

# South San Francisco Parks and Recreation Department ACTIVITY GUIDE SPRING 2024



## WE'RE HIRING!

SSF Parks and Recreation Department is looking for dedicated and talented individuals to join our awesome team! Check out our job openings (pg. 2).

*Resident Registration begins on  
February 26 at 6:00am online!*

Register at [www.ssf.net/rec-catalog](http://www.ssf.net/rec-catalog)  
See pgs. 44-45 for more info

# LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Spring 2024

Dear Friends and Community Members,

**F**OLLOWING UP ON A HISTORIC YEAR OF AMAZING PROJECTS — from the opening of the Library | Parks and Recreation Center, Orange Memorial Park Sports Field, and Oyster Point Marina, we look forward to yet another year of projects that improve the lives of South San Francisco residents. This year, we are kicking off construction of a new world-class aquatic center, design for a new park in Old Town, additional park improvements at Oyster Point, reforesting Brentwood Park, and construction of a new park along Centennial Way.

The City has hired MIG Landscape Architects to lead meaningful community listening sessions and interactive public design workshops to create a new park in Old Town. The future Linden Park is located along Linden Avenue, on either side of Pine Avenue — currently serving as a parking lot and open lawn. We encourage all to be part of the design process and share your feedback on how we can make this place representative of our community.

The park improvements along Centennial Way Trail between Huntington Avenue and Spruce Avenue have begun. Amenities will include a skate space, bike park, playgrounds, outdoor

classroom, pollinator garden, and more. Construction is underway, and will conclude this summer.

The new Aquatic Center will serve South San Francisco for many decades to come, delivering water safety, fitness, and recreational opportunities, while making a significant contribution to our community back yard — Orange Memorial Park. The vision is for a new two-pool aquatic center to be constructed adjacent to the existing Orange Pool to allow for continued aquatic operations during construction. Once construction of the new aquatic center is complete, the existing pool and building will be demolished. Construction is expected to start this spring, and end mid to late 2025.

Additional projects are being planned, and will kick off this year to help improve the quality of existing parks, and explore ways to address park service area gaps in South San Francisco.

For more information on this and other parks projects, and to sign up for our mailing list, please visit [www.ssf.net/parkprojects](http://www.ssf.net/parkprojects) or email [parkprojects@ssf.net](mailto:parkprojects@ssf.net).

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,  
 Steve Firpo, Bill Lock, Robert Uy

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

## Cultural Arts Commission

Lydia Pomposo, Frances Luster,  
 Lenita Boldenweck, Risha Bond,  
 Michael DeNatale, Peter Foley,  
 Alexia Huerta, Zubin Maharaj,  
 Oscar Sanchez

Meets the fourth Thursday of each month at 6:30pm. The public is invited to attend. Visit [www.ssf.net](http://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 Supervisor*  
 Zachary Kust, *Parks*  
 Kimberly Morrison, *Youth Enrichment Services (YES)*  
 Mike Mulkerrins, *Facilities & Sports*  
 Brian Noce, *Aquatics*  
 Veronica Ortiz, *Classes Supervisor*  
 Bill Stridbeck, *Childcare Assistant Supervisor*

## Coordinators

Thomas Boitano, *YES*  
 Aleni Capaz, *Preschool Early Learning Program*  
 Elisia Espinoza, *YES*

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*  
 Ernie Santos, *Cultural Arts*  
 Kerry West, *YES*

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

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Programs March–May 2024

Brochure Printed February 2024

## After School Recreation Programs

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

Ponderosa Elementary School  
 (LIC #410519011)  
 295 Ponderosa Road  
 (650) 873-1096

Spruce Elementary School  
 (LIC #410519010)  
 501 Spruce Avenue  
 (650) 873-0924

Buri Buri Elementary School  
 (LIC #414002856)  
 325 Del Monte Avenue  
 (650) 827-8448

REAL Program – Los Cerritos Elementary School  
 201 W. Orange Avenue  
 (650) 875-6906

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

## Parks and Facilities Administration

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

## South San Francisco Friends of Parks and Recreation

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

## We're on social media!

Follow us for the latest news and announcements:



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

# WE'RE HIRING!

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



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

- Adult Day Care Leaders
- Aquatic Instructors
- Ballet Instructor
- Building Attendants
- Building Maintenance Custodian - Part Time
- Class Instructors
- Coaches (Basketball, Badminton, Track & Field, and Tennis)
- Lifeguards
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders
- Substitute Preschool Teachers
- Van Drivers

Check out our job postings page at [www.ssf.net/rec](http://www.ssf.net/rec) for more information.





CITY OF SOUTH SAN FRANCISCO



# Easter Bunny Photo Hop

**SATURDAY, MARCH 23, 2024**

**Orange Memorial Park - Eucalyptus Shelter**  
*Along Memorial Drive*

**8:00 AM - 12:00 PM**



## **Pre-Registration Required!**

Pre-register for a specified time to take pictures and search for eggs!

**Pre-Registration opens:**

**Residents: Monday, March 4, 2024 at 6:00 a.m. online**

**Non-Residents: Monday, March 11, 2024 at 6:00 a.m. online**

**Register at [www.ssf.net/rec-catalog](http://www.ssf.net/rec-catalog)**

For more information contact the Parks & Recreation Office at (650) 829-3800

# PRESCHOOL AGE CLASSES

## Kinder Class

Age: 3Y - 5Y

Instructors: 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.

Classes: 16 Fee: \$145.00(R)/\$160.75(N)

COURSE #	DAY	DATE	TIME
SP2-100	M/W	Mar 25-May 15	9:00AM-10:30AM
SP2-101	M/W	Mar 25-May 15	11:00AM-12:30PM

## Kinder Tots

Age: 3Y - 5Y

Instructors: 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. Not a parent participation class in order to encourage independence. **Children must be 3 years old, and potty trained by start date.** A \$15.00 supply fee is payable to the instructor at the first class. This is not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 16 Fee: \$145.00(R)/\$160.75(N)

COURSE #	DAY	DATE	TIME
SP2-102	Tu/Th	Mar 26-May 16	9:00AM-10:30AM
SP2-103	Tu/Th	Mar 26-May 16	11:00AM-12:30PM



## Pre-Kinder Learners

Age: 4Y - 5Y

Instructors: Noreen Cronin-Flynn

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

**Students enrolled should be attending Kindergarten Fall 2024.** There is an introduction to shapes, colors, alphabet, patterns, and numbers. Materials provided support the development of fine motor skills with scissors, writing, and art projects. Social and emotional development are promoted at circle time, free style dance, games, and mindfulness activities. In addition, supportive health care measures such as hand washing and self-care. Snack time occurs daily. This class is a nut tree free environment. **Please send healthy snack daily in lunchbox.** This is a continuation class from the Fall 2023 session, and is open to new and returning students. \$20.00 supply fee required. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 16 Fee: \$290.00(R)/\$305.75(N)

COURSE #	DAY	DATE	TIME
SP2-104	M/W	Mar 25-May 15	9:00AM-12:00PM
SP2-105	Tu/Th	Mar 26-May 16	9:00AM-12:00PM

## Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y - 8Y

Instructor: Sue Miller & Alex Moreno

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

An introduction to the discipline of karate in a fun and positive environment. Focus on hand and eye coordination, body awareness, following instructions and social interaction. This training, with enough practice, can build confidence and concentration. Karate Gi (uniform) is required but may be purchased from instructors. Parents are advised to stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

Classes: 8 Fee: \$33.00(R)/\$48.75(N)

COURSE #	DAY	DATE	TIME
SP2-301	Sat	Mar 30-May 18	8:30AM-9:15AM
<b>Level I Beginners: Session A</b>			
SP2-302	Sat	Mar 30-May 18	9:30AM-10:15AM
<b>Level I Beginners: Session B</b>			

\*Class will be held at the Joseph A. Fernekes Recreation Building on 4/6 and 4/13

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

# PRESCHOOL AGE CLASSES

## 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 2 to 3 sessions of Pre-Shinkyu Level 1 experience required to enroll and instructor approval.**

Classes: 14 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SP2-303	Sa/Tu	Sep 16-Dec 16	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)

**Level II: White Belt/Beginners**

Classes: 14 Fee: \$88.00(R)/\$103.75(N)

COURSE #	DAY	DATE	TIME
SP2-304	Sa/Tu	Sep 16-Dec 16	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)

**Level II: Color Belt Yellow & Up**

*\*Class will be held at the Joseph A. Fernekas Recreation Building on 4/6 and 4/13*



## Introduction to Indian Culture

Age: 5Y – 12Y

**Instructor: Monita Sharma**

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

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

*No class: 5/12*

Classes: 6 Fee: \$39.00(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP3-330	Sun	Apr 07-May 19	11:00AM-12:00PM

## Kenpo-Eskrima for Children

Age: 6Y – 12Y

**Instructor: Tina Chau**

*Location: Alice Peña Bulos Center – Large 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.

Classes: 16 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
SP2-306	M/W	Mar 25-May 15	5:00PM-5:45PM

**Beginners (Age 6Y – 12Y)**

Classes: 16 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SP2-307	M/W	Mar 25-May 15	5:45PM-6:45PM

**Intermediates (Age 6Y – 15Y)**

SP1-217	M/W	Mar 25-May 15	6:45PM-7:45PM
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**Teens & Adults (Age 10Y and up)**

## YOUTH CLASSES

### Introduction to Hindi Literature

Age: 5Y – 12Y

**Instructor: Monita Sharma**

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

In this class, you will learn a brief history of Hindi Literature. Interactive class of reading 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.

*No class: 5/12*

Classes: 7 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SP3-229	Sun	Apr 07-May 19	10:00AM-11:00AM

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

# YOUTH CLASSES

## Math & Counting Fun!

Age: 5Y - 10Y

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. Wearing face masks will be highly encouraged.

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

COURSE #	DAY	DATE	TIME
SP2-217	Tu/Thu	Apr 09-May 16	3:15PM-4:15PM
<b>Math Counting (Age 5Y - 7Y)</b>			
SP2-218	Tu/Thu	Apr 09-May 16	4:30PM-5:30PM
<b>Math Counting (Age 8Y - 10Y)</b>			

## Shinkyu Shotokan Karate – Youth

Age: 9Y - 12Y

Instructor: **Sue Miller**

Location: *Fernekes Building - Multi-Purpose Hall*

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

No class: 4/1, 4/3

Classes: 14 Fee: \$53.00(R)/\$68.75(N)

COURSE #	DAY	DATE	TIME
SP3-308	M/W	Mar 25-May 15	5:30PM-6:30PM
<b>Level I Beginners White, Yellow &amp; Blue 1</b>			

Classes: 14 Fee: \$53.00(R)/\$68.75(N)

COURSE #	DAY	DATE	TIME
SP3-309	M/W	Mar 25-May 15	6:00PM-7:00PM
<b>Lev II Blue 2 &amp; Green 1</b>			

Classes: 14 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SP3-310	M/W	Mar 25-May 15	6:00PM-7:30PM
<b>Lev II Green 2, Purple, Brown &amp; Up</b>			

## Spanish Spring Fun

Age: 6Y - 12Y

Instructors: **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 language arts and writing. This class is for beginners and Spanish speakers. A separate \$10.00 supply fee is payable to the instructor at the first class. Wearing face masks will be highly encouraged.

Classes: 4 Fee: \$20.00(R)/\$35.75(N)

COURSE #	DAY	DATE	TIME
SP3-227	M-Th	Mar 25-Mar 28	3:15PM-4:15PM

Classes: 6 Fee: \$30.00(R)/\$45.75(N)

COURSE #	DAY	DATE	TIME
SP3-228	Mon	Apr 08-May 13	3:15PM-4:15PM



## Spring Baking Camp

Age: 7Y - 11Y

Instructor: **Andrea Quinsay**

Location: L | PR - Large Culinary Kitchen\*

In this Spring Baking Camp, your child will become a mini master baker. During four fun-filled weeks, students will learn how to make delicious sugar cookies, bread, cupcakes, and pies. This comprehensive camp teaches kitchen safety, basic baking skills and decorating techniques while providing a space that sparks creativity, confidence and fun! The students will bake the following: Raspberry Lemon Pound Cake, Peach Pie, Red Velvet Cupcake, and Strawberry Sugar Cookie. With a sweet tooth honed since childhood, instructor Andrea Quinsay, bakes lovingly crafted pastries and intricately decorated sugar cookies that are a delight for her friends and family. After years of perfecting her recipes and decorating techniques, she opened the doors to Amidulce Bakery to share her edible works of art. Now her students get a taste too, learning the secrets behind her scrumptious confections in her baking classes.

Classes: 4 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
SP3-500	Fri	Mar 29-Apr 19	4:00PM-6:00PM

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



## 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 \$10.00 supply fee is payable to the instructor at the first class. Wearing face masks will be highly encouraged.

Classes: 4 Fee: \$20.00(R)/\$35.75(N)

COURSE #	DAY	DATE	TIME
SP3-226	M-Th	Mar 25-Mar 28	3:15PM-4:15PM

## 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 \$5.00 supply fee is payable to the instructor at the first class. Wearing face masks will be highly encouraged.

Classes: 6 Fee: \$31.00(R)/\$46.75(N)

COURSE #	DAY	DATE	TIME
SP2-224	Wed	Apr 10-May 15	3:15PM-4:15PM

## Children's Writing Workshop

Age: 8Y - 10Y

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. Wearing face masks will be highly encouraged.

Classes: 12 Fee: \$61.00(R)/\$76.75(N)

COURSE #	DAY	DATE	TIME
SP2-225	M/W	Apr 08-May 15	4:30PM-5:30PM

## DANCE CLASSES

### Mexican Folk Dance

Age: 4Y - 18Y

Instructors: (see below)

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from experienced Ballet Folklórico instructors. Students may wear any leather soled shoes. See instructor for costume requirements. **Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance from Level 1A-Level IX.** Martin Cruz, who is the folklórico dance teacher at South San Francisco High School in the Performing Arts Department, is the Co-Founder and Artistic Director of Ballet Folklórico Alma de Mexico SSFHS & Community. He has extensive experience in choreography and staging performances. He will be teaching Level IV-Level IX. Marianna Roman has many years' experience in multi-cultural dance. She will be teaching Level IA-Level III.

Instructor: Marianna Roman

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

Classes: 8 Fee: \$25.00(R)/\$40.75(N)

COURSE #	DAY	DATE	TIME
SP3-460	Mon	Mar 25-May 13	5:45PM-6:15PM
<b>Level IA - New Students Only</b>			
SP3-461	Fri	Mar 29-May 17	5:30PM-6:15PM
<b>Level IB - Returning Students Only</b>			
SP3-462	Fri	Mar 29-May 17	6:30PM-7:20PM
<b>Level II</b>			
SP3-463	Mon	Mar 25-May 13	6:30PM-7:30PM
<b>Level III</b>			

Instructor: Martin Cruz

Location: Terrabay - Poppy Room

Classes: 6 Fee: \$25.00(R)/\$40.75(N)

COURSE #	DAY	DATE	TIME
SP3-464	Thu	Apr 11-May 16	6:25PM-7:15PM
<b>Level IV</b>			
SP3-465	Mon	Apr 08-May 13	6:25PM-7:15PM
<b>Level V</b>			
SP3-466	Mon	Apr 08-May 13	5:30PM-6:20PM
<b>Level VI</b>			
SP3-467	Thu	Apr 11-May 16	5:30PM-6:20PM
<b>Level VII</b>			

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

# YOUTH CLASSES



## South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich  
Instructors: Cara Shpizner, Rachel Wong

Entry level Pre-Ballet A (absolute beginners with no ballet experience) will not be offered this session. Students enrolling in Levels Pre-Ballet B through Level 10 **must** have previous ballet training or 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/3vvdclf>) or contact Maria Spremich: mbspointe@aol.com.

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

**Pre-Ballet B** Instructor: M. Spremich  
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-400	Tue	Mar 26-May 14	3:30PM-4:15PM
L   PR - Large Dance & Fitness Studio #222*			

**Pre-Ballet C** Instructor: R. Wong  
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Age: 5.5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-401	Wed	Mar 27-May 15	3:30PM-4:15PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/3			

**Pre-Ballet D** Instructor: M. Spremich  
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 5.5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-402	Thu	Mar 28-May 16	4:30PM-5:15PM
L   PR - Large Dance & Fitness Studio #222*			

## Ballet (Girls and Boys)

**No entry level Introduction 1 this session.** 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 though 10, please contact M. Spremich (mbspointe@aol.com) for class placement.** Parents may observe first and last class of session only.

**Introduction 2** Instructor: M. Spremich  
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-403	Thu	Mar 28-May 16	3:30PM-4:15PM
L   PR - Large Dance & Fitness Studio #222*			

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

COURSE #	DAY	DATE	TIME
SP2-404	Mon	Mar 25-May 13	4:15PM-5:00PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/1, 4/22			

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

COURSE #	DAY	DATE	TIME
SP2-405	Fri	Mar 29-May 17	4:15PM-5:00PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/5, 4/26			

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

COURSE #	DAY	DATE	TIME
SP2-406	Tue	Mar 26-May 14	4:30PM-5:15PM
L   PR - Large Dance & Fitness Studio #222*			

**Basic 3** Instructor: C. Shpizner  
Classes: 6 Fee: \$36.00(R)/\$51.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-407	Mon	Mar 25-May 13	5:15PM-6:00PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/1, 4/22			

**Level 1A** Instructor: C. Shpizner  
Classes: 6 Fee: \$48.00(R)/\$63.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-408	Sat	Apr 13-May 18	9:30AM-10:30AM
L   PR - Small Dance & Fitness Studio #221*			

**Level 1B** Instructor: C. Shpizner  
Classes: 7 Fee: \$56.00(R)/\$71.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-409	Thu	Mar 28-May 16	4:15PM-5:15PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/4			

**Level 1C** Instructor: M. Spremich  
Classes: 8 Fee: \$64.00(R)/\$79.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-410	Thu	Mar 28-May 16	5:30PM-6:30PM
L   PR - Small Dance & Fitness Studio #222*			

**Level 1D** Instructor: R. Wong  
Classes: 6 Fee: \$48.00(R)/\$63.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-411	Fri	Mar 29-May 17	5:15PM-6:15PM
L   PR - Small Dance & Fitness Studio #221* No class: 4/5, 4/26			

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

# YOUTH CLASSES

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

COURSE #	DAY	DATE	TIME
SP2-412	Sat	Mar 30-May 18	11:45AM-12:45PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 3/30			

**Level 3A**  
Classes: 7 Fee: \$56.00(R)/\$71.75(N) Instructor: R. Wong  
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-413	Wed	Mar 27-May 15	4:20PM-5:20PM
<i>L   PR - Small Dance &amp; Fitness Studio #221*</i> No class: 4/3			

**Level 3B**  
Classes: 7 Fee: \$56.00(R)/\$71.75(N) Instructor: M. Spremich  
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
SP2-414	Mon	Mar 25-May 13	4:00PM-5:00PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 4/1			

**Level 4A**  
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Instructor: M. Spremich  
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SP2-415	Sat	Mar 30-May 18	10:30AM-11:45AM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 3/30			

**Level 4B**  
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Instructor: R. Wong  
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SP2-416	Wed	Mar 27-May 15	5:30PM-6:45PM
<i>L   PR - Small Dance &amp; Fitness Studio #221*</i> No class: 4/3			

**Level 5A**  
Classes: 7 Fee: \$80.00(R)/\$95.75(N) Instructor: M. Spremich  
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
SP2-417	Sat	Mar 30-May 18	9:15AM-10:30AM
<i>L   PR - Large Dance Studio #222*</i> No class: 3/30			

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

COURSE #	DAY	DATE	TIME
SP2-418	Tue	Mar 26-May 14	5:30PM-6:45PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 6A**  
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Instructor: M. Spremich  
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
SP2-419	Mon	Mar 25-May 13	5:30PM-6:45PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 4/1			

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

COURSE #	DAY	DATE	TIME
SP2-420	Wed	Mar 27-May 15	4:15PM-5:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 6/7 Pointe 1**  
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Instructor: M. Spremich  
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
SP2-421	Fri	Apr 05-May 16	4:15PM-5:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 6/7 Combo**  
Classes: 22 Fee: \$175.00(R)/\$190.75(N) Instructor: M. Spremich  
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
SP2-422	M/W/F	Mar 25-May 17	5:30PM-6:45PM (M)
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 3/29, 4/1			
			4:15PM-5:30PM (W)
			4:15PM-5:30PM (F)

**Level 8/9 - Monday**  
Classes: 7 Fee: \$84.00(R)/\$99.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-423	Mon	Mar 25-May 13	7:00PM-8:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 4/1			

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

COURSE #	DAY	DATE	TIME
SP2-424	Wed	Mar 27-May 15	5:30PM-6:45PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 8/9 Pointe 2**  
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-425	Fri	Apr 05-May 17	5:30PM-6:45PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 8 & 9 Combo**  
Classes: 22 Fee: \$194.00(R)/\$209.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-426	M/W/F	Mar 25-May 17	7:00PM-8:30PM (M)
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 3/29, 4/1			
			5:30PM-6:45PM (W)
			5:30PM-6:45PM (F)

**Level 10 - Monday**  
Classes: 7 Fee: \$84.00(R)/\$99.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-427	Mon	Mar 25-May 13	7:00PM-8:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 4/1			

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

COURSE #	DAY	DATE	TIME
SP2-428	Wed	Mar 27-May 15	7:00PM-8:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 10 Pointe 3**  
Classes: 7 Fee: \$84.00(R)/\$99.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-429	Fri	Apr 05-May 17	7:00PM-8:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i>			

**Level 10 Combo**  
Classes: 22 Fee: \$210.00(R)/\$225.75(N) Instructor: M. Spremich  
Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-430	M/W/F	Mar 29-May 17	7:00PM-8:30PM
<i>L   PR - Large Dance &amp; Fitness Studio #222*</i> No class: 3/29, 4/1			

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

# MUSIC CLASSES

## Private Clarinet Lessons

Age: 10Y and up

**Instructor: Wen-Liang Chung**

*Location: L | PR – Music Room #228\**

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

Classes: 8 Fee: \$161.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-500	Mon	Mar 25-May 13	6:00PM-6:30PM
SP5-501	Mon	Mar 25-May 13	6:30PM-7:00PM
SP5-502	Mon	Mar 25-May 13	7:00PM-7:30PM
SP5-503	Mon	Mar 25-May 13	7:30PM-8:00PM

Classes: 8 Fee: \$161.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-504	Thu	Mar 28-May 16	6:00PM-6:30PM
SP5-505	Thu	Mar 28-May 16	6:30PM-7:00PM
SP5-506	Thu	Mar 28-May 16	7:00PM-7:30PM
SP5-507	Thu	Mar 28-May 16	7:30PM-8:00PM

## Private Piano Lessons – Theresa Ames

Age: 7Y and up

**Instructor: Theresa Ames**

*Location: Terrabay – Music Room*

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

Classes: 8 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-200	Mon	Mar 25-May 13	3:30PM-4:00PM
SP5-201	Mon	Mar 25-May 13	4:00PM-4:30PM
SP5-202	Mon	Mar 25-May 13	4:30PM-5:00PM
SP5-203	Mon	Mar 25-May 13	5:00PM-5:30PM
SP5-204	Mon	Mar 25-May 13	5:30PM-6:00PM
SP5-205	Mon	Mar 25-May 13	6:00PM-6:30PM
SP5-206	Mon	Mar 25-May 13	6:30PM-7:00PM
SP5-207	Mon	Mar 25-May 13	7:00PM-7:30PM
SP5-208	Mon	Mar 25-May 13	7:30PM-8:00PM
SP5-209	Mon	Mar 25-May 13	8:00PM-8:30PM

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

## 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: 8 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-400	Mon	Mar 25-May 13	3:30PM-4:00PM
SP5-401	Mon	Mar 25-May 13	4:00PM-4:30PM
SP5-402	Mon	Mar 25-May 13	4:45PM-5:15PM
SP5-403	Mon	Mar 25-May 13	5:15PM-5:45PM
SP5-404	Mon	Mar 25-May 13	6:00PM-6:30PM
SP5-405	Mon	Mar 25-May 13	6:30PM-7:00PM
SP5-406	Mon	Mar 25-May 13	7:00PM-7:30PM

Classes: 8 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-407	Tue	Mar 26-May 14	3:30PM-4:00PM
SP5-408	Tue	Mar 26-May 14	4:00PM-4:30PM
SP5-409	Tue	Mar 26-May 14	4:45PM-5:15PM
SP5-410	Tue	Mar 26-May 14	5:15PM-5:45PM
SP5-411	Tue	Mar 26-May 14	6:00PM-6:30PM
SP5-412	Tue	Mar 26-May 14	6:30PM-7:00PM
SP5-413	Tue	Mar 26-May 14	7:00PM-7:30PM

Classes: 8 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-414	Wed	Mar 27-May 15	3:30PM-4:00PM
SP5-415	Wed	Mar 27-May 15	4:00PM-4:30PM
SP5-416	Wed	Mar 27-May 15	4:45PM-5:15PM
SP5-417	Wed	Mar 27-May 15	5:15PM-5:45PM
SP5-418	Wed	Mar 27-May 15	6:00PM-6:30PM
SP5-419	Wed	Mar 27-May 15	6:30PM-7:00PM
SP5-420	Wed	Mar 27-May 15	7:00PM-7:30PM

Classes: 8 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
SP5-421	Sat	Mar 30-May 18	9:00AM-9:30AM
SP5-422	Sat	Mar 30-May 18	9:30AM-10:00AM
SP5-423	Sat	Mar 30-May 18	10:00AM-10:30AM
SP5-424	Sat	Mar 30-May 18	10:30AM-11:00AM
SP5-425	Sat	Mar 30-May 18	11:00AM-11:30AM
SP5-426	Sat	Mar 30-May 18	11:30AM-12:00PM

# MUSIC CLASSES

## 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: 8 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
SP5-519	Tue	Mar 26–May 14	6:30PM–7:30PM

## DANCE CLASSES

### Ballet for Teens and Adults

Age: 14Y and up

**Instructor: Maria Spremich**

*Location: L | PR – Large Dance Studio #222\**

Classical Ballet technique taught in Intermediate Level. Level 1 will not be offered during the Spring period. Maria Spremich was a professional ballet dancer with the Theater Ballet of San Francisco and Lines Ballet. She was formerly a staff instructor for the San Francisco Conservatory of Ballet and has been teaching ballet classes for the SSF Rec Department for over 35 years. She is currently the Artistic Director and one of the instructors of the SSF Civic Ballet. For more specific information on the Intermediate Ballet Level please contact M. Spremich: [mbspointe@aol.com](mailto:mbspointe@aol.com). Class Attire: <https://bit.ly/3vvdjcf>.

Classes: 8 Fee: \$96.00(R)/\$111.75(N)

COURSE #	DAY	DATE	TIME
SP1-401	Tue	Mar 26–May 14	7:00PM–8:30PM
<b>Level II: Intermediate Classical Ballet Techniques</b>			
SP1-402	Thu	Mar 28–May 16	7:00PM–8:30PM
<b>Level II/III: Intermediate Classical Ballet Techniques</b>			

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

## 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](mailto:alisa@alisagreer.com). She would love to see you in class.

No class: 4/3

Classes: 7 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SP1-460	Wed	Mar 27–May 15	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](mailto:alisa@alisagreer.com). Come join the fun!

No class: 4/3

Classes: 7 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SP1-461	Wed	Mar 27–May 15	8:00PM–9:00PM

## East Coast Swing

Age: 13Y and up

**Instructor: Adrian Bermudez**

*Location: L | PR – Banquet Hall #130\**

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

Classes: 9 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
SP1-416	Wed	Mar 27–May 15	8:30PM–9:30PM

# TEEN AND ADULT CLASSES

## Hawaiian Hula – Level I & II

Age: 16Y and up

**Instructor: Mary Ann Narvaez**

*Location: (see below)*

Come and enjoy learning Hawaiian Hula! It's great fun and exercise! You will learn the basic hula footwork, hand gestures and a hula to a familiar Hawaiian song. No handout materials will be available in this course. Please bring your own pa'u skirt (T-Shirt & leggings are ok too). *Level II requires at least 2 years of Hawaiian Hula dancing experience.*

*Alice Peña Bulos Center – Large Multi-Use Room*

Classes: 7 Fee: \$46.00(R)/\$61.75(N) No class: 4/30

COURSE #	DAY	DATE	TIME
SP1-465	Tue	Mar 26–May 14	7:30PM–8:30PM

Level I

*L | PR – Banquet Hall #130\**

Classes: 8 Fee: \$46.00(R)/\$61.75(N) No class: 5/2

COURSE #	DAY	DATE	TIME
SP1-466	Thu	Mar 28–May 16	7:30PM–9:00PM

Level II

*\*Please Note: class will be held at the Roberta Cerri Teglia Center, 3rd Floor on 5/9 and 5/16.*

## 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: 13 Fee: \$140.00(R)/\$155.75(N)

COURSE #	DAY	DATE	TIME
SP3-470	M/Th	Apr 04–May 16	8:00PM–10:00PM

## Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

**Instructor: Patricia Martinelli**

*Location: L | PR – Small Dance Studio #221\**

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

Classes: 6 Fee: \$64.00(R)/\$79.75(N)

COURSE #	DAY	DATE	TIME
SP1-464	Tue	Apr 09–May 14	4:30PM–6:30PM



## Salsa Dance

Age: 13Y 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).

Classes: 9 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
SP1-415	Wed	Mar 27–May 15	7:15PM–8:15PM

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

# TEEN AND ADULT CLASSES

## ARTS AND SPECIAL INTEREST

### Advance Care Planning Series

Age: 21Y and up

**Instructor: Jasmin Flores**

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

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

#### ADVANCE CARE PLANNING #1: Essential Documents & Top 10 End-of-Life Illnesses

Advance CARE Planning is not just for the elderly or those with diagnosis of terminal illness. Before cognition is compromised, it is important for single individuals, couples, young families, blended families, and those with foresight to document the manner of care they wish to receive. In this class, learn about essential documents, process, procedures, and the top 10 illnesses leading to untimely end-of-life.

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

COURSE #	DAY	DATE	TIME
SP1-607	Sat	Apr 06	10:00AM-12:00PM

#### ADVANCE CARE PLANNING #2: Transitioning Life Care

Given a terminal illness, transitioning between life and death is anything but simple. In this class, understand the stages of transition, learn the essential features of caring for yourself, and clarify the legacy you wish to leave to those around you.

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

COURSE #	DAY	DATE	TIME
SP1-608	Sat	Apr 27	10:00AM-12:00PM

#### ADVANCE CARE PLANNING #3: Caregiving for the Caregiver

To sustain caregiving, caregivers must also be nurtured. In this class, discuss caregiving challenges and explore solutions, learn about resources that families can access to ease caregiving, and gain insight into mitigating the emotional and economic cost of caregiving.

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

COURSE #	DAY	DATE	TIME
SP1-609	Sat	May 04	10:00AM-12:00PM



### Beaded Wool Felt Bowl Workshop

Age: 16Y and up

**Instructor: Sharon Ranals**

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

There is something profoundly satisfying about using your hands to create something tangible. Working with your hands forces you to be present, engaged, and fully immersed in the task at hand. Take a break from the daily routine and enjoy a satisfying and relaxing, tactile craft project. A successful outcome is guaranteed, no special skill is required. Instructor will provide a variety of materials to choose from to turn a circle of felted wool into a pretty bowl, useful for catching loose pocket change, holding keys, or a host of other uses for yourself, or for a gift. Materials fee of \$20.00 due to the instructor on the first day of class. Sharon Ranals has over 10+ years instructing classes such as the wreath workshop!

Classes: 1 Fee: \$6.00(R)/\$6.00(N)

TIME
SP1-600 Fri Apr 26 6:00PM-7:30PM

### 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](mailto:bob_bachecki@hotmail.com).

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

COURSE #	DAY	DATE	TIME
SP1-595	Wed	Apr 10-May 15	5:00PM-7:00PM

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

# TEEN AND ADULT CLASSES

## DIY Personal Perfume Workshop

Age: 15Y and up

**Instructor: Mauricio Garcia**

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

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

Classes: 1 Fee: \$20.00(R)/\$35.75(N)

COURSE #	DAY	DATE	TIME
SP1-595	Mon	Mar 25	11:00AM-1:30PM

## 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.

Classes: 8 Fee: \$125.00(R)/\$140.75(N)

COURSE #	DAY	DATE	TIME
SP1-501	Thu	Mar 28-May 16	10:00AM-2:00PM

## Introduction to Aromatherapy

Age: 18Y and up

**Instructor: Mauricio Garcia**

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

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

Classes: 4 Fee: \$64.00(R)/\$79.75(N)

COURSE #	DAY	DATE	TIME
SP1-600	Mon	Apr 01-Apr 22	5:00PM-7:00PM

## Introduction to Hindi Literature

Age: 12Y and up

**Instructor: Monita Sharma**

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

In this class you will learn 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 principles of moral values and important lessons about being respectful and sincere.

Classes: 8 Fee: \$53.00(R)/\$68.75(N)

COURSE #	DAY	DATE	TIME
SP3-331	Sat	Mar 30-May 18	11:00AM-12:00PM

*\*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 flog
3. plant scissors

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

*No class: 4/26*

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

COURSE #	DAY	DATE	TIME
SP1-503	Fri	Mar 29-May 03	6:00PM-8:00PM

## Introduction to Java Programming

Age: 15Y and up

**Instructor: Ameen Safi**

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

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

Classes: 7    Fee: \$80.00(R)/\$95.75(N)

COURSE #	DAY	DATE	TIME
SP1-603	Wed	Apr 03-Mar 15	4:30PM-6:00PM

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

## Knitting for Beginners & Intermediates

Age: 14Y 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 to improve. 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 the garter stitch. A washcloth teaches the stockinette and seed stitch. 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 class project(s), select from hundreds of patterns, or bring your own pattern, the choices are yours. Please bring your own needle. So come join me and make 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.

Classes: 8    Fee: \$75.00(R)/\$90.75(N)

COURSE #	DAY	DATE	TIME
SP1-480	Thu	Mar 28-May 16	7:00PM-9:00PM

## Introduction to Perfumery

Age: 18Y and up

**Instructor: Mauricio Garcia**

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

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

Classes: 5    Fee: \$120.00(R)/\$135.75(N)

COURSE #	DAY	DATE	TIME
SP1-601	Wed	Mar 27-Apr 24	5:00PM-8:00PM

# TEEN AND ADULT CLASSES

## Outdoor Sketching

Age: 18Y and up

**Instructor: Nick Stern**

*Location: L | PR – Gallery Room #321\* (first class only)*

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

Classes: 8 Fee: \$141.00(R)/\$156.75(N)

COURSE #	DAY	DATE	TIME
SP1-532	Thu	Mar 26–May 14	1:00PM–3:00PM

*\*Please Note: outdoor locations for the session will be confirmed during class.*

## 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.

Classes: 8 Fee: \$107.00(R)/\$122.75(N)

COURSE #	DAY	DATE	TIME
SP1-502	Tue	Mar 26–May 14	10:00AM–1:00PM



## Sewing – Beginners

Age: 18Y and up

**Instructor: Judy Barretto**

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

This class is perfect for those interested in learning how to sew or want to brush up on their sewing skills to continue developing a broader set of sewing 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, and tried and true techniques will be shared to perfect your sewing skills. This is the perfect class for the gentleman tired of paying for alterations. (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 for many years, and has the knowledge and skills of a wide variety of handicrafts, which includes appliquéing, traditional quilting, and Hawaiian quilting. A partial supply fee of \$30.00 is payable to the instructor on the first day of class.

Classes: 8 Fee: \$105.00(R)/\$120.75(N)

COURSE #	DAY	DATE	TIME
SP1-507	Sat	Mar 30–May 18	9:30AM–11:30AM
SP1-508	Sat	Mar 30–May 18	12:30PM–2:30PM

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

# TEEN AND ADULT CLASSES

## Sewing – Intermediate

Age: 18Y and up

**Instructor: Judy Barretto**

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

Take your sewing skills to the next level. This class is dedicated to the advanced sewer who knows the basics and 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. For those of you that are interested in making your leggings and sports bras, try serging them to create a flatlock for the professional finish. Sewing with a serger adds a professional polish that is not achievable when sewing with a basic sewing machine. You'll learn to thread and set up 2, 3 or 4-thread functions while getting plenty of classroom practice time to develop accuracy. Personal serger and sewing machine required. Judy Barretto has been teaching sewing 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 partial supply fee of \$30.00 is payable to the instructor on the first day of class.

Classes: 8 Fee: \$157.00(R)/\$172.75(N)

COURSE #	DAY	DATE	TIME
SP1-509	Sun	Mar 31-May 19	9:30AM-12:30PM

## 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.

Classes: 8 Fee: \$141.00(R)/\$166.75(N)

COURSE #	DAY	DATE	TIME
SP1-534	Thu	Mar 29-May 17	1:00PM-3:00PM

## Whole Foods Plant Based Diet

Age: 14Y and up

**Instructor: John Erve**

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

This course will introduce you to what is a Whole-Foods Plant Based Diet (WFPBD) and why it is good for you and your family's health. To accomplish this, we need to understand why certain foods make us sick in the first place. Therefore, much of this course will provide the evidence behind diet as a major cause for many "life-style" diseases, such as, heart disease, diabetes and certain cancers. Excessive weight, including obesity, is a problem in its own right and can also contribute to the development of life-style diseases and will be addressed as well. This course will consist of a series of five, lectures where we review the science behind foods and certain diseases. After each lecture, there will be ample opportunity for discussion so that participants fully understand the topic. We will also discuss the practical aspects of following a WFPBD and share our own experiences. Participants will be encouraged, but not required, to begin cooking (on their own) meals that follow the principles of a WFPBD and to share their meals and experiences with the class. Although this course will be guided by the science and will cover evidence reported in reputable scientific journals, no special scientific background is required. An interest in science is recommended to gain the most from this course. Your instructor, John Erve, earned his MS in Chemistry, PhD in Toxicology and has worked in a number of pharmaceutical firms doing drug discovery/development for various diseases. He also obtained a certificate in Whole Foods Plant Based Nutrition from Cornell University. He has given seminars on whole food plant-based diet and health at the South San Francisco and Millbrae Libraries since 2019.

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

COURSE #	DAY	DATE	TIME
SP1-601	Tue	Apr 09-May 07	2:00PM-4:00PM



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

# TEEN AND ADULT CLASSES

## 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: 8 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
SP1-221	Sat	Mar 30-May 18	10:15AM-11:45AM

### Circuit Body Workout

Age: 15Y and up

**Instructor: Stephanie King**

*Location: L | PR – Exercise Studio #235\**

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 a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

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

COURSE #	DAY	DATE	TIME
SP1-116	Mon	Mar 25-May 13	1:00PM-2:00PM

### Circuit Training

Age: 16Y and up

**Instructor: Lisa Forslund**

*Location: L | PR – Banquet Hall #130\**

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

*No class: 5/9, 5/16*

Classes: 8 Fee: \$34.00(R)/\$49.75(N)

COURSE #	DAY	DATE	TIME
SP1-103	Thu	Mar 28-May 16	5:30PM-6:30PM

*\*Please Note: class will be held at the Roberta Cerri Teglia Center, 3rd Floor on 5/9 and 5/16.*

### 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.

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

COURSE #	DAY	DATE	TIME
SP1-104	Mon	Mar 25-May 13	5:30PM-6:30PM

### 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.**

Classes: 8 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
SP1-150	Wed	Mar 27-May 15	1:00PM-2:00PM

### Drop-In: Pickleball

Age: 16Y 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 6 years of playing pickleball and has medaled in several pickleball tournaments throughout the country.

Classes: 8 Fee: \$4.00(R)/\$4.00(N)

COURSE #	DAY	DATE	TIME
SP1-114	Mon	Mar 25-May 13	7:00PM-9:30PM

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

# TEEN AND ADULT CLASSES

## Functional Fitness

Age: 16Y and up

**Instructor: Lisa Forslund**

*Location: L | PR – Banquet Hall #130\**

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

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

COURSE #	DAY	DATE	TIME
SP1-108	Wed	Mar 27-May 15	5:30PM-6:30PM

## 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.

Classes: 16 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SP1-217	M/W	Mar 25-May 15	6:45PM-7:45PM

## Pilates 1

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

COURSE #	DAY	DATE	TIME
SP1-142	Tue	Mar 26-May 14	1:30PM-2:30PM

## Pilates 2

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.

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

COURSE #	DAY	DATE	TIME
SP1-143	Tue	Mar 26-May 14	12:30PM-1:30PM



## Pilates

Age: 15Y and up

**Instructor: Stephanie King**

*Location: (see below)*

Focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements. Bring a mat, towel, and two 2lb weights or two water bottles.

*Alice Peña Bulos Center – Multi-Use Room*

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

COURSE #	DAY	DATE	TIME
SP1-144	Tue	Mar 26-May 14	5:00PM-6:00PM

*L | PR – Exercise Studio #235\**

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

COURSE #	DAY	DATE	TIME
SP1-145	Thu	Mar 28-May 16	5:00PM-6:00PM

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

# TEEN AND ADULT CLASSES

## Shinkyu Shotokan Karate

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

**Instructors: Sue Miller & Nobu Kaji**

*Location: Fernekes Building – Orange Park\**

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

*No class: 4/4*

Classes: 15 Fee: \$57.00(R)/\$72.75(N)

COURSE #	DAY	DATE	TIME
SP1-215	Tu/Th	Mar 26-May 16	6:00PM-7:00PM

**Teens**

Classes: 15 Fee: \$109.00(R)/\$124.75(N)

COURSE #	DAY	DATE	TIME
SP1-216	Tu/Th	Mar 26-May 16	7:00PM-8:30PM

**Adults**

*\*Please Note: class will be held at the Terrabay Gymnasium on 4/2.*

## 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).

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

COURSE #	DAY	DATE	TIME
SP1-117	Sat	Mar 30-May 18	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: 8 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SP1-129	Fri	Mar 29-May 17	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. This class is appropriate for deconditioned individuals due to lack of exercise. Bring a mat, towel, water bottle to keep hydrated, a pair of weights 1lb, 2lb, 3lb, 4lb, or 5lb. If you do not have weights, bring two water bottles or this workout can be done with your body weight.

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

COURSE #	DAY	DATE	TIME
SP1-118	Thu	Mar 28-May 16	1:00PM-2:00PM

## Tabata Strength

Age: 15Y and up

**Instructor: Stephanie King**

*Location: L | PR – Exercise Studio #235\**

A Tabata workout is a formulaic style of interval training where you do 20 seconds of work and ten seconds of rest for eight rounds. Tabata is technically considered cardiovascular exercise but with a focus on strength training. These workouts can be done using just your body weight or equipment like dumbbells. This class will begin with a five minute active movement warmup, showing moves that will be incorporated in the Tabata workout. This workout will build strength, encourage core stability for the body to move safely, improving coordination, endurance, and flexibility. Bring a mat, a towel, a water bottle to keep hydrated. Bring a pair of weights (1lb, 2lb, 3lb, 4lb, 5lb). If you do not have weights, bring two water bottles; or, as noted this workout can be executed with just our body weight.

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

COURSE #	DAY	DATE	TIME
SP1-119	Mon	Mar 25-May 13	7:00PM-8:00PM
SP1-120	Thu	Mar 28-May 16	6:00PM-7:00PM

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

# TEEN AND ADULT CLASSES

## Tai Chi Chuan: Guang Ping Yang – Beginners

Age: 18Y and up

**Instructor: Joan Tay**

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

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

COURSE #	DAY	DATE	TIME
SP1-209	Thu	Mar 28-May 16	6:30PM-7:30PM

## 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.

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

COURSE #	DAY	DATE	TIME
SP1-210	Thu	Mar 28-May 16	5:30PM-6:30PM

## Tai Chi Chuan: Guang Ping Yang – Advanced

Age: 18Y and up

**Instructor: Joan Tay**

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

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

COURSE #	DAY	DATE	TIME
SP1-211	Thu	Mar 28-May 16	7:30PM-8:30PM

## Tai Chi Wellness

Age: 18Y and up

**Instructor: Elliotte Mao**

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

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

Classes: 8    Fee: \$83.00(R)/\$98.15(N)

COURSE #	DAY	DATE	TIME
SP1-121 Level I	Wed	Mar 27-May 15	9:00AM-10:00AM
SP1-122 Level II	Wed	Mar 27-May 15	10:00AM-11:00AM
SP1-123 Level III	Wed	Mar 27-May 15	11:00AM-12:00PM

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

# TEEN AND ADULT CLASSES

## 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.

Classes: 6    Fee: \$47.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
SP1-219	Fri	Mar 29-May 17	5:30PM-6:30PM
SP1-220	Fri	Mar 29-May 17	6:30PM-7:30PM

## Yoga – Hatha Flow

Age: 18Y and up

**Instructor: Josette Goedert**

*Location: Virtual*

Calm the mind, strengthen the body and open the heart. Hatha Flow incorporates a balanced combination of postures being held longer, and mindfully flowing from one posture to another while maintaining a nice pace. Attention is given to alignment, observing the breath and meditation. Students of all levels are welcome. Please bring a mat to class. Yoga blocks & straps are also encouraged, but optional. Josette Goedert is a certified Yoga Instructor. As a yoga teacher, she strongly focuses on alignment and encourages curiosity in the body. With a sense of humor and zest for living and loving life—her goal as a teacher is to assist students to experience their own freedom, happiness and joy through yoga.

*No class: 4/1, 5/6*

Classes: 6    Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
SP1-301	Mon	Mar 25-May 13	7:00PM-8:15PM

## Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

**Instructor: Don Amini**

*Location: L | PR – Large Dance Studio #222\**

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

Classes: 8    Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SP1-303	Mon	Mar 25-May 13	10:15AM-11:45AM
SP1-304	Mon	Mar 25-May 13	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: 8    Fee: \$45.00(R)/\$60.75(N)

COURSE #	DAY	DATE	TIME
SP1-124	Tue	Mar 26-May 14	6:00PM-7:00PM

*L | PR – Social Hall #125\**

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

COURSE #	DAY	DATE	TIME
SP1-125	Wed	Mar 27-May 15	6:00PM-7:00PM

*Alice Peña Bulos Center – Multi-Use Room*

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

COURSE #	DAY	DATE	TIME
SP1-126	Sat	Mar 30-May 18	10:15AM-11:15AM

## Drop-In: Zumba

Age: 15Y and up

**Instructor: Stephanie King**

*Location: Joseph A. Fernekes Building*

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

*No class: 4/2, 4/4*

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

COURSE #	DAY	DATE	TIME
---	Mon	Mar 25-May 13	11:30AM-12:30PM
---	Tue	Mar 26-May 14	11:00AM-12:00PM
---	Fri	Mar 27-May 15	11:00AM-12:00PM

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



# TEEN AND ADULT CLASSES

## Drop-In: Zumba Gold & Tone

Age: 15Y and up

Instructor: **Stephanie King**

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

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.

Classes: 8 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
SP1-302	Thu	Mar 28-May 16	11:00AM-12:00PM



TEEN AND ADULT CLASSES

## CPR AND FIRST AID CLASSES

### Heartsaver Pediatric First Aid CPR AED

Saturday, Mar 09, 2024 at 9:00am

### Adult Heartsaver CPR AED

Saturday, Apr 13, 2024 at 9:00am

Saturday, May 11, 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](mailto:cpr@ssf.net) for registration information.*



# 2024 Calendar of Events

City of South San Francisco  
Parks and Recreation Department

To view the 2024 Calendar of Events  
brochure, visit [www.ssf.net/rec](http://www.ssf.net/rec).

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

# Full of Fun Programs



## HOW DID WE START



The camp is designed with teen volunteers as an integral component. Volunteers and Campers participate in all aspects of the camp together. Using teen volunteers who accept the campers, value them as a person, and demonstrate their acceptance in public allows them to celebrate each individual's achievements. Young adults can always learn from and teach each other because they are familiar with each individual's strengths and weaknesses. They also provide important social support to each other as they both participate fully in activities, and they support each individual's unique interests.

## GENERAL INFORMATION

For more information about Full of Fun Camp, to setup and intake, or if you are interested in volunteering, please contact:

Kasey Jo Cullinan  
650-829-3822  
kaseyjo.cullinan@ssf.net

## WHERE ARE WE NOW



A week of camp runs from 9:00 a.m. – 4:00 p.m. Monday-Friday for 3 weeks. Activities include art, cooking projects, field trips, and time to just hang out and be a young adult. Groups range from 10–20 campers, 3-5 paid staff, and 10 –20 volunteers.

## NIGHTS OF FUN

Our Nights of Fun are once a month during the school year. We do a different activity each month that are either themed to holidays or just something fun to do together. In the past we have done swim nights, bowling, mall crawl, Thanksgiving Feast, Kris Kringle, Costume Parties, cooking, fitness nights, SF Giants game and much more.

Nights of fun are usually from 6:30 p.m. — 8:30 p.m. in a variety of locations.

**We look forward to having you join us!**

# TENNIS CLASSES

## 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 Lessons

Age: 8Y and up

**Instructor: Anthony Dizon-Barron**

*Location: Terrabay - Tennis Court #1*

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

Classes: 8 Fee: \$167.00(R)/\$183.75(N)

COURSE #	DAY	DATE	TIME
SP4-400	Sat	Mar 30-May 18	8:30AM-9:00AM
SP4-401	Sat	Mar 30-May 18	9:00AM-9:30AM
SP4-402	Sat	Mar 30-May 18	9:30AM-10:00AM
SP4-403	Sat	Mar 30-May 18	10:00AM-10:30AM
SP4-404	Sun	Mar 31-May 19	8:30AM-9:00AM
SP4-405	Sun	Mar 31-May 19	9:00AM-9:30AM
SP4-406	Sun	Mar 31-May 19	9:30AM-10:00AM
SP4-407	Sun	Mar 31-May 19	10:00AM-10:30AM

## Tennis: Private Lessons

Age: 8Y and up

**Instructor: Jaime Pagmanua**

*Location: Terrabay - Tennis Court #2*

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

Classes: 8 Fee: \$167.00(R)/\$183.75(N)

COURSE #	DAY	DATE	TIME
SP4-200	Sat	Mar 30-May 18	8:00AM-8:30AM
SP4-201	Sat	Mar 30-May 18	8:30AM-9:00AM
SP4-202	Sat	Mar 30-May 18	9:00AM-9:30AM
SP4-203	Sat	Mar 30-May 18	9:30AM-10:00AM
SP4-204	Sat	Mar 30-May 18	10:00AM-10:30AM
SP4-205	Sat	Mar 30-May 18	10:30AM-11:00AM
SP4-206	Sun	Mar 31-May 19	8:00AM-8:30AM
SP4-207	Sun	Mar 31-May 19	8:30AM-9:00AM
SP4-208	Sun	Mar 31-May 19	9:00AM-9:30AM
SP4-209	Sun	Mar 31-May 19	9:30AM-10:00AM
SP4-210	Sun	Mar 31-May 19	10:00AM-10:30AM
SP4-211	Sun	Mar 31-May 19	10:30AM-11:00AM

# YOUTH AND ADULT SPORTS

## YOUTH SPORTS

### R.A.P.P. Sports Program

R.A.P.P. coed basketball will be offered to all elementary school children during the school year. The children will learn the fundamentals, teamwork, and good sportsmanship in basketball. Flyers will be available to view on your school's peach jar site as each sport approaches. List of sports offered during the school year include K-2nd grade basketball league (April), 3rd-5th grade basketball (Sept.).

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

The R.A.P.P. Basketball League is offered to children kindergarten—second grade at the Terrabay Gymnasium. Participants choose one practice day/one time (listed below). Participants will play one game per week and games will be played on Fridays. Each team will play a minimum of five games. For more information, call (650) 829-4683.

Practice Days\*: (choose one)

COURSE #	DAY	TIME
SPO3-111	Mon	3:30PM-4:30PM
SPO3-112	Mon	4:30PM-5:30PM
SPO3-113	Tue	3:30PM-4:30PM
SPO3-114	Tue	4:30PM-5:30PM
SPO3-115	Wed	3:30PM-4:30PM
SPO3-116	Wed	4:30PM-5:30PM

\*Practice day/time you pick is your team. Ten players per team.

**Practices begin week of April 8, 2024**

**Game Days: Fridays starting on April 14, 2023 (Tentatively)**  
**(Teams play one game per week)**

**Game Times: 4:00/4:35/5:10PM**

**Cost: \$62.00, includes team t-shirt**

### Middle School Sports Program

Spring Sports will be offered in March. Students from any of our three middle schools (Alta Loma, Parkway, and Westborough) may take part in the following activities: Track and Field, Tennis, Golf and Badminton. All sport teams will be a combination of all three schools to represent South San Francisco. For information about Middle School sports, call (650) 829-4683, or e-mail [bill.stridbeck@ssf.net](mailto:bill.stridbeck@ssf.net). Flyers will be available on peach jar and on the Park/Rec. Bulletin Board located at each school.

## 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.quickscores.com/ssf](http://www.quickscores.com/ssf)

### Spring Adult Men's Basketball League

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in 2 different classifications; "D2" on Wednesdays, and "D1" on Thursdays. Season begins in March; roster packets and information are available in January. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680.

*Registration Dates:* Deadline is February 22, 2024

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

### Spring Adult Men's Softball League

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

*Registration Dates:* March 4-8, 2024

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

### Spring Adult Coed Softball League

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

*Registration Dates:* March 4-8, 2024

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

### Spring 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 league will be offered in the Spring, for both beginners as well as seasoned bocce players. Indoor court playing only and eight total teams. Game times will be between 6:00pm - 7:15pm. Registration begins online on Monday, February 26, 2024 at 6:00am.

*Dates:* April 4, 2024 - May 23, 2024

**BOCCE-101A Beginner League** 4:45pm-5:45pm

**BOCCE-101B Beginner League** 6:00pm-7:00pm

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

*Fee:* \$30.00/individual

**BOCCE-102 Intermediate/Advanced League** 7:15pm-8:15pm

*Team only*

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

\*Fees subject to change.

# 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:

#### Basketball

Mon/Wed/Fri	12:00PM - 3:00PM
Saturday	12:00PM - 3:00PM (Juniors only)
Sunday	12:30PM - 3:00PM (Adults only)

#### Fees:

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

#### Pickleball

Tue/Thu	12:00PM - 3:00PM
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#### Badminton

Sunday	9:15AM - 12:00PM
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#### Fees:

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

## Youth Sports/Co-Sponsored

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

### San Mateo County Athletics Club (Ages 7-18)

[smcfootball.club](http://smcfootball.club)

For information contact:

Patty Gomez - (650) 797-9479 or email [pgomez@smcfc.club](mailto:pgomez@smcfc.club)

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

[www.ssfsooccer.net](http://www.ssfsooccer.net)

For information contact:

Patty Gomez - (650) 797-9479 or email [ssfsooccer1@gmail.com](mailto:ssfsooccer1@gmail.com)

### South San Francisco Youth Baseball League

**Lower Division** (Director Dan Ordonez)

Wiffle Ball Ages 4U

T-Ball 6U

8U - Grades 1-2-3 (Pinto)

10U - Grades 3-4-5 (Mustang)

**Upper Division** (Director Mike Madrid)

12U - Grades 5-6-7 (Bronco)

14U - Grades 7-8 (Pony)

(Grade as of 2023/2024 school year)

## 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](http://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

[www.gojrgiants.org](http://www.gojrgiants.org)

**Parent Orientation:**

Date: May 2024 (to be announced in April)

Location: TBA

**Coaches Meeting:**

Date: June 2024 (to be announced in April)

Location: TBA



# AQUATICS CLASSES

## Orange Pool

1 West Orange Ave | South San Francisco, CA 94080  
(650) 875-6973 | [www.ssf.net/aquatics](http://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.

#### SPRING 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, March 13, 2024

Non-Resident Registration – Wednesday, March 20, 2024

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

Resident Registration – Friday, April 19, 2024

Non-Resident Registration – Saturday, April 20, 2024 at 8:00am online and in-person at Orange Pool

#### SUMMER 2024

Please note that Aquatic Summer registration dates differ from non-aquatic classes and sports registration dates. The dates listed below are Aquatics Summer Session #1 registration dates.

Session #1 (All classes, including weekend classes)

Resident Registration – Wednesday, May 22, 2024

Non-Resident Registration – Wednesday, May 29, 2024

### Open Recreation (All Ages)

Saturday 12:45PM – 2:30PM

Sunday 1:00PM – 3:00PM

### Drop-in Parent and Child Recreation Swim (4 months to 12 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. All children 5 years to 12 years must have an adult present in the natatorium at all times.** Please, no outside toys or life vests.

Mon/Fri 1:00PM – 2:00PM

### 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.

## 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](http://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: March 25 – May 19, 2024

Please check the aquatics website at [www.ssf.net/aquatics](http://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

#### Adult Lap Swimming (16 Years and up)

Mon-Fri 5:30AM – 9:15AM

Saturday 7:15AM – 8:45AM

#### Adult Recreation Swim (18 Years and up)

Mon-Fri 10:00AM – 12:45PM

Tue/Thu 7:45PM – 9:30PM

Sunday 7:15AM – 9:15AM

# AQUATICS CLASSES

## 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](http://www.teamunify.com/team/ssf/page/home).

## INFANT/PRESCHOOL

### 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)

COURSE #	DAY	DATE	TIME
SP8-1103	Tu/Th	Mar 26-Apr 18	6:30PM-7:00PM
SP8-1104	Tu/Th	Mar 26-Apr 18	7:05PM-7:35PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-1105	Tu/Th	Apr 23-May 16	6:30PM-7:00PM
SP8-1106	Tu/Th	Apr 23-May 16	7:05PM-7:35PM

#### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-1107	Sat	Mar 30-May 18	11:25AM-11:55AM
SP8-1108	Sat	Mar 30-May 18	12:00PM-12:30PM

#### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-1109	Sun	Apr 07-May 19	10:30AM-11:00AM
SP8-1110	Sun	Apr 07-May 19	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)

COURSE #	DAY	DATE	TIME
SP8-2203	Tu/Th	Mar 26-Apr 18	6:30PM-7:00PM
SP8-2204	Tu/Th	Mar 26-Apr 18	7:05PM-7:35PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-2205	Tu/Th	Apr 23-May 16	6:30PM-7:00PM
SP8-2206	Tu/Th	Apr 23-May 16	7:05PM-7:35PM

#### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-2207	Sat	Mar 30-May 18	11:25AM-11:55AM
SP8-2208	Sat	Mar 30-May 18	12:00PM-12:30PM

#### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-2209	Sun	Apr 07-May 19	10:30AM-11:00AM
SP8-2210	Sun	Apr 07-May 19	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)

COURSE #	DAY	DATE	TIME
SP8-3303	Tu/Th	Mar 26-Apr 18	6:30PM-7:00PM
SP8-3304	Tu/Th	Mar 26-Apr 18	7:05PM-7:35PM

### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-3305	Tu/Th	Apr 23-May 16	6:30PM-7:00PM
SP8-3306	Tu/Th	Apr 23-May 16	7:05PM-7:35PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 4/27*

COURSE #	DAY	DATE	TIME
SP8-3307	Sat	Mar 30-May 18	11:25AM-11:55AM
SP8-3308	Sat	Mar 30-May 18	12:00PM-12:30PM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-3309	Sun	Apr 07-May 19	10:30AM-11:00AM
SP8-3310	Sun	Apr 07-May 19	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: 7 Fee: \$59.50(R)/\$63.50(N) *No class: 4/27*

COURSE #	DAY	DATE	TIME
SP8-4402	Sat	Mar 30-May 18	9:00AM-9:30AM
SP8-4403	Sat	Mar 30-May 18	9:35AM-10:05AM
SP8-4404	Sat	Mar 30-May 18	10:10AM-10:40AM
SP8-4405	Sat	Mar 30-May 18	10:45AM-11:15AM

### Sunday Session #1

Classes: 7 Fee: \$59.50(R)/\$63.50(N)

COURSE #	DAY	DATE	TIME
SP8-4406	Sun	Apr 07-May 19	11:40AM-12:10PM
SP8-4407	Sun	Apr 07-May 19	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)

COURSE #	DAY	DATE	TIME
SP8-110	M/W	Mar 25-Apr 17	6:30PM-7:00PM
SP8-111	M/W	Mar 25-Apr 17	7:05PM-7:35PM
SP8-112	M/W	Mar 25-Apr 17	7:40PM-8:10PM

### Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-113	M/W	Apr 22-May 15	6:30PM-7:00PM
SP8-114	M/W	Apr 22-May 15	7:05PM-7:35PM
SP8-115	M/W	Apr 22-May 15	7:40PM-8:10PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) *No class: 4/27*

COURSE #	DAY	DATE	TIME
SP8-116	Sat	Mar 30-May 18	9:00AM-9:30AM
SP8-117	Sat	Mar 30-May 18	9:35AM-10:05AM
SP8-118	Sat	Mar 30-May 18	10:10AM-10:40AM
SP8-119	Sat	Mar 30-May 18	10:45AM-11:15AM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-120	Sun	Apr 07-May 19	11:40AM-12:10PM
SP8-121	Sun	Apr 07-May 19	12:15PM-12:45PM



# AQUATICS CLASSES



## Level 2: Beginners

Age: 5Y - 13Y

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

### Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SP8-210	M/W	Mar 25-Apr 17	6:30PM-7:00PM
SP8-211	M/W	Mar 25-Apr 17	7:05PM-7:35PM
SP8-212	M/W	Mar 25-Apr 17	7:40PM-8:10PM

### Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-213	M/W	Apr 22-May 15	6:30PM-7:00PM
SP8-214	M/W	Apr 22-May 15	7:05PM-7:35PM
SP8-215	M/W	Apr 22-May 15	7:40PM-8:10PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-216	Sat	Mar 30-May 18	9:00AM-9:30AM
SP8-217	Sat	Mar 30-May 18	9:35AM-10:05AM
SP8-218	Sat	Mar 30-May 18	10:10AM-10:40AM
SP8-219	Sat	Mar 30-May 18	10:45AM-11:15AM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-220	Sun	Apr 07-May 19	11:40AM-12:10PM
SP8-221	Sun	Apr 07-May 19	12:15PM-12:45PM

## Level 3: Advanced Beginners

Age: 5Y - 13Y

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

### Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SP8-310	M/W	Mar 25-Apr 17	6:30PM-7:00PM
SP8-311	M/W	Mar 25-Apr 17	7:05PM-7:35PM

### Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-312	M/W	Apr 22-May 15	6:30PM-7:00PM
SP8-313	M/W	Apr 22-May 15	7:05PM-7:35PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-314	Sat	Mar 30-May 18	9:00AM-9:30AM
SP8-315	Sat	Mar 30-May 18	10:45AM-11:15AM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-316	Sun	Apr 07-May 19	12:15PM-12:45PM

## Level 4: Intermediates

Age: 5Y - 13Y

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

### Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SP8-410	Thu	Mar 28-May 16	6:30PM-7:00PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-411	Sat	Mar 30-May 18	9:35AM-10:05AM
SP8-412	Sat	Mar 30-May 18	11:25AM-11:55PM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-413	Sun	Apr 07-May 19	10:30AM-11:00AM
SP8-414	Sun	Apr 07-May 19	11:40AM-12:10PM

# AQUATICS CLASSES

## Level 5: Swimmers

Age: 5Y - 13Y

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

### Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SP8-510	M/W	Mar 25-Apr 17	7:40PM-8:10PM

### Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-511	M/W	Apr 22-May 15	7:40PM-8:10PM

### Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SP8-512	Thu	Mar 28-May 16	7:05PM-7:35PM

### Saturday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N) No class: 4/27

COURSE #	DAY	DATE	TIME
SP8-513	Sat	Mar 30-May 18	10:10AM-10:40AM
SP8-514	Sat	Mar 30-May 18	12:00PM-12:30PM

### Sunday Session #1

Classes: 7 Fee: \$50.75(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SP8-515	Sun	Apr 07-May 19	11:05AM-11:35AM

## 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](mailto:Brian.Noce@ssf.net) and [Cynthia.Lin@ssf.net](mailto:Cynthia.Lin@ssf.net).

## Level 1: Adult Basic Beginners

Age: 13Y and up

This class is for first the 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)

COURSE #	DAY	DATE	TIME
SP8-100	Fri	Mar 29-May 17	6:30PM-7:00PM
SP8-101	Fri	Mar 29-May 17	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)

COURSE #	DAY	DATE	TIME
SP8-200	Fri	Mar 29-May 17	6:30PM-7:00PM
SP8-201	Fri	Mar 29-May 17	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)

COURSE #	DAY	DATE	TIME
SP8-300	Fri	Mar 29-May 17	6:30PM-7:00PM
SP8-301	Fri	Mar 29-May 17	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: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
SP8-400	Tue	Mar 26-May 14	6:30PM-7:00PM
SP8-401	Tue	Mar 26-May 14	7:05PM-7:35PM



## EXERCISE AND FITNESS

### Adult Aquatic Exercise

Age: 18Y and up

This program is a low-intensity water aerobics class designed for those persons in need of therapeutic exercise. It is not necessary to have swimming ability. Participation is subject to the instructor's approval. **Subject to cancellation based on instructor availability.**

#### Tuesday/Thursday Session #1

Classes: 7 Fee: \$43.75(R)/\$58.75(N) No class: 4/4

COURSE #	DAY	DATE	TIME
SP8-602	Tu/Th	Mar 26-Apr 18	1:00PM-2:00PM
SP8-603	Tu/Th	Mar 26-Apr 18	2:00PM-3:00PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-604	Tu/Th	Apr 23-May 16	1:00PM-2:00PM
SP8-605	Tu/Th	Apr 23-May 16	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)

COURSE #	DAY	DATE	TIME
SP8-606	Tu/Th	Mar 26-Apr 18	7:45PM-8:30PM
SP8-607	Tu/Th	Mar 26-Apr 18	8:30PM-9:15PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SP8-608	Tu/Th	Apr 23-May 16	7:45PM-8:30PM
SP8-609	Tu/Th	Apr 23-May 16	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 you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Classes: 7 Fee: \$43.75(R)/\$58.75(N)

COURSE #	DAY	DATE	TIME
SP8-601	Sun	Apr 07-May 19	9:30AM-10:15AM



## New Aquatic Center at Orange Memorial Park

To learn more about this project, visit [www.ssf.net/parksproject](http://www.ssf.net/parksproject).



## Improving Public Places Committee

The Parks and Recreation Department and the Improving Public Places Committee host a number of cleanup days and flower and tree planting events throughout the year. Volunteers share a common vision of creating vibrant landscapes within South San Francisco by picking up litter, and planting flowers and trees.

To learn more, visit [www.ssf.net/IPP](http://www.ssf.net/IPP).

# 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](mailto: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](http://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](http://www.ssf.net/childcare).

*Sneak peek at:*

## 2024 YOUTH ENRICHMENT SERVICES (YES) CAMPS

### SPRING CAMP

March 29 – April 5

Public Registration begins February 5, 2024

### SUMMER CAMP

Public Lottery Registration

February 26 – March 4

In-person Registration begins March 16, 2024

### AFTER SCHOOL RECREATION PROGRAM LOTTERY

Public Lottery Registration begins TBD

*For additional information, please visit [www.ssf.net/childcare](http://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](http://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](mailto: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](http://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



## Licensed Adult Day Care Program

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

*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.*

## 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.

CLASS	DAYS	TIME	LOCATION
<b>Fine Arts Exploration</b>	Monday Thursday	12:30 p.m. – 2:30 p.m. 9:30 a.m. – 12:30 p.m.	Roberta Cerri Teglia Center Roberta Cerri Teglia Center
<i>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!</i>			
<b>Chess</b>	Saturday	10:00 a.m. – 11:00 a.m.	Roberta Cerri Teglia Center
<i>Join us for a game of chess and showcase your skills! Chess board and pieces will be provided.</i>			
<b>Hawaiian Plus</b>	Tuesday	10:30 a.m. – 12:00 p.m.	Roberta Cerri Teglia Center
<i>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!</i>			
<b>Karaoke</b>	Wednesday	1:00 p.m. – 2:30 p.m.	Roberta Cerri Teglia Center
<i>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!</i>			
<b>Knitting &amp; Crochet</b>	Monday/Wednesday	10:30 a.m. – 12:30 p.m.	Roberta Cerri Teglia Center
<i>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.</i>			
<b>Mahjong</b>	Friday	9:30 a.m. – 1:00 p.m.	Roberta Cerri Teglia Center
<i>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!</i>			
<b>Movies</b>	Saturday	12:30 p.m. – 2:45 p.m.	Roberta Cerri Teglia Center
<i>Drop-by for a free screening of weekly movies hand picked by our Seniors Team.</i>			
<b>Open Billiards</b>	Monday-Saturday	9:00 a.m. – 2:45 p.m.	Roberta Cerri Teglia Center
<i>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.</i>			
<b>Open Computer Lab</b>	Monday-Saturday	9:00 a.m. – 2:45 p.m.	Roberta Cerri Teglia Center
<i>Join the computer lab for free drop-in computer time and/or bring your laptop for free wi-fi access.</i>			
<b>Open Gym</b>	Monday-Saturday	9:00 a.m. – 2:45 p.m.	Roberta Cerri Teglia Center
<i>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.</i>			
<b>Ping Pong</b>	Monday	11:00 a.m. – 2:30 p.m.	Roberta Cerri Teglia Center
<i>Play a game of ping pong with other community members. All levels are welcome to play and enjoy several of our pool tables.</i>			
<b>Yoga</b>	Monday/Wednesday Saturday	9:15 a.m. – 10:15 a.m. 9:15 a.m. – 10:45 a.m.	Roberta Cerri Teglia Center Roberta Cerri Teglia Center
<i>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.</i>			
<b>Zumba Gold</b>	Wednesday	11:30 a.m. – 12:30 p.m.	Roberta Cerri Teglia Center
<i>The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired 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.</i>			
<b>Senior Social Dance*</b>	Tuesday/Friday Thursday	10:00 a.m. – 1:00 p.m. 9:00 a.m. – 12:00 p.m.	Library   Parks & Recreation Center Library   Parks & Recreation Center
<i>Make new friends and get in shape with ballroom dancing. All levels are welcome!</i>			

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](http://www.ssf.net/seniors). Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

# PARKS AND RECREATION FACILITIES

## Facility and Picnic Rentals

Community parks and facilities are operated and programmed by the Parks and Recreation Department for maximum benefit to the community. They are also available for private use for weddings, parties, meetings, exhibits, craft shows, and other rentals on an hourly basis, when available. For more information, visit [www.ssf.net/rentals](http://www.ssf.net/rentals), email [facilityrequests@ssf.net](mailto: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](http://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 #3	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](http://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](mailto: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

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

### What 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 lactum*), 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.

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

## South San Francisco Improving Public Places

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*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](http://www.ssf.net/IPP) or call (650) 829-3837.

## Sign Hill Stewards

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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](mailto: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](mailto: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](mailto:lfanucchi@hiphousing.org)

### 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

### South San Francisco Farmers Market

Come to the South San Francisco Farmers' Market for fresh, delicious fruits and vegetables straight from the source! Additional vendors include food truck, fresh hummus, fresh baked goods, candles, plants, crafts, and much more! The SSF Farmers' Market is open to all every Saturday from 9:00 a.m. to 1:00 p.m. at Orange Memorial Park behind the Joseph A. Fernekes Building at 781 Tennis Dr. Interested vendors should visit [www.wcfma.org](http://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](http://www.ssf.net/promotores)  
[promotores@ssf.net](mailto: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](http://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](mailto:Mark.Kosta@ssf.net).

# COMMUNITY INFORMATION

## Co-Sponsored Groups

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



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

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



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

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



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

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



**South San Francisco Aquatics Club**

www.teamunify.com/  
Home.jsp?team=ssf  
SSFAC is a USS year

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



**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.ssfsoccer.net  
ssfsooccer1@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.

## 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](http://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](http://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 or email: [ssfpladm@plsinfo.org](mailto:ssfpladm@plsinfo.org)

Connect with us:     

Email: [ssfpladm@plsinfo.org](mailto:ssfpladm@plsinfo.org)

### FRIENDS OF THE LIBRARY

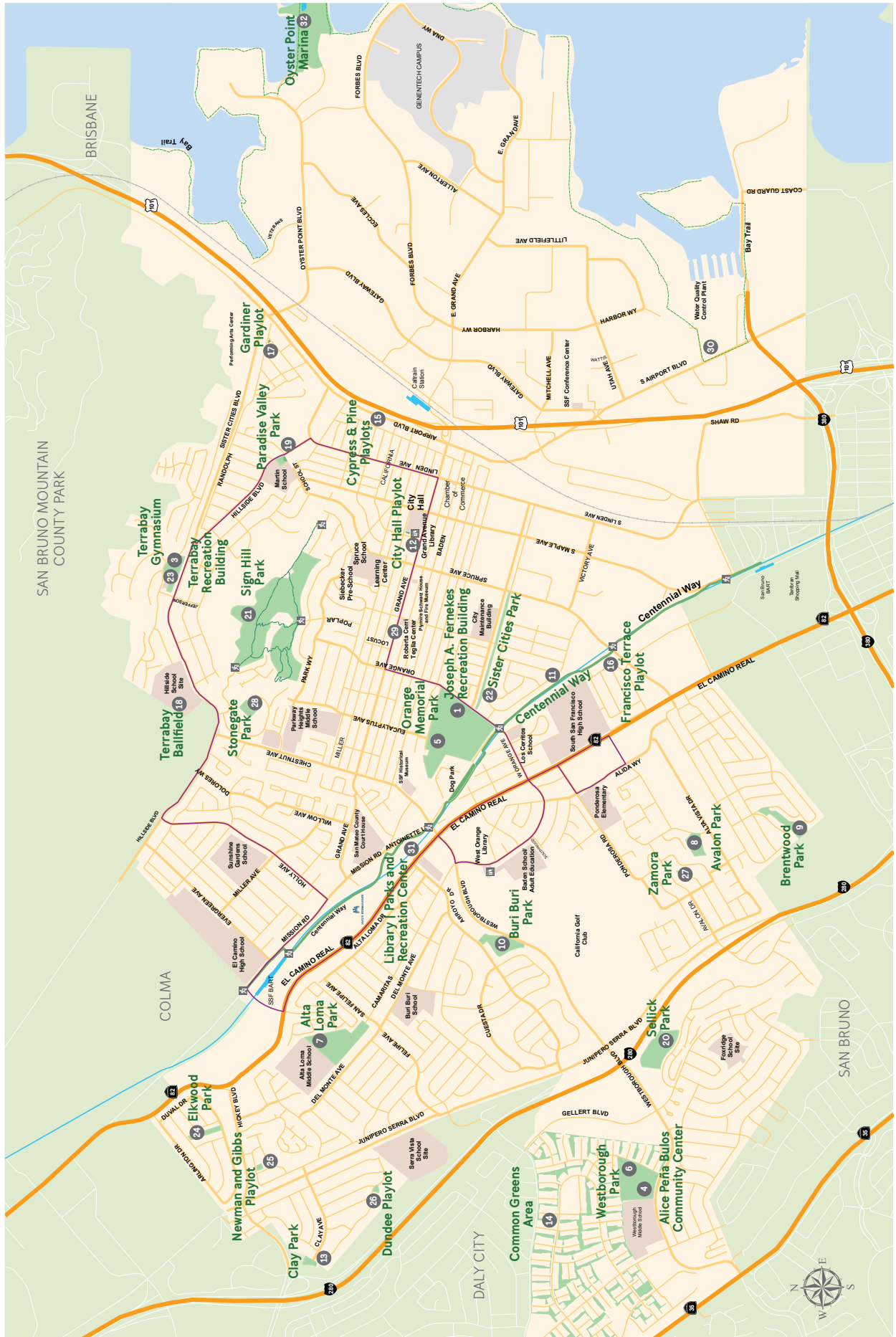
Meets quarterly at the Main Library on the second Tuesday of Jan, April, July & Oct, 6 pm. Membership \$10. Daily book sale in Main Library lobby. Special book sales scheduled during the year. For more information, contact the Main Library at (650) 829-3860.

### 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](http://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
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						●				●			●
32 Oyster Point Marina	623 Marina Boulevard	14.0			●	●						●			

## 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](http://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
<i>*Those 62 and over may deduct 20% off the resident rate</i>					
<i>\$5.00 Donation to Youth Scholarship Fund</i>					
<b>TOTAL</b>					

## Waiver and Release of Liability – Please Read and Sign

**DO NOT SIGN THIS DOCUMENT BEFORE YOU READ IT AS IT CONTAINS A WAIVER AND RELEASE OF LIABILITY TO WHICH YOU WILL BE BOUND.**  
 I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage, or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. Further, I give the City of South San Francisco permission to use any photos or videos of the participant taken during Program for promotional purposes. Finally, I understand that any and all activities, including but not limited to additional practices, performances, travel, private gatherings, etc., that take place outside of the class scope, days, times, and locations as set by the City are not a part of the City Recreation Class and are not affiliated with the City of South San Francisco and its Parks and Recreation Department. If I choose to participate in such outside activities not affiliated with the City, I do so at my own risk and fully assume all responsibilities and risks associated with such participation.  
**I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY ACKNOWLEDGING THIS WAIVER, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

## There are two ways to pay:

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

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Card Code \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Signature \_\_\_\_\_

# REGISTRATION INFORMATION

## HOW TO ENROLL



### ONLINE REGISTRATION

#### Non-aquatic Class & Sports Programming

Residents: Begins MONDAY, February 26, 2024 at 6:00am  
Non-Residents: MONDAY, March 11, 2024 at 6:00am

#### Aquatics Registration: Winter 2024 Session 1

*Aquatic registration dates differ from recreation class registration dates. Go to page 28 for complete session registration dates (Session 2 and Spring 2024).*

Residents: Begins MONDAY, December 18, 2023 at 6:00am  
Non-Residents: WEDNESDAY, December 20, 2023 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](http://www.ssf.net/rec-catalog) and click the "Welcome!" tab for step-by-step directions on creating your account.



### MAIL-IN

Residents: MONDAY, February 26, 2024  
Non-Residents: MONDAY, March 11, 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, February 26, 2024  
Non-Residents: MONDAY, March 11, 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](http://www.ssf.net/rec-catalog).

### REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- Registration for each class will end one week prior to the start of class.
- **Register early!** Many classes fill before their start dates, so enroll early!
- For registration information, call (650) 829-3800.
- Make checks payable to:  
**South San Francisco Parks & Recreation**
- There is a \$18.00 service charge on all returned checks.
- Class may be cancelled if there is low enrollment so please enroll early.
- All registrations are taken on a first come first serve basis.
- Register on-line and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In & Fax receipts will be 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](http://www.ssf.net/rec-catalog) or at the Parks and Recreation office at 901 Civic Campus Way - 3rd Floor. Please call (650) 829-3800 for more information.



**DEPARTMENT OF PARKS & RECREATION**

901 Civic Campus Way  
So. San Francisco, CA 94080

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**RESIDENTIAL CUSTOMER**

# Easter Bunny Photo-Hop



**Saturday, March 23, 2024 | 8:00am – 12:00pm**

**Location: Orange Memorial Park – Eucalyptus Shelter**

Easter Bunny and Egg Hunt. *Pre-registration required!*

Resident registration will begin on Monday, March 4, 2024.

Non-resident registration will begin on Monday, March 11, 2024.

[www.ssf.net/rec-catalog](http://www.ssf.net/rec-catalog) | (650) 829-3800 | [web-rec@ssf.net](mailto:web-rec@ssf.net)

## 2024 YOUTH BASEBALL CELEBRATION

**Saturday, March 9, 2024 | 9:30am**

**Location: Orange Memorial Park Sports Field**

**Cost: Free**

Join the 2024 Youth Baseball Celebration to kick off the baseball season. Celebrations will include a parade of the teams and guest speakers which will include the Mayor, Parks and Recreation Commission Chair Person and League Presidents.



## SENIOR HEALTH FAIR

**Friday, May 17, 2024 | 9:00am – 12:00pm**

**Location: Library Parks & Recreation Center  
Banquet & Social Hall, 901 Civic Campus Way**

**Free admission**

Our 24th Annual Senior Health Fair sponsored by Kaiser Permanente in partnership with the City of South San Francisco will be on Friday, May 17th. All community members are welcome and Kaiser Permanente membership is not required.

There will be free screenings for blood pressure, cholesterol, blood sugar, glaucoma, 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 vendors present to give you more information about Alzheimer's, life planning, housing, exercise classes, and recreation activities.

We are excited to see you all there!

## YOUTH ART SHOW

**Friday, April 12, 2024 | 4:00pm – 7:30pm**

**Saturday, April 13, 2024 | 10:00am – 4:00pm**

**Library | Parks and Recreation Center,  
901 Civic Campus Way, SSF**

**Free admission**

*Presented by: SSF Cultural Arts Commission & SSF Unified School District*

*Information: SSF Parks and Recreation Department*

*(650) 829-3800 | [www.ssf.net/culturalarts](http://www.ssf.net/culturalarts)*

Mark your calendars for the 2024 Youth Art Show, highlighting the artistry of SSFUSD students. This delightful program features hundreds of colorful works in a variety of visual arts media.

The engaging works are created by students representing kindergarten through high school. Performing arts presentations and craft activities are also planned for this inspiring annual program. The event is free and open to the public.