:15PM-2:15PM
Hip Hop Intermediate Teens (Age 10Y - 15Y)			
SU1-569	Sun	Jun 16-Aug 25	2:30PM-3:30PM
Adult Beginners (Age 15Y and up)			

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: 9 Fee: \$25.00(R)/\$40.75(N)

COURSE #	DAY	DATE	TIME
SU3-460	Mon	Jun 03-Aug 15	5:45PM-6:15PM
Level IA - New Students Only			
SU3-461	Fri	Jun 07-Aug 09	5:30PM-6:15PM
Level IB - Returning Students Only			
SU3-462	Fri	Jun 07-Aug 09	6:30PM-7:20PM
Level II			
SU3-463	Mon	Jun 03-Aug 15	6:30PM-7:30PM
Level III			
Instructor: Martin Cruz, Alexis Lopez (sub)			
Location: Terrabay - Poppy Room			
Classes: 12 Fee: \$25.00(R)/\$40.75(N)			
COURSE #	DAY	DATE	TIME
SU3-464	Thu	Jun 06-Aug 22	7:25PM-8:15PM
Level IV			
SU3-465	Mon	Jun 03-Aug 19	6:30PM-7:20PM
Level V			
SU3-466	Mon	Jun 03-Aug 19	7:25PM-8:15PM
Level VI			
SU3-467	Thu	Jun 06-Aug 22	6:30PM-7:20PM
Level VII			



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Cara Shpizner, Rachel Wong

New beginners (no experience) ages 5Y-7Y should enroll in Pre-Ballet A. New beginners (no experience) ages 7Y-12Y should enroll in Introduction. Students enrolling in Pre-Ballet B through Level 10 must have previous ballet training and instructor approval. Students new to SSF Civic Ballet, with previous ballet training please contact M. Spremich: mbspointe@aol.com for appropriate level placement.

See here for SSF Civic Ballet Dress Code (<https://bit.ly/3vvdjcf>) 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. 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.

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. Early fundamentals of classical ballet technique are introduced in the pre-ballet series.

Pre-Ballet A Instructor: C. Shpizner
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-400	Mon	Jun 03-Aug 05	4:15PM-5:00PM
L PR - Small Dance & Fitness Studio #221* No class: 6/24, 7/15, 7/22			

Pre-Ballet B/C Instructor: M. Spremich
Classes: 9 Fee: \$54.00(R)/\$69.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-401	Tue	Jun 03-Aug 13	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222*			

YOUTH CLASSES

Ballet (Girls and Boys)

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. **New students in levels Basic through 10, please contact M. Spremich (mbspointe@aol.com) for class placement.** Parents may observe first and last class of session only.

Introduction Instructor: C. Shpizner
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-402	Mon	Jun 03-Aug 05	5:15PM-6:00PM
L PR - Small Dance & Fitness Studio #221* No class: 6/24, 7/15, 7/22			

Basic 1 Instructor: R. Wong
Classes: 6 Fee: \$36.00(R)/\$51.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-403	Wed	Jul 10-Aug 21	4:30PM-5:15PM
L PR - Small Dance & Fitness Studio #221* No class: 8/7			

Basic 2 Instructor: M. Spremich
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-404	Thu	Jun 13-Aug 15	4:30PM-5:15PM
L PR - Large Dance & Fitness Studio #222* No class: 7/4			

Basic 3 Instructor: M. Spremich
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-405	Thu	Jun 13-Aug 15	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222* No class: 7/4			

Level 1A Instructor: M. Spremich
Classes: 8 Fee: \$64.00(R)/\$79.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-406	Wed	Jun 12-Aug 14	4:15PM-5:15PM
L PR - Large Dance & Fitness Studio #222* No class: 6/19			

Level 1B Instructor: R. Wong
Classes: 5 Fee: \$40.00(R)/\$55.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-407	Fri	Jul 12-Aug 23	4:15PM-5:15PM
L PR - Small Dance & Fitness Studio #221* No class: 7/19, 8/9			

Level 1C Instructor: M. Spremich
Classes: 9 Fee: \$72.00(R)/\$87.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-408	Tue	Jun 11-Aug 03	4:30PM-5:30PM
L PR - Large Dance & Fitness Studio #222*			

Level 2A Instructor: C. Shpizner
Classes: 7 Fee: \$56.00(R)/\$71.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-409	Sat	Jun 08-Aug 10	9:30AM-10:30AM
L PR - Small Dance & Fitness Studio #221* No class: 6/22, 7/13, 7/20			

Level 2B Instructor: C. Shpizner
Classes: 6 Fee: \$48.00(R)/\$63.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-410	Thu	Jun 06-Aug 08	4:15PM-5:15PM
L PR - Small Dance & Fitness Studio #221* No class: 6/20, 7/4, 7/11, 7/18			

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

YOUTH CLASSES

Ballet (cont.)

Level 2C
Classes: 7 Fee: \$56.00(R)/\$71.75(N) Instructor: M. Spremich
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-411	Mon	Jun 13-Aug 15	5:30PM-6:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 7/4</i>			

Level 2/3A
Classes: 5 Fee: \$40.00(R)/\$55.75(N) Instructor: R. Wong
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-412	Fri	Jun 12-Aug 23	5:30PM-6:30PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 7/19, 8/9</i>			

Level 3B
Classes: 8 Fee: \$64.00(R)/\$79.75(N) Instructor: M. Spremich
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-413	Sat	Jun 05-Aug 17	10:45AM-11:45AM
<i>L PR - Large Dance & Fitness Studio #222* No class: 7/4</i>			

Level 4A
Classes: 6 Fee: \$60.00(R)/\$75.75(N) Instructor: R. Wong
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-414	Wed	Jul 10-Aug 21	5:30PM-6:45PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 8/7</i>			

Level 4B
Classes: 9 Fee: \$90.00(R)/\$105.75(N) Instructor: M. Spremich
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-415	Mon	Jun 10-Aug 12	4:00PM-5:15PM
<i>L PR - Small Dance & Fitness Studio #221*</i>			

Level 5A
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-416	Sat	Jun 15-Aug 17	9:15AM-10:30AM
<i>L PR - Large Dance Studio #222* No class: 7/6</i>			

Level 5B
Classes: 9 Fee: \$90.00(R)/\$105.75(N) Instructor: M. Spremich
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-417	Tue	Jun 11-Aug 13	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222*</i>			

Level 6A
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-419	Wed	Jun 12-Aug 14	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 6/19</i>			

Level 6B/Pre-Pointe
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-420	Fri	Jun 14-Aug 16	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 7/5</i>			

Level 7/8 - Monday
Classes: 9 Fee: \$90.00(R)/\$105.75(N) Instructor: M. Spremich
Age: 12Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-421	Mon	Jun 10-Aug 12	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222*</i>			

Level 7/8 - Wednesday
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich
Age: 12Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-422	Wed	Jun 12-Aug 14	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 6/19</i>			

Level 7/8 Pointe 2
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich
Age: 12Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-423	Fri	Jun 14-Aug 16	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 7/5</i>			

Level 7/8 Combo
Classes: 25 Fee: \$199.00(R)/\$214.75(N) Instructor: M. Spremich
Age: 12Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-424	M/W/F	Jun 10-Aug 16	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 6/19, 7/5</i>			

Level 9/10 - Monday
Classes: 9 Fee: \$107.00(R)/\$122.75(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-425	Mon	Jun 10-Aug 16	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222*</i>			

Level 9/10 - Wednesday
Classes: 8 Fee: \$96.00(R)/\$111.75(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-426	Wed	Jun 12-Aug 14	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 6/19</i>			

Level 9/10 Pointe 3
Classes: 8 Fee: \$96.00(R)/\$111.75(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-427	Fri	Jun 14-Aug 16	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 7/5</i>			

Level 9/10 Combo
Classes: 25 Fee: \$239.00(R)/\$254.75(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-428	M/W/F	Jun 10-Aug 16	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 6/19, 7/5</i>			

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)

COURSE #	DAY	DATE	TIME
SU5-400	Mon	Jun 17-Aug 19	3:30PM-4:00PM
SU5-401	Mon	Jun 17-Aug 19	4:00PM-4:30PM
SU5-402	Mon	Jun 17-Aug 19	4:45PM-5:15PM
SU5-403	Mon	Jun 17-Aug 19	5:15PM-5:45PM
SU5-404	Mon	Jun 17-Aug 19	6:00PM-6:30PM
SU5-405	Mon	Jun 17-Aug 19	6:30PM-7:00PM
SU5-406	Mon	Jun 17-Aug 19	7:00PM-7:30PM

Classes: 10 Fee: \$201.00(R)/\$216.75(N)

COURSE #	DAY	DATE	TIME
SU5-407	Tue	Jun 18-Aug 20	3:30PM-4:00PM
SU5-408	Tue	Jun 18-Aug 20	4:00PM-4:30PM
SU5-409	Tue	Jun 18-Aug 20	4:45PM-5:15PM
SU5-410	Tue	Jun 18-Aug 20	5:15PM-5:45PM
SU5-411	Tue	Jun 18-Aug 20	6:00PM-6:30PM
SU5-412	Tue	Jun 18-Aug 20	6:30PM-7:00PM
SU5-413	Tue	Jun 18-Aug 20	7:00PM-7:30PM

Classes: 9 Fee: \$181.00(R)/\$196.75(N)

COURSE #	DAY	DATE	TIME
SU5-414	Wed	Jun 26-Aug 21	3:30PM-4:00PM
SU5-415	Wed	Jun 26-Aug 21	4:00PM-4:30PM
SU5-416	Wed	Jun 26-Aug 21	4:45PM-5:15PM
SU5-417	Wed	Jun 26-Aug 21	5:15PM-5:45PM
SU5-418	Wed	Jun 26-Aug 21	6:00PM-6:30PM
SU5-419	Wed	Jun 26-Aug 21	6:30PM-7:00PM
SU5-420	Wed	Jun 26-Aug 21	7:00PM-7:30PM

Classes: 9 Fee: \$181.00(R)/\$196.75(N)

COURSE #	DAY	DATE	TIME
SU5-421	Sat	Jun 22-Aug 24	9:00AM-9:30AM
SU5-422	Sat	Jun 22-Aug 24	9:30AM-10:00AM
SU5-423	Sat	Jun 22-Aug 24	10:00AM-10:30AM
SU5-424	Sat	Jun 22-Aug 24	10:30AM-11:00AM
SU5-425	Sat	Jun 22-Aug 24	11:00AM-11:30AM
SU5-426	Sat	Jun 22-Aug 24	11:30AM-12:00PM

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.

No class: 7/4

Classes: 12 Fee: \$49.00(R)/\$64.75(N)

COURSE #	DAY	DATE	TIME
SU5-500	Mon	Jun 03-Aug 19	6:00PM-6:30PM
SU5-501	Mon	Jun 03-Aug 19	6:30PM-7:00PM
SU5-502	Mon	Jun 03-Aug 19	7:00PM-7:30PM
SU5-503	Mon	Jun 03-Aug 19	7:30PM-8:00PM

Classes: 11 Fee: \$45.00(R)/\$60.75(N)

COURSE #	DAY	DATE	TIME
SU5-504	Thu	Jun 06-Aug 22	6:00PM-6:30PM
SU5-505	Thu	Jun 06-Aug 22	6:30PM-7:00PM
SU5-506	Thu	Jun 06-Aug 22	7:00PM-7:30PM
SU5-507	Thu	Jun 06-Aug 22	7:30PM-8:00PM

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

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

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MUSIC CLASSES

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

Age: 16Y and up

Instructor: Mark Cox

*Location: L | PR – Creator Studio #320**

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. If you play any type of folk instrument (such as acoustic guitar, ukulele, banjo, mandolin, etc.) or if you just like to sing, come on out and join the gym songbooks will be provided that include a wide range of songs from old timey folk music (think *O' Brother Where Art Thou*), two more contemporary folk rock and country songs from the 60s through the 2000s. The 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, place for you in the bed! We have a few folding music stands to lend out but if you have your own, please bring it a tuner for your instrument is also helpful. Check out the website for more info and updates about the time and place for our next Jam Gathering: www.folkjam.com. Mark Cox has been teaching guitar and leading group singing for over 25 years and he 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	Jun 15, Jul 13, Aug 10	3:00PM-5:00PM

**Class location on 6/15 to be determined.*

Uke & Me – Basic Ukulele Instruction

Age: 12Y – 80Y

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, 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 \$15.00 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: \$74.00(R)/\$89.75(N)

COURSE #	DAY	DATE	TIME
SU5-519	Tue	Jun 04-Jul 30	6:30PM-7:30PM

**New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way*

DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up

Instructor: (see below)

*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. 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. For more specific information on the Intermediate Ballet Level please contact M. Spremich: mbspoinite@aol.com. *Class Attire: <https://bit.ly/3vvdccj>*

Level I: Beginners Classical Ballet Technique – NEW!

Instructor: Cara Shpizner

Beginning Classical Ballet Technique is back just in time for summer! Are you curious to give ballet a try? Did you used to take ballet, but haven't in a while? Beginners Classical Ballet Technique will cover Classical Ballet Technique for absolute beginners (no experience) and individuals with some previous experience wishing to reconnect with ballet after an extended break.

Classes: 9 Fee: \$90.00(R)/\$105.75(N) *No class: 6/18, 7/16, 7/23*

COURSE #	DAY	DATE	TIME
SU1-400	Tue	Jun 04-Aug 20	7:00PM-8:15PM

Level II/III: Intermediate Classical Ballet Techniques

Instructor: Maria Spremich

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: 11 Fee: \$131.00(R)/\$146.75(N)

COURSE #	DAY	DATE	TIME
SU1-401	Tue	Jun 11-Aug 20	7:00PM-8:30PM

Classes: 10 Fee: \$120.00(R)/\$135.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU1-402	Thu	Jun 13-Aug 22	7:00PM-8:30PM

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: 6/19

Classes: 6 Fee: \$42.00(R)/\$57.75(N)

COURSE #	DAY	DATE	TIME
SU1-460	Wed	Jun 12-Jul 24	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: 6/19

Classes: 6 Fee: \$42.00(R)/\$57.75(N)

COURSE #	DAY	DATE	TIME
SU1-461	Wed	Jun 12-Jul 24	8:00PM-9:00PM

East Coast Swing

Age: 12Y 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!

No class: 6/19

Classes: 11 Fee: \$87.00(R)/\$102.75(N)

COURSE #	DAY	DATE	TIME
SU1-416	Wed	Jun 05-Aug 21	8:30PM-9:30PM

**Class on 6/5 will be held at the Roberta Cerri Teglia Center, 601 Grand Ave, 3rd Floor.*

**New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way*

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 2 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: 7/2*

COURSE #	DAY	DATE	TIME
SU1-465	Tue	Jun 04-Aug 20	7:30PM-8:30PM

*L | PR – Banquet Hall #130**

Classes: 11 Fee: \$108.00(R)/\$123.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU1-466	Thu	Jun 06-Aug 22	7:30PM-9:00PM

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.

Classes: 24 Fee: \$258.00(R)/\$273.75(N)

COURSE #	DAY	DATE	TIME
SU3-470	M/Th	Jun 03-Aug 22	8:00PM-10:00PM

TEEN AND ADULT CLASSES

Mexican Folklorico 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 Folklorico 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 folklorico 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 Folklorico Dance and is the Co-Founder and General Director of Ballet Folklorico Alma de Mexico 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 Folklorico shoes and practice/performance skirt will be provided in class.

No class: 6/18, 6/25, 7/9, 7/30

Classes: 8 Fee: \$86.00(R)/\$101.75(N)

COURSE #	DAY	DATE	TIME
SU1-464	Tue	Jun 04-Aug 20	4:30PM-6:30PM

Salsa Dance

Age: 12Y and up

Instructor: Adrian Bermudez

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

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

No class: 6/19

Classes: 11 Fee: \$82.00(R)/\$102.75(N)

COURSE #	DAY	DATE	TIME
SU1-415	Wed	Jun 05-Aug 21	7:15PM-8:15PM

**Class on 6/5 will be held at the Roberta Cerri Teglia Center, 601 Grand Ave, 3rd Floor.*

ARTS AND SPECIAL INTEREST

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. The supply list will be shared on the first day of class.

Classes: 12 Fee: \$212.00(R)/\$227.75(N)

COURSE #	DAY	DATE	TIME
SU1-535	Thu	Jun 06-Aug 22	3:00PM-5:00PM

Coding 101

Age: 15Y and up

Instructor: Ameen Safi

*Location: L | PR - Creator Studio #320**

Participants will get to play fun coding games, as well as create their very own interactive computer programs. Ameen Safi is a senior undergraduate Computer Science student at San Francisco State University.

No class: 6/17, 6/19

Classes: 16 Fee: \$114.00(R)/\$129.75(N)

COURSE #	DAY	DATE	TIME
SU1-603	M/W	Jun 04-Aug 20	4:30PM-6:00PM

Coding 102

Age: 15Y and up

Instructor: Ameen Safi

*Location: L | PR - Creator Studio #320**

Learn the fundamentals of Data Structures in this sequel to Coding 101! Participants will take their knowledge of Java basics from Coding 101, and learn how to code for real world applications of programming. Topics will include: Linked Lists, Stacks, Queues, and much more! This course will help you get a taste of how real engineers program to solve real-world problems. Experience in Coding 101 not required, but highly encouraged. Participants should know the following topics of Java: variables, objects, loops, conditionals, and arrays. Laptops available for use during class if participant does not have one compatible to download and run IntelliJ Community Edition.

No class: 6/17, 6/19

Classes: 16 Fee: \$114.00(R)/\$129.75(N)

COURSE #	DAY	DATE	TIME
SU1-604	M/W	Jun 05-Aug 21	6:30PM-8:00PM

Conversational Spanish

Age: 16Y 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. Hand gestures will 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, probation officers, world renowned cooks, painters, artists, 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 and worked overseas for two years in both Kuwait and Kazakhstan. He can be reached at bob_bachecki@hotmail.com.

Classes: 6 Fee: \$106.00(R)/\$121.75(N)

COURSE #	DAY	DATE	TIME
SU1-595	Wed	Jul 03-Aug 14	5:00PM-7:00PM

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 some white wool fleece or yarn and cotton yardage to dye.

No class: 7/4, 7/11

Classes: 9 Fee: \$140.00(R)/\$155.75(N)

COURSE #	DAY	DATE	TIME
SU1-501	Thu	Jun 06-Aug 15	10:00AM-2:00PM

TEEN AND ADULT CLASSES

Flower Fairy Workshop

Age: 16Y and up

Instructor: Sharon Ranals

*Location: L | PR - Creator Studio #320**

In this 2-session workshop let your creativity run wild making fun flower fairies. These are whimsical creations—just for fun—so let's not get too serious here! To see examples of what we will be making, go to Pinterest and search for "DIY Flower Fairies." You can make anything from a fluffy princess with a crown and wand to a jaunty leaf boy with an acorn hat. Fairies can be seasonal (summer, spring, etc.), holiday-oriented (Halloween witch, Valentine, Snow Queen, etc.) or special occasion (wedding, birthday, graduation, etc.). These make great personalized gifts and fun holiday ornaments to hang on the tree. Simple, inexpensive materials include floral wire for the body; a wooden bead for the head; embroidery floss to make skin and hair; artificial flowers and leaves for skirts and wings; and miniature accessories and natural materials to customize your creation. Once you learn how, you can easily make these on your own. No sewing required. In the first class, participants will decide what kind of fairy they want to make; choose your fairy dress or clothing to compliment the body and hair color; learn how to bend wire to make the bodies, how to wrap them with embroidery floss, and give them hair. In the second class, participants will learn how to pull an artificial flower apart and attach the petals to the body with a hot glue gun to make a skirt, or learn how to cut small pieces of felt to make a tunic. We will also accessorize the fairies. All materials will be provided by the instructor, but participants are welcome to bring their own! Sharon Ranals has over 10+ years instructing classes such as the wreath workshop!

Classes: 2 Fee: \$6.00(R)/\$21.75(N)

COURSE #	DAY	DATE	TIME
SU1-600	Fri	Jun 21 Jun 28	6:00PM-7:30PM 6:00PM-8:00PM

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.

Classes: 10 Fee: \$76.00(R)/\$91.75(N)

COURSE #	DAY	DATE	TIME
SU3-331	Sat	Jun 22-Aug 24	11:00AM-12:00PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

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 frog
3. plant scissors

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

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

COURSE #	DAY	DATE	TIME
SU1-503	Fri	Jul 12-Aug 09	6:00PM-8:00PM

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 almost anywhere, anytime. All you need is yarn and needles. Learning how to knit or learning a new skill is challenging and you must practice improving. This class is a combination 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 garter stitch. A washcloth teaches you stockinette and seed stitches. A drink cozy project shows how to do ribbing. And if time permits, knit a hat as you learn how to shape your knitting with decreases. Beginners must bring US6 and US8, 16" circular needles. Intermediate students are taught or guided to learn more complicated knitting tips and techniques. Projects are seasonal and inspiring. You can make this class project(s), select from hundreds of patterns, or bring your own pattern, the choice is yours. Please bring your own needle. So come join me and meet new friends or see former classmates for some fun. I'm sure you will enhance and heighten your skills. There is a \$10.00 fee payable to the instructor on the first day of class for patterns and some supplies.

No class: 7/4

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

COURSE #	DAY	DATE	TIME
SU1-480	Thu	Jun 06-Aug 22	7:00PM-9:00PM

Quilting with Scraps

Age: 18Y and up

Instructor: Joy - Lily

*Location: L | PR - Creator Studio #320**

Discover traditional and novel ways to make patchwork from leftover fabric scraps. Sew small quilted items like such as tote bags, baby quilts, and table runners with these scrappy strategies. You'll mostly sew with scraps of quilting weight cotton fabric, but we'll also consider how to work with scraps of unusual fabrics like velvets and knits. My giant collection of scrap fabric will be available to use, so if you don't have scraps, no problem! Sewing machines are highly encouraged. 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.

No class: 7/9

Classes: 8 Fee: \$120.00(R)/\$135.75(N)

COURSE #	DAY	DATE	TIME
SU1-502	Tue	Jun 11-Aug 13	10:00AM-1:00PM

Science of Healthy Living

Age: 14Y and up

Instructor: John Erve

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

This course will look at five important aspects of your life that are important for your health: (1) sleep and circadian rhythm, (2) diet, (3) exercise, (4) stress and (5) social connections. We will cover the scientific evidence for why these are important and how they impact many "life-style" diseases, such as, heart disease, diabetes, obesity, depression, dementia and certain cancers. Each class we will also cover practical suggestions that can be implemented in our daily lives to may help improve our overall health and well-being. The course will consist of a series of five lectures where we review the science behind living a healthy life. After each lecture, there will be ample opportunity for discussion so that participants fully understand the topic. Participants will be encouraged, but not required, to practice what is covered in class and to share their 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. Your instructor, John Erve, earned his MS in Chemistry, PhD in Toxicology and has worked in several 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: 6 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
SU1-601	Tue	Jul 09-Aug 13	2:00PM-4:00PM

Sewing - Beginners

Age: 18Y and up

Instructor: Judy Barretto

*Location: L | PR - Creator Studio #325**

This class is perfect for those interested in learning how to sew or want to brush up on their sewing skills to continue developing a broader set of skills while working on more challenging projects. You will learn the fundamentals of sewing to include measuring for pattern size, pattern selection, pattern envelope instruction reading, fabric and notion selection, pattern layout to alterations for the perfect fit, cutting, and sewing to complete the garment. Several shortcuts, tried and true techniques will be shared to perfect your sewing skills. This is the perfect class for the gentleman tired of paying for alterations. (Must have the knowledge of sewing machine usage and basic sewing skills to do alterations) This is not a machine training class. Students must bring their own sewing machines to class, or be informed of the best suitable sewing machine for your needs to purchase. There will be an emphasis on proper sewing machine operation and the function of each presser foot along with the use of tools and equipment to enhance your sewing skills. Judy Barretto has been teaching sewing and handicrafts for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting. A supply fee of \$30.00 is payable to the instructor on the first day of class.

No class: 6/15

Classes: 11 Fee: \$144.00(R)/\$159.75(N)

COURSE #	DAY	DATE	TIME
SU1-507	Sat	Jun 08-Aug 24	9:30AM-11:30AM
SU1-508	Sat	Jun 08-Aug 24	12:30PM-2:30PM

Sewing - Intermediate

Age: 18Y and up

Instructor: Judy Barretto

*Location: L | PR - Creator Studio #325**

It's time to graduate into the next level of sewing, which is "Clothing Modification." Not only that you have learned to alter patterns working with various fabrics and mastering the intricacies of skilled sewing, but you will be remaking your favorite clothing that you don't want to part 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 from the Beginners Sewing Class. Students will be challenged to create increasingly complex projects and designs while learning new skills and techniques. Ready to switch from a sewing machine to a serger? Look no further! A serger can join, wrap, and trim your seams in one fast and easy step. You'll learn to thread and set up 2, 3 or 4-thread functions

TEEN AND ADULT CLASSES

while getting plenty of classroom practice time to develop accuracy. A serger is recommended for the professional finished. This class will also introduce and perfect the use of the serger machine. Machines are not included in class. Prerequisite: Must be proficient in the use of the sewing machine with all its functions as well as knowing how to alter and complete sewing projects. Judy Barretto has been teaching sewing and handicrafts for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting. Instructor approval required for registration in this course. A supply fee of \$30.00 is payable to the instructor on the first day of class.

Classes: 12 Fee: \$235.00(R)/\$250.75(N)

COURSE #	DAY	DATE	TIME
SU1-509	Sun	Jun 09-Aug 25	9:30AM-12:00PM



T-Shirt Quilt

Age: 14Y and up

Instructor: Judy Barretto

*Location: L | PR - Creator Studio #325**

A perfect class to spend quality time together with family members that loves to sew, in making a memory quilt. Do you have many t-shirts that you no longer wear and would not want to part with? You can make them into a quilt that brings back memories. This is super easy to make, and all you need to do is to piece them together in your own design and add a backing. A supply fee of \$25.00 is payable to the instructor at the first class to cover basic notions and the usage of class equipment. Students must bring own sewing machine to class, or learn which is the best sewing machine for your needs to purchase on the first day of class. Some notions may be purchase in class for your convenience. Judy Barretto has been teaching sewing and handicrafts for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting.

Classes: 12 Fee: \$157.00(R)/\$172.75(N)

COURSE #	DAY	DATE	TIME
SU1-510	Sun	Jun 09-Aug 25	12:30PM-2:30PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

TEEN AND ADULT CLASSES

Tween Sewing

Age: 10Y - 13Y

Instructor: **Judy Barretto**

Location: L | PR - Creator Studio #325*

This is a very basic sewing class. Learn how to operate a sewing machine and create super quick projects. Each week you will be making a new item and learning new sewing techniques. Detailed projects will take more than one week to complete. For this class, sewing machines are available for your use to share, or bring your own to accomplish more work and getting your projects done quicker without waiting for your turn. You will learn which sewing machine is best for your needs on the first day of class if you are planning to purchase one. A supply fee of \$35.00 is payable to the instructor at the first class to cover basic notions, patterns, and the usage of class equipment. Some of your sewing supplies may be purchased in class for your convenience. Judy Barretto has been teaching sewing and handcrafts for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting.

No class: 6/19

Classes: 9 Fee: \$113.00(R)/\$128.75(N)

COURSE #	DAY	DATE	TIME
SU1-511	Sun	Jun 12-Aug 14	9:30AM-11:30AM

Teen Sewing

Age: 14Y - 17Y

Instructor: **Judy Barretto**

Location: L | PR - Creator Studio #325*

Start creating your own designs after you have learned how to operate a sewing machine by making your first basic project. You'll discover what a great designer you are! You will learn how to take proper measurements for patterns, how to work with various types of fabric and more...Each session offers different projects and class may be repeated endlessly to learn more techniques. For this class, sewing machines are available for your use to share, or bring your own to accomplish more work and getting your projects done quicker without waiting for your turn. You will learn which sewing machine is best for your needs on the first day of class if you are planning to purchase one. A supply fee of \$35.00 is payable to the instructor at the first class to cover basic notions and patterns. Some of your sewing supplies may be purchased in class for your convenience. Judy Barretto has been teaching sewing and handcrafts for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting.

No class: 6/19

Classes: 9 Fee: \$113.00(R)/\$128.75(N)

COURSE #	DAY	DATE	TIME
SU1-512	Sun	Jun 12-Aug 14	12:30PM-2:30PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

Watercolor Painting

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.

No class: 6/14

Classes: 11 Fee: \$194.00(R)/\$209.75(N)

COURSE #	DAY	DATE	TIME
SU1-534	Fri	Jun 07-Aug 23	1:00PM-3:00PM

EXERCISE AND FITNESS

Basic Self Defense for All

Age: 18Y and up

Instructor: **Nobu Kaji**

Location: L | PR - Banquet Hall #130*

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.

Classes: 12 Fee: \$42.00(R)/\$57.75(N)

COURSE #	DAY	DATE	TIME
SU1-221	Sat	Jun 08-Aug 24	10:00AM-12:00PM

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).

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

COURSE #	DAY	DATE	TIME
SU1-116	Mon	Jun 03-Aug 19	1:00PM-2:00PM

*Class on 8/12 will be held in Exercise Studio #235.

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: 7/4, 7/25

Classes: 9 Fee: \$50.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
SU1-103	Thu	Jun 13-Aug 22	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: 7/22, 7/29, 8/12

Classes: 8 Fee: \$45.00(R)/\$60.75(N)

COURSE #	DAY	DATE	TIME
SU1-104	Mon	Jun 10-Aug 19	5:30PM-6:30PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

TEEN AND ADULT CLASSES

Drop-In: All Abilities Music & Movement with Yulissa!

Age: 16Y and up

Instructor: **Yulissa Arescurenaga**

Location: L | PR - Exercise Studio #235*

You're invited to express yourself through music and movement by learning various dance steps in a fun environment. You'll forget your in an exercise class! This class style is not only for fun, but designed to work on memorization, coordination, learn different dance patterns, and rhythms. This class will feel like a dance party in a non-judgmental environment. Everyone is welcomed to drop-in. Bring a water bottle, comfortable shoes, sweat towel, great energy and positive attitude. Instructor Yulissa Arescurenaga is a certified Zumba instructor. One of her dreams is to share her passion of dancing in her community with people of all background and abilities. She has been featured in the National Zumba Convention in Orlando and is one of the first Zumba instructors with down syndrome in the world. Yulissa hopes to pave the way to inspire community members of all abilities. **Cash only.**

No class: 6/19

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

COURSE #	DAY	DATE	TIME
SU1-150	Wed	Jun 05-Aug 21	1:00PM-2:00PM

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: 6/19, 7/24

Classes: 8 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
SU1-108	Wed	Jun 12-Aug 21	5:30PM-6:30PM

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: 6/19

Classes: 23 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 03-Aug 21	6:45PM-7:45PM

Drop-In: Pickleball

Age: 14Y and up

Instructor: Armando Leigh

Location: Terrabay – Gym

Pickleball is a hybrid sport that combines elements of tennis, badminton, and ping-pong. All equipment is provided, paddles, balls, and nets. Just wear comfortable workout clothes and court shoes and get ready to play "the fastest growing sport in America!" Armando Leigh is the in-house instructor with over 8 years of playing pickleball and has medaled in several pickleball tournaments throughout the country.

Classes: 12 Fee: \$4.00(R)/\$4.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Jun 03-Aug 19	7:00PM-9:30PM



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

COURSE #	DAY	DATE	TIME
SU1-143	Tue	Jun 04-Aug 20	5:00PM-6:00PM

L | PR – Exercise Studio #235*

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

COURSE #	DAY	DATE	TIME
SU1-144	Thu	Jun 06-Aug 22	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: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
SU1-141	Tue	Jun 04-Aug 20	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: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
SU1-142	Tue	Jun 04-Aug 20	12:30PM-1:30PM

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: 6/25, 7/4, 7/23

Classes: 21 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SU1-215	Tu/Th	Jun 04-Aug 22	6:00PM-7:00PM

Teens

Classes: 21 Fee: \$152.00(R)/\$167.75(N)

COURSE #	DAY	DATE	TIME
SU1-216	Tu/Th	Jun 04-Aug 22	7:00PM-8:30PM

Adults

TEEN AND ADULT CLASSES

StrengthPloxing

Age: 15Y and up

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).

No class: 6/22

Classes: 11 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
SU1-117	Sat	Jun 08-Aug 24	9:00AM-10:00AM

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.

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

COURSE #	DAY	DATE	TIME
SU1-129	Fri	Jun 07-Aug 23	1:00PM-2:00PM

Tabata LiiT

(Low Intensity Interval Training)

Age: 15Y and up

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: 7/4

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

COURSE #	DAY	DATE	TIME
SU1-118	Thu	Jun 06-Aug 22	1:00PM-2:00PM

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

TEEN AND ADULT CLASSES

Tabata Strength

Age: 15Y and up
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**

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

COURSE #	DAY	DATE	TIME
SU1-119	Mon	Jun 03-Aug 19	7:00PM-8:00PM

*L | PR - Exercise Studio #235**

Classes: 11 Fee: \$62.00(R)/\$77.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU1-120	Thu	Jun 06-Aug 22	6:00PM-7:00PM

**Class on Monday 8/12 will be held in Exercise Studio #235.*

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. *No class: 7/4*

Classes: 9 Fee: \$54.00(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
SU1-209	Thu	Jun 06-Aug 08	5:30PM-6:30PM

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. *No class: 7/4*

Classes: 9 Fee: \$54.00(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
SU1-210	Thu	Jun 06-Aug 08	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. *No class: 7/4*

Classes: 9 Fee: \$54.00(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
SU1-211	Thu	Jun 06-Aug 08	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. *No class: 6/19*

Classes: 11 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
SU1-121	Wed	Jun 05-Aug 21	9:00AM-10:00AM Level I
SU1-122	Wed	Jun 05-Aug 21	10:00AM-11:00AM Level II
SU1-123	Wed	Jun 05-Aug 21	11:00AM-12:00PM Level III

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: 6/21, 7/5*

Classes: 9 Fee: \$47.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SU1-219	Fri	Jun 07-Aug 23	5:30PM-6:30PM
SU1-220	Fri	Jun 07-Aug 23	6:30PM-7:30PM

TEEN AND ADULT CLASSES

Yoga – Stretching Beginning & Intermediate

Age: 15Y and up
Instructor: Don Amini

*Location: L | PR - Exercise Studio #235**

Focused stretching, deep breathing and relaxation to improve flexibility, posture and vitality. Please bring a personal mat to class. *No class: 6/24, 7/1*

Classes: 10 Fee: \$99.00(R)/\$114.75(N)

COURSE #	DAY	DATE	TIME
SU1-303	Mon	Jun 03-Aug 19	10:15AM-11:45AM
SU1-304	Mon	Jun 03-Aug 19	12:00PM-1:30PM

Zumba®

Age: 15Y and up
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: 12 Fee: \$67.00(R)/\$82.75(N)

COURSE #	DAY	DATE	TIME
SU1-124	Tue	Jun 04-Aug 20	6:00PM-7:00PM

*L | PR - Social Hall #125**

Classes: 11 Fee: \$62.00(R)/\$77.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU1-125	Wed	Jun 05-Aug 21	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 11 Fee: \$67.00(R)/\$82.75(N) *No class: 6/22*

COURSE #	DAY	DATE	TIME
SU1-126	Sat	Jun 08-Aug 24	10:15AM-11:15AM

**New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way*

**New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way*

TEEN AND ADULT CLASSES

Drop-In: Zumba®

Age: 15Y and up
Instructor: Stephanie King
Location: (see below)

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.

L | PR - Social Hall #125*
 Classes: - Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Jun 03-Aug 19	11:30AM-12:30PM

L | PR - Social Hall #125*
 Classes: - Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Tue	Jun 04-Aug 20	11:00AM-12:00PM

L | PR - Exercise Studio #235*
 Classes: - Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Fri	Jun 09-Aug 23	11:00AM-12:00PM

*Class on Tuesday 6/11 and Monday 8/12 will be held in Exercise Studio #235.

Drop-In: Zumba® Gold & Tone

Age: 15Y and up
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: 7/4

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

COURSE #	DAY	DATE	TIME
---	Thu	Jun 06-Aug 22	11:00AM-12:00PM

CPR AND FIRST AID CLASSES

Adult Heartsaver CPR AED

Saturday, May 11, 2024 at 9:00am
 Saturday, Aug 10, 2024 at 9:00am

Pediatric Heartsaver First Aid CPR AED

Saturday, Jun 08, 2024 at 9:00am

Basic Life Support (BLS) Provider

Saturday, Jul 13, 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.

Tennis: Private – Anthony Dizon-Barron

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: 12 Fee: \$250.00(R)/\$265.75(N)

COURSE #	DAY	DATE	TIME
SU4-400	Sat	Jun 08-Aug 24	8:30AM-9:00AM
SU4-401	Sat	Jun 08-Aug 24	9:00AM-9:30AM
SU4-402	Sat	Jun 08-Aug 24	9:30AM-10:00AM
SU4-403	Sat	Jun 08-Aug 24	10:00AM-10:30AM
SU4-404	Sat	Jun 08-Aug 24	10:30AM-11:00AM
SU4-405	Sun	Jun 09-Aug 25	8:30AM-9:00AM
SU4-406	Sun	Jun 09-Aug 25	9:00AM-9:30AM
SU4-407	Sun	Jun 09-Aug 25	9:30AM-10:00AM
SU4-408	Sun	Jun 09-Aug 25	10:00AM-10:30AM

Tennis: Private – Jaime Pagmanua

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: 12 Fee: \$250.00(R)/\$265.75(N)

COURSE #	DAY	DATE	TIME
SU4-200	Sat	Jun 08-Aug 24	8:00AM-8:30AM
SU4-201	Sat	Jun 08-Aug 24	8:30AM-9:00AM
SU4-202	Sat	Jun 08-Aug 24	9:00AM-9:30AM
SU4-203	Sat	Jun 08-Aug 24	9:30AM-10:00AM
SU4-204	Sat	Jun 08-Aug 24	10:00AM-10:30AM
SU4-205	Sat	Jun 08-Aug 24	10:30AM-11:00AM
SU4-206	Sun	Jun 09-Aug 25	8:00AM-8:30AM
SU4-207	Sun	Jun 09-Aug 25	8:30AM-9:00AM
SU4-208	Sun	Jun 09-Aug 25	9:00AM-9:30AM
SU4-209	Sun	Jun 09-Aug 25	9:30AM-10:00AM
SU4-210	Sun	Jun 09-Aug 25	10:00AM-10:30AM
SU4-211	Sun	Jun 09-Aug 25	10:30AM-11:00AM

TENNIS CLASSES

WE'RE HIRING!

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



- 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.



*New Location! L | PR = Library | Parks and Recreation Center, 901 Civic Campus Way

YOUTH AND ADULT SPORTS

Open Gym Program

Terrabay Gymnasium and Recreation Center

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

This is the official summer 2024 schedule beginning June 3rd and ending August 2nd only! Normal open gym hours will return on August 5, 2024.

Basketball

Saturday 12:00PM – 3:00PM
 Sunday 12:30PM – 3:00PM

Fees:

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

Pickleball

Monday 7:00PM – 9:30PM
 Thursday 6:15PM – 7:45PM; 8:00PM – 9:30PM

Badminton

Tuesday 6:30PM – 8:30PM
 Sunday 9:15AM – 12:00PM

Fees:

Juniors (17 and under) \$4.00
 Adults (18 and over) \$6.00
 Seniors (55 and over) \$4.00

ADULT SPORTS

The City of South San Francisco offers adult basketball and adult softball during the spring and summer months. For league packets and general information, please visit our adult sports website: www.quickcores.com/ssf

Summer Adult Men's Basketball League

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held Wednesdays only. Season begins in June; roster packets and information are available in May. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

Registration Date: May 6, 2024

Fee: \$660.00 per team for a six-game season plus playoffs*

Summer Adult Men's Softball League

Team slow pitch softball will begin league play in June 2024. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 for more information.

Registration Date: May 6, 2024

Fee: \$756.00 per team for an eight-game season plus playoffs*

Summer Adult Coed Softball League

Team slow pitch softball will begin league play in June 2024. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

Registration Date: May 6, 2024

Fee: \$567.00 per team for a six-game season plus playoffs*

Summer 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 Summer for all levels. Indoor court playing only and eight total teams. Game times will be between 4:45pm – 8:15pm. Registration begins online on Monday, May 6, 2024 at 6:00am.

Dates: June 20, 2024 – August 15, 2024

BOCCE-101A Individual 4:45pm-5:45pm

BOCCE-101B Individual 6:00pm-7:00pm

BOCCE-102 Team Only 7:15pm-8:15pm

Dates: June 21, 2024 – August 16, 2024 (Fridays only)

BOCCE-102F Individual 9:00am-10:15am

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

Fee: \$30.00/individual

*Fees subject to change.

YOUTH SPORTS

Middle School Flag Football and Girls Volleyball coming in August.

Youth Sports/Co-Sponsored

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

San Mateo County Athletics Club (Ages 7-18)

smcfootball.club

For information contact:

Patty Gomez – (650) 797-9479 or email pgomez@smcfc.club

South San Francisco United Soccer Club (Ages 4-18)

www.sfsoccer.net

For information contact:

Patty Gomez – (650) 797-9479 or email ssfsoccer1@gmail.com

South San Francisco Youth Baseball League

For information contact:

Cliff Callero – email scitybaseball@gmail.com

Lower Division (Director Dan Ordonez)

Wiffle Ball Ages 4U

T-Ball 6U

8U – Grades 1-2-3

10U – Grades 3-4-5

Upper Division (Director Mike Madrid)

12U – Grades 5-6-7

14U – Grades 7-8

(Grade as of 2023/2024 school year)

YOUTH AND ADULT SPORTS

Junior Giants 2024

Junior Giants is a great opportunity for boys and girls 5-13 years old to learn the skills of baseball and softball in a non-competitive and fun format. Participants attend one practice per week and play games on Saturdays. The Junior Giants program runs from June 10 – August 3. Best of all, the program is free, but space is limited. More coaches equals more children can participate. Each team has a maximum of 13 players.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1 ½ hours for one weekly practice and another 1 ½ for games on Saturdays. For those interested in volunteering or more information about the Junior Giants program, please call your league commissioner at (650)829-4683. Sign up as a volunteer at www.jrgiants.org. Coaches should sign up early to reserve their practice day/time. Early bird registration for coaches is in the planning. More information on early bird registration in April.

We will once again offer Girls/Boys Softball Divisions.

Registration: (players, coaches and team parents)

Online Registration begins April 15, 2024, 6:30pm
www.gojrgiants.org

Parent Orientation:

Date: May 23, 2024

Location: Virtual, 6pm

Coaches Meeting:

Date: June 4 2024, 6:30pm – 8:30pm

Location: L | PR



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.

SUMMER 2024

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

Session #1 (All classes, including weekend classes)

Resident Registration – Wednesday, May 22, 2024
Non-Resident Registration – Wednesday, May 29, 2024

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

Resident Registration – Wednesday, July 10, 2024
Non-Resident Registration – Friday, July 12, 2024

Session #2 (Mon-Thur morning lessons only)

Resident Registration – Friday, June 21, 2024
Non-Resident Registration – Saturday, June 22, 2024 at 8:00am

Session #3 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 5, 2024
Non-Resident Registration – Saturday, July 6, 2024 at 8:00am

Session #4 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 19, 2024
Non-Resident Registration – Saturday, July 20, 2024 at 8:00am

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 44. 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: June 10 – August 4, 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:

Saturday, May 25, 2024 – Sunday, June 9, 2024
Wednesday, June 19, 2024
Thursday, July 4, 2024
Monday, September 2, 2024

Adult Lap Swimming (16 Years and up)

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

Adult Recreation Swim (18 Years and up)

Mon-Fri 10:10AM – 12:00PM
Tue/Thu 7:45PM – 9:30PM
Sunday 7:15AM – 9:15AM

Open Recreation (All Ages)

Mon-Fri 12:15PM – 1:45PM
Saturday 12:45PM – 2:30PM
Sunday 1:00PM – 3:00PM

Drop-in Parent and Baby 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 or life vests.

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 \$25.75(R)/\$50.50(N)
Adult Script \$38.75(R)/\$61.50(N)
Senior/Veterans \$26.00(R)/\$38.00(N)
Monthly Adult \$57.25(R)/\$65.25(N)
3-Month Adult \$162.00(R)/\$185.00(N)
Monthly Senior/Veterans \$46.75(R)/\$53.50(N)
3-Month Senior/Veterans \$132.75(R)/\$152.25(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

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):

\$189 for 30 participants or less
\$213.25 for 31-60 participants
\$237.50 for 61-100 participants

Rental Rates (3 hours):

\$378 for 30 participants or less
\$426.50 for 31-60 participants
\$475 for 61-100 participants

Non-residents pay an additional \$21.00 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 accompanies 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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-1103	Tu/Th	Jun 11-Jul 09	6:30PM-7:00PM
SU8-1104	Tu/Th	Jun 11-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-1105	Tu/Th	Jul 16-Aug 08	6:30PM-7:00PM
SU8-1106	Tu/Th	Jul 16-Aug 08	7:05PM-7:35PM

AQUATICS CLASSES



Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-1107	Sat	Jun 15-Aug 03	11:25AM-11:55AM
SU8-1108	Sat	Jun 15-Aug 03	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-1109	Sun	Jun 16-Aug 04	10:30AM-11:00AM
SU8-1110	Sun	Jun 16-Aug 04	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 accompanies 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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-2203	Tu/Th	Jun 11-Jul 09	6:30PM-7:00PM
SU8-2204	Tu/Th	Jun 11-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-2205	Tu/Th	Jul 16-Aug 08	6:30PM-7:00PM
SU8-2206	Tu/Th	Jul 16-Aug 08	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-2207	Sat	Jun 15-Aug 03	11:25AM-11:55AM
SU8-2208	Sat	Jun 15-Aug 03	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-2209	Sun	Jun 16-Aug 04	10:30AM-11:00AM
SU8-2210	Sun	Jun 16-Aug 04	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 accompanies 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: 8 Fee: \$58.00(R)/\$62.00(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU8-3303	Tu/Th	Jun 11-Jul 09	6:30PM-7:00PM
SU8-3304	Tu/Th	Jun 11-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-3305	Tu/Th	Jul 16-Aug 08	6:30PM-7:00PM
SU8-3306	Tu/Th	Jul 16-Aug 08	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-3307	Sat	Jun 15-Aug 03	11:25AM-11:55AM
SU8-3308	Sat	Jun 15-Aug 03	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-3309	Sun	Jun 16-Aug 04	10:30AM-11:00AM
SU8-3310	Sun	Jun 16-Aug 04	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: 8 Fee: \$67.00(R)/\$71.00(N)

COURSE #	DAY	DATE	TIME
SU8-4402	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-4403	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-4404	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-4405	Sat	Jun 15-Aug 03	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$67.00(R)/\$71.00(N)

COURSE #	DAY	DATE	TIME
SU8-4406	Sun	Jun 16-Aug 04	11:40AM-12:10PM
SU8-4407	Sun	Jun 16-Aug 04	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: 8 Fee: \$58.00(R)/\$62.00(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-110	M/W	Jun 10-Jul 08	6:30PM-7:00PM
SU8-111	M/W	Jun 10-Jul 08	7:05PM-7:35PM
SU8-112	M/W	Jun 10-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-113	M/W	Jul 15-Aug 07	6:30PM-7:00PM
SU8-114	M/W	Jul 15-Aug 07	7:05PM-7:35PM
SU8-115	M/W	Jul 15-Aug 07	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-116	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-117	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-118	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-119	Sat	Jun 15-Aug 03	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-120	Sun	Jun 16-Aug 04	11:40AM-12:10PM
SU8-121	Sun	Jun 16-Aug 04	12:15PM-12:45PM

Daily Basic Beginners #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-170	M-Th	Jun 10-Jun 20	8:20AM-8:50AM
SU8-171	M-Th	Jun 10-Jun 20	8:55AM-9:25AM
SU8-172	M-Th	Jun 10-Jun 20	9:30AM-10:00AM

Daily Basic Beginners #2

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU8-173	M-Th	Jun 24-Jul 03	8:20AM-8:50AM
SU8-174	M-Th	Jun 24-Jul 03	8:55AM-9:25AM
SU8-175	M-Th	Jun 24-Jul 03	9:30AM-10:00AM

Daily Basic Beginners #3

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-176	M-Th	Jul 08-Jul 18	8:20AM-8:50AM
SU8-177	M-Th	Jul 08-Jul 18	8:55AM-9:25AM
SU8-178	M-Th	Jul 08-Jul 18	9:30AM-10:00AM

Daily Basic Beginners #4

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-179	M-Th	Jul 22-Aug 01	8:20AM-8:50AM
SU8-180	M-Th	Jul 22-Aug 01	8:55AM-9:25AM
SU8-181	M-Th	Jul 22-Aug 01	9:30AM-10:00AM

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: 8 Fee: \$58.00(R)/\$62.00(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-210	M/W	Jun 10-Jul 08	6:30PM-7:00PM
SU8-211	M/W	Jun 10-Jul 08	7:05PM-7:35PM
SU8-212	M/W	Jun 10-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-213	M/W	Jul 15-Aug 07	6:30PM-7:00PM
SU8-214	M/W	Jul 15-Aug 07	7:05PM-7:35PM
SU8-215	M/W	Jul 15-Aug 07	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-216	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-217	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-218	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-219	Sat	Jun 15-Aug 03	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-220	Sun	Jun 16-Aug 04	11:40AM-12:10PM
SU8-221	Sun	Jun 16-Aug 04	12:15PM-12:45PM

Daily Beginners #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-270	M-Th	Jun 10-Jun 20	8:20AM-8:50AM
SU8-271	M-Th	Jun 10-Jun 20	8:55AM-9:25AM
SU8-272	M-Th	Jun 10-Jun 20	9:30AM-10:00AM

Daily Beginners #2

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU8-273	M-Th	Jun 24-Jul 03	8:20AM-8:50AM
SU8-274	M-Th	Jun 24-Jul 03	8:55AM-9:25AM
SU8-275	M-Th	Jun 24-Jul 03	9:30AM-10:00AM

AQUATICS CLASSES

Daily Beginners #3

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-276	M-Th	Jul 08-Jul 18	8:20AM-8:50AM
SU8-277	M-Th	Jul 08-Jul 18	8:55AM-9:25AM
SU8-278	M-Th	Jul 08-Jul 18	9:30AM-10:00AM

Daily Beginners #4

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-279	M-Th	Jul 22-Aug 01	8:20AM-8:50AM
SU8-280	M-Th	Jul 22-Aug 01	8:55AM-9:25AM
SU8-281	M-Th	Jul 22-Aug 01	9:30AM-10:00AM

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: 8 Fee: \$58.00(R)/\$62.00(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-310	M/W	Jun 10-Jul 08	6:30PM-7:00PM
SU8-311	M/W	Jun 10-Jul 08	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-312	M/W	Jul 15-Aug 07	6:30PM-7:00PM
SU8-313	M/W	Jul 15-Aug 07	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-314	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-315	Sat	Jun 15-Aug 03	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-316	Sun	Jun 16-Aug 04	12:15PM-12:45PM

Daily Advanced Beginners #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-370	M-Th	Jun 10-Jun 20	8:20AM-8:50AM
SU8-371	M-Th	Jun 10-Jun 20	8:55AM-9:25AM
SU8-372	M-Th	Jun 10-Jun 20	9:30AM-10:00AM

Daily Advanced Beginners #2

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 7/4*

COURSE #	DAY	DATE	TIME
SU8-373	M-Th	Jun 24-Jul 03	8:20AM-8:50AM
SU8-374	M-Th	Jun 24-Jul 03	8:55AM-9:25AM
SU8-375	M-Th	Jun 24-Jul 03	9:30AM-10:00AM

AQUATICS CLASSES

Daily Advanced Beginners #3

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-376	M-Th	Jul 08-Jul 18	8:20AM-8:50AM
SU8-377	M-Th	Jul 08-Jul 18	8:55AM-9:25AM
SU8-378	M-Th	Jul 08-Jul 18	9:30AM-10:00AM

Daily Advanced Beginners #4

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-379	M-Th	Jul 22-Aug 01	8:20AM-8:50AM
SU8-380	M-Th	Jul 22-Aug 01	8:55AM-9:25AM
SU8-381	M-Th	Jul 22-Aug 01	9:30AM-10:00AM

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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-410	Thu	Jun 13-Aug 08	6:30PM-7:00PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-411	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-412	Sat	Jun 15-Aug 03	11:25AM-11:55PM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-413	Sun	Jun 16-Aug 04	10:30AM-11:00AM
SU8-414	Sun	Jun 16-Aug 04	11:40AM-12:10PM

Daily Intermediates #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-470	M-Th	Jun 10-Jun 20	8:20AM-8:50AM
SU8-471	M-Th	Jun 10-Jun 20	8:55AM-9:25AM

Daily Intermediates #2

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-473	M-Th	Jun 24-Jul 03	8:20AM-8:50AM
SU8-474	M-Th	Jun 24-Jul 03	8:55AM-9:25AM

Daily Intermediates #3

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-476	M-Th	Jul 08-Jul 18	8:20AM-8:50AM
SU8-477	M-Th	Jul 08-Jul 18	8:55AM-9:25AM

Daily Intermediates #4

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-479	M-Th	Jul 22-Aug 01	8:20AM-8:50AM
SU8-480	M-Th	Jul 22-Aug 01	8:55AM-9:25AM

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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-510	M/W	Jun 10-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-511	M/W	Jul 15-Aug 07	7:40PM-8:10PM

Thursday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-512	Thu	Jun 13-Aug 08	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-513	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-514	Sat	Jun 15-Aug 03	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-515	Sun	Jun 16-Aug 04	11:05AM-11:35AM

Daily Swimmers #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-572	M-Th	Jun 10-Jun 20	9:30AM-10:00AM

Daily Swimmers #2

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-575	M-Th	Jun 24-Jul 03	9:30AM-10:00AM

Daily Swimmers #3

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-578	M-Th	Jul 08-Jul 18	9:30AM-10:00AM

Daily Swimmers #4

Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SU8-581	M-Th	Jul 22-Aug 01	9:30AM-10:00AM

TEENS AND ADULTS

Swim Aid Program

Age: 13Y and up

The swim aid program is a volunteer position for those who wish to assist our lesson program as Instructor Aids. The candidate will be instructed in beginning Water Safety and how to teach beginning swimming. This program is ideal for those who wish to become future swimming instructors. Requirements: Passed level 4 Intermediates or the pretest and be at least 13 years old.

Our Swim Aid volunteers are also eligible to receive free pool script cards. Please contact Aquatic Supervisor Brian Noce and Aquatics Coordinator Cynthia Lin for more details at Brian.Noce@ssf.net and Cynthia.Lin@ssf.net.

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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/19

COURSE #	DAY	DATE	TIME
SU8-100	Fri	Jun 14-Aug 09	6:30PM-7:00PM
SU8-101	Fri	Jun 14-Aug 09	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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/19

COURSE #	DAY	DATE	TIME
SU8-200	Fri	Jun 14-Aug 09	6:30PM-7:00PM
SU8-201	Fri	Jun 14-Aug 09	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: 8 Fee: \$58.00(R)/\$62.00(N) No class: 7/19

COURSE #	DAY	DATE	TIME
SU8-300	Fri	Jun 14-Aug 09	6:30PM-7:00PM
SU8-301	Fri	Jun 14-Aug 09	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: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
SU8-400	Tue	Jun 11-Aug 06	6:30PM-7:00PM
SU8-401	Tue	Jun 11-Aug 06	7:05PM-7:35PM

AQUATICS CLASSES

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: 8 Fee: \$50.00(R)/\$65.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-602	Tu/Th	Jun 11-Jul 09	1:00PM-2:00PM
SU8-603	Tu/Th	Jun 11-Jul 09	2:00PM-3:00PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU8-604	Tu/Th	Jul 16-Aug 08	1:00PM-2:00PM
SU8-605	Tu/Th	Jul 16-Aug 08	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: 8 Fee: \$50.00(R)/\$65.00(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-606	Tu/Th	Jun 11-Jul 09	7:45PM-8:30PM
SU8-607	Tu/Th	Jun 11-Jul 09	8:30PM-9:15PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU8-608	Tu/Th	Jul 16-Aug 08	7:45PM-8:30PM
SU8-609	Tu/Th	Jul 16-Aug 08	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. No class: 6/19

Classes: 8 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU8-600	Wed	Jun 12-Aug 07	2:00PM-3:00PM
SU8-601	Sun	Jun 16-Aug 04	9:30AM-10:15AM

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 \$71.00 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$34.00 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. The current waiting list is approximately 3-4 years.

BILLING POLICIES:

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

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$698.00/month	\$781.00/month
3 DAYS	\$433.00/month	\$483.00/month
2 DAYS	\$299.00/month	\$336.00/month

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$617.00/month	\$688.00/month
3 DAYS	\$382.00/month	\$425.00/month
2 DAYS	\$265.00/month	\$294.00/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.



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 \$71.00 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 \$34.00 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

Tuition is based on days of operation divided into ten tuition payments. The first and last tuition payment is due the first month of program each year. The last tuition installment is 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	\$462.00/month	\$399.00/month
3 DAYS	\$315.00/month	\$273.00/month
2 DAYS	\$210.00/month	\$184.00/month

**Before school care only \$147/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 – Saturday, 9:00am – 3:00pm

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 <https://www.ssf.net/services/free-south-city-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 12:00pm – 2:00pm
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.

SENIOR SERVICES

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

A wide range of 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.

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

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

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.

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

SENIOR SERVICES

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
Monday-Saturday	9:00AM-2:45PM

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
Monday-Saturday	9:00AM-2:45PM

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
Monday-Saturday	9:00AM-2:45PM

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

Yoga

Age: 50Y and up
Instructor: Kevin
 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
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

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

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.



24th Annual Senior Health Fair

Sponsored by Kaiser Permanente in partnership with the City of South San Francisco

Date: Friday, May 17, 2024

Time: 9:00 a.m. - 12:00 p.m.

Library- Parks and Recreation Center

901 Civic Campus Way, South San Francisco

All community members are welcome. Kaiser Permanente membership not required.

Free Screenings: Blood pressure, cholesterol, blood sugar, glaucoma, etc.

Expert Advice: Skin care, hearing info., pharmacy consultation (bring your medications), allergy tips, emotional well being, physical therapy, burn awareness and more.

Website: <http://www.ssf.net/rec> For more information, please call: 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 August 2023)

LOCATION	CAPACITY	TOTAL RESIDENT
Orange Park #1	150	\$383.00*
Orange Park #2	20	\$75.00
Orange Park #3	30	\$92.00
Orange Park #4	40	\$110.00
Orange Park #5	50	\$130.00
Westborough Shelter	120	\$404.00*
Westborough Small	40	\$170.00
Buri Buri Park #1	70	\$147.00
Buri Buri Park #2	20	\$75.00
Buri Buri Park #3	30	\$92.00
Buri Buri Park #4	30	\$92.00
Sellick Park (7 tables)	50	\$130.00
Alta Loma Park #1	60	\$149.00
Alta Loma Park #2	20	\$75.00
Alta Loma Park #3	20	\$75.00
Avalon Park (5 tables)	50	\$105.00
Oyster Point Marina	80	\$147.00

*plus \$225 refundable damage deposit

Added hours to either shelter: \$55.00 per hour / Added grill at Westborough Shelter: \$111.00

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 5K, the Thanksgiving Fun Run along the scenic trail. Be sure to visit the Bay Trail and other South San Francisco parks, and open spaces. Maps are available in the Recreation Department office, 901 Civic Campus Way – 3rd Floor. Visit www.ssf.net/parks for more information.

Bocce Courts at Orange Memorial Park

A total of six Bocce Courts are located at 782 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. 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 26.

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 \$112.35 per tree.

PARKS INFORMATION

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. Fernekas 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.

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.



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.



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.



S.S.F. United Youth Soccer League
www.ssfssoccer.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.

COMMUNITY INFORMATION

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

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	Art Structure
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														●

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
- Bart Route
- Freeways and Highways

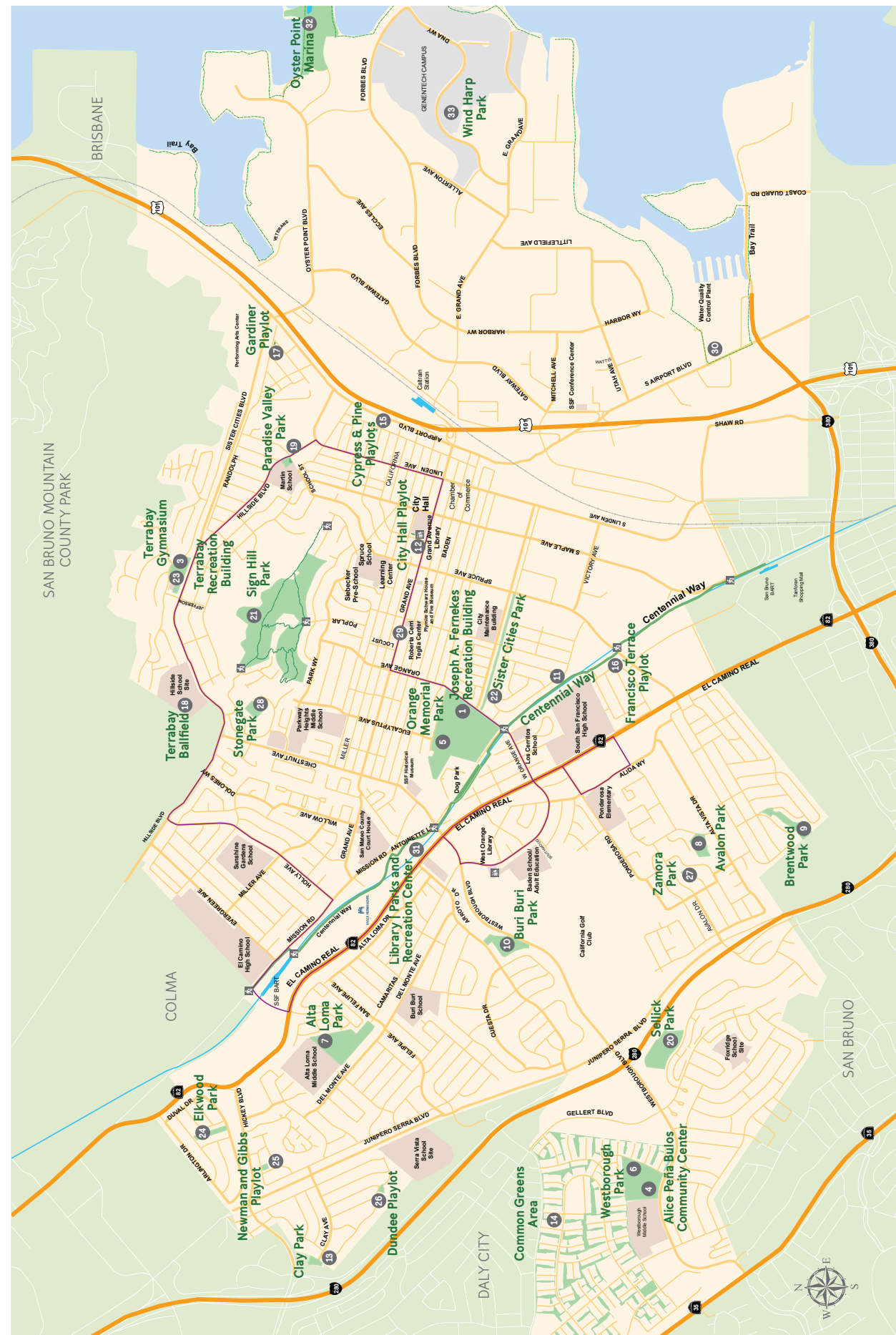
Please visit the City's interactive [Parks and Public Art Map](http://www.ssf.net/departments/parks-recreation/parks-division/interactive-parks-map) www.ssf.net/departments/parks-recreation/parks-division/interactive-parks-map

Recreation Facility Sites

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

Bicycle/Pedestrian Trails

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



CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____

(Required: Best Contact Phone Number)

Email: _____

(Required)

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

FIRST CHOICE 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
*Those 62 and over may deduct 20% off the resident rate					
\$5.00 Donation to Scholarship Fund					
TOTAL					

Waiver and Release of Liability – Please Read and Sign

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

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 on-line 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.
- 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.

HOW TO ENROLL



ONLINE REGISTRATION

Non-aquatic Class & Sports Programming

Residents: Begins MONDAY, May 6, 2024 at 6:00am

Non-Residents: MONDAY, May 20, 2024 at 6:00am

Aquatics Registration: Summer 2024 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 28 for complete session registration dates.

Residents: Begins WEDNESDAY, May 22, 2024 at 6:00am

Non-Residents: WEDNESDAY, May 29, 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, May 6, 2024

Non-Residents: MONDAY, May 20, 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 94080



WALK-IN

Residents: MONDAY, May 6, 2024

Non-Residents: MONDAY, May 20, 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.



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

SENIOR HEALTH FAIR

Friday, May 17, 2024 | 9:00am – 12:00pm
Library | Parks and Recreation Center
901 Civic Campus Way
Free admission

The Senior Services Program invites you to the 24th Annual Senior Health Fair on Friday, May 17. This event is sponsored by Kaiser Permanente in partnership with the City of South San Francisco. All community members are welcome and Kaiser Permanente membership is not required. There will be free screenings for blood pressure, cholesterol, blood sugar, glaucoma, and more as well as expert advice on skin care, hearing information, pharmacy consultation, allergy tips, emotional well-being, physical therapy, and more. In addition to the services provided by Kaiser Permanente, there will be additional vendors present to give you more information about Alzheimer's, life planning, housing, exercise classes, and more recreation activities. We are excited to see you all there!

JUNE 2024 ART SHOW

PEAK: WHAT IS THE HEIGHT OF YOUR LOVE, JOY, AND FREEDOM?

Presented by: SSF Cultural Arts Commission
Friday, June 14 | 6:00pm – 8:00pm
Saturday, June 15 | 10:00am – 4:00pm
Library | Parks and Recreation Center
901 Civic Campus Way, 3rd Floor Gallery Room
Free admission

Artists explore the pinnacles of positive expression in this inclusive exhibit which highlights summer's essence, and the spirit of June celebrations. Enjoy viewing remarkable 2-D, 3D, and mixed media works. An extended exhibit will follow the two-day show. Artist entry guidelines will be available Wednesday, April 10 on the "Current Opportunities for Artists" webpage. For the latest updates, visit www.ssf.net/culturalarts.

SAVE THE DATE!!!

South City Pride

Saturday, June 1, 2024

Grand Avenue

Details to Come

To learn more about this event, please visit the City Calendar at www.ssf.net/our-city/city-calendar

**SOUTH SAN
FRANCISCO
PROUD**

MOVIE NIGHT IN THE PARK / FIELD DAY*

Friday, July 19, 2024 | Orange Memorial Park*
Friday, August 16, 2024 | Martin Elementary School
This event is FREE!

Visit www.ssf.net/rec for the latest details or call (650) 829-3800 for more information. The movie will begin at sundown.

