

South San Francisco Parks and Recreation Department

ACTIVITY GUIDE WINTER 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. 5).

2023 Year in Review pg. 1

Resident Registration begins December 4th!

Register at www.ssf.net/rec-catalog

WELCOME

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Programs January–March 2024

Brochure Printed November 2023

City Council

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

City Manager

Sharon Ranals
 Rich Lee, *Assistant City Manager*

Parks & Recreation Commission

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

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

Cultural Arts Commission

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

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

Management Staff

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

Parks and Recreation Supervisors

Anthony Ballinger, *Facility Maintenance*
 Kasey Jo Cullinan, *Seniors*
 Brandon Cutajar, *Parks*
 Prax Duarte, *Facility Maintenance*
 Diana Gonzalez, *Preschool Early Learning Program 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*
 Eric 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

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>

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2023

Dear neighbors and community members,

Each year in the winter issue of the Activity Guide, the Parks and Recreation Department provides the public with a summary of projects and activities for the calendar year and reflects upon the extent to which they accomplish the Department's core mission:

To provide opportunities for physical, cultural, and social well-being; ensure effective development, scheduling, use and maintenance of public facilities, parks, and open space; and deliver services in a timely, efficient, and cost-effective manner.

Advisory Bodies

The Parks and Recreation Department is advised by several legislative and volunteer review boards, including City Council, Parks and Recreation Commission, and Cultural Arts Commission. We are accountable to the community and welcome your feedback.

Co-Sponsored Groups/Non-Profit Support

The Department co-sponsors a number of non-profit community organizations that provide thousands of hours of volunteer service to support recreational and enrichment opportunities for residents. Co-sponsored groups include the South San Francisco Aquatics Club, Historical Society of South San Francisco, Italian American Citizens Club of South San Francisco, South San Francisco United Youth Soccer League, South San Francisco Youth Baseball Managers Association, and San Mateo County Athletic Club. The Friends of Parks and Recreation is a non-profit group that undertakes membership drives and fundraising efforts to support City programs. They also serve as volunteers at numerous Parks and Recreation events. For the past several years the group has sponsored program scholarships for children, enhancements to community events such as the July is Parks and Recreation Month celebration and Concert in the Park, and collaborated on grant applications to support health and wellness in the local community. We hope you consider being a Friend!

Recreation Events and Programming

Every year the Department offers and supports a variety of programs and special events for community members of all ages. Some, but not all, events and activities in 2023 included:

- Arbor Day Planting Event
- Civic Ballet Nutcracker Ballet
- Civic Ballet Spring Showcase
- Coastal Clean Up
- Cultural Arts Commission Exhibits
- Earth Day
- Easter Bunny Photo-Hop
- Free Seniors Tax Assistance
- Halloween Extravaganza
- Holiday Boutique and Makers Fair



- Improving Public Places Volunteer Events
- Improving Public Places Wreath Workshop
- July is Parks and Recreation Month and Field Day
- Junior Giants
- Karate Tournaments and Promotions
- Library | Parks and Recreation Center Grand Opening and Concert
- Lunar New Year Celebrations
- Memorial Day Flag Ceremony
- Movie Nights in the Park
- Opera in the Park with SF Opera
- Orange Memorial Park Sports Field Grand Opening
- Preschool Graduation Ceremonies
- Santa Comes to Town
- Senior Health Fair
- Seniors Valentines Day
- Summer and Seasonal Camps
- Thanksgiving Fun Run
- Youth Baseball Opening Day Celebration

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2023

Departmental Highlights

ANGELA DULDULAO NAMED AS DEPUTY DIRECTOR OF PARKS AND RECREATION

Angela Duldulao was selected as the new Deputy Director of the Parks and Recreation Department, where she assists in managing each of the Department's four divisions: Administration, Recreation, Parks, and Facility Maintenance. Angela joined the Department in 2015 as a Management Analyst and was promoted to Recreation Manager where she stewarded a division of 400 professional full time and part time employees.

Additionally, please join me in congratulating the following staff who were hired or promoted in 2023.

NEW HIRES

- Troy Butler, Park Maintenance Worker
- Christian Barajas, Park Maintenance Worker
- Gabriela Garcia, Building Maintenance Custodian
- Vincent Kho, Building Maintenance Custodian
- Nancy Santiago, Building Maintenance Custodian
- Roberto Zucchitti, Park Maintenance Worker

PROMOTIONS

- Laura Armanino, Recreation Program Manager
- Bill Stridbeck, Child Care Assistant Supervisor
- Amber Celli, Preschool Teacher
- Gabriela Garcia, Senior Building Maintenance Custodian
- Diana Gonzalez, Recreation and Community Services Supervisor
- Shelby Martin, Preschool Teacher
- Veronica Ortiz, Recreation and Community Services Supervisor
- Kristin Pierotti, Recreation and Community Services Coordinator
- Joaquin Valdez, Senior Building Maintenance Custodian



LIBRARY | PARKS AND RECREATION CENTER: SOUTH SAN FRANCISCO'S COMMUNITY LIVING ROOM

This fall, the South San Francisco Library and Parks and Recreation Departments relocated operations to the new, state-of-the-art Library | Parks and Recreation Center at 901 Civic Campus Way. The 85,000 square-foot community center strategically co-locates the two departments to enhance public services, life-long learning, fitness, youth services, senior activities, community events, public meetings, and other programs that improve the quality of life for

all residents. Construction of this wonderful new facility, and other community investments, was made possible by South San Francisco voters who approved Measure W in 2015.

PLAY BALL! ORANGE MEMORIAL PARK SPORTS FIELD OPENS

Opened in the fall, the new multi-sport fields at Orange Memorial Park offer extended play opportunities for baseball, softball, and soccer. New field amenities include a concession building, electronic scoreboards, soccer goals, sports field lighting, spectator areas, dugouts, bullpens, and batting cages. We hope this field will serve our athletes for years to come!



RECOVERY FROM SEVERE WINTER STORMS

The Parks and Recreation team served as first responders during the winter storms in early 2023. Staff provided care and shelter for displaced residents and responded to flooding, downed trees, slides, and damaged facilities. In one storm alone, the team responded to more than 60 incidents.

FREE NUTRITION PROGRAMS FOR SENIORS

The Senior Services Program launched a new free meal program, held every Tuesday and Thursday at the senior center with delicious meals catered by local restaurants for seniors ages 60 years and older. Over 200 meals are served weekly, providing food security and socialization opportunities for our older adults.

SOUTH SAN FRANCISCO: AN AGE-FRIENDLY COMMUNITY

Early in the year, the Department along with the Mayor, Vice Mayor, City Council, the San Mateo County Center for Age Friendly Excellence, and a community-based volunteer task force launched an effort to earn the AARP's Age-Friendly Community designation. Earning this designation demonstrates the City's commitment to creating a more accessible and livable city for our aging population.

EXPANSION OF FREE CHILD CARE PROGRAMS

The Department, in partnership with the South San Francisco Unified School District, received funding from the California Department of Education's Expanded Learning Opportunities Program (ELOP) for expanded after school programs for transitional kindergarten through sixth grade. Up to 120 eligible children may be served in the Department's ELOP program at no cost—a major lift for underserved families in South San Francisco.

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2023

JULY IS NATIONAL PARKS AND RECREATION MONTH

Since 1985, Americans have celebrated Park and Recreation Month in July to promote the importance parks and recreation have in health and well-being, conservation, and social equity, and to recognize the hard-working professionals that make it all possible. Throughout the month of July, the Department invited the community to participate in a variety of free programs and activities. The featured event for Parks and Recreation Month was Movie Night in the Park and a "July is Parks and Recreation Month" Field Day event at Orange Memorial Park. Thanks to help from the Department's youth summer intern, Lillium Gomez, the Department also showcased program highlights and free activities in a communications campaign.

SENIOR HEALTH FAIR

The Department's Senior Services Program partnered with Kaiser Permanente to host the 23rd Annual Senior Health Fair. This was the first Senior Health Fair since the emergence of COVID-19. Together, agencies provided a wide range of services such as blood pressure, glaucoma, cholesterol and glucose screenings, eye glass repairs and cleaning, fitness classes, and other resources for seniors.

SIGN HILL LETTERS TURN 100!

In honor of the 100th year of the namesake sign atop Sign Hill, the Department repainted the historic letters on Sign Hill, cleared invasive brush, and hosted a display on the history of Sign Hill in partnership with the Historical Society.

FULL OF FUN CAMP

Full of Fun is a seasonal camp and monthly program designed for teens and young adults with special needs. The program began in 2007 as there was a need for teens and young adults to have additional socialization and recreational opportunities as many of them were aging out other program offerings. Full of Fun Camp is designed as a social club for the campers. They are partnered one-on-one with a high school volunteer and participate in different activities together in a safe and welcoming environment.

50TH ANNUAL THANKSGIVING FUN RUN / OYSTER POINT MARINA PARK RIBBON CUTTING

The 50th Annual Thanksgiving 5K Fun Run was held on Saturday, November 18, also celebrating the grand opening of Oyster Point Marina Park. Runners, walkers, and strollers enjoyed a beautiful 3.1-mile course along the newly renovated Oyster Point Marina Park and traversing along the scenic San Francisco Bay Trail. A record setting 1,000+ attendees participated! Thank you to our major donors Kaiser Permanente and Cytokinetics.

FOOD DISTRIBUTION SERVICES CONTINUE

YMCA staff and the Department provided food distribution services for those most in need at Orange Memorial Park. The distribution took place the second and fourth Thursday of every month. Over 1,500 households benefited from the food distribution program at Orange Memorial Park. In the fall, the program was relocated to the West Orange Library site, again supported by the Department.



Refresh, Replace, Repair

A wide range of tasks fall under the Parks and Facility Maintenance Divisions in order to care for City buildings, parks, and open space. Much of their work is not visible to the public eye, but staff work throughout the year to refresh the appearance of parks and facilities and repair or replace items as needed to keep public spaces clean and safe. Below are a few examples of work accomplished this year:

ROBERTA CERRI TEGLIA CENTER FLOODING REPAIRS

As a result of the flooding incident caused by a broken water valve at the Roberta Cerri Teglia Center in early 2023, the center was temporarily closed for repairs. Parks and Recreation Department staff pivoted to relocate the majority of programs impacted by the closure, maintaining these essential community and recreational services. The Facility Maintenance Division team quickly responded to mitigate further flooding and completed repairs to the center. The Roberta Cerri Teglia Center reopened in the summer, marked with a community open house hosted by Mayor Flor Nicolas.

WESTBOROUGH PARK ACCESSIBILITY IMPROVEMENTS

The Parks Division completed numerous accessibility and pathway repairs to upper Westborough Park. The scope of work for the project included the repair of all asphalt pathways, the repair of staircases, and the addition of handrails.

Numerous other projects were led by the Parks and Facilities Divisions, including:

- Commissioned and expanded park and facility maintenance services for Oyster Point Marina Park and the Library | Parks and Recreation Center.
- Enhanced field and facility maintenance.
- Improvements to Sign Hill including continued fuel and fire safety mitigation.
- Upgraded City facilities with energy efficient lighting and sensors, refreshed flooring, paint, and carpets.
- Expansion of access controls and energy management systems for safe and efficient operation of public buildings.
- Restoration of parks and facilities impacted by winter storms.

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2023

Planning for the Future

A NEW CENTENNIAL WAY TRAIL PARK

The Department and Capital Projects team, with matching grant funding assistance from the State of California, will construct a new four-acre linear park along Centennial Way between Huntington Avenue and Spruce Avenue. Amenities will include a skate space, bike park, playground, outdoor classroom, pollinator garden, and more!

NEW LINDEN AVENUE PARK

Through a combination of grant and City funds, the City is preparing to engage the community in the design of a park and plaza at 616 and 700 Linden Avenue, converting the existing parking lot and lawn into a vibrant park and gathering space that demonstrates the City's commitment to the long-term improvement of the Old Town neighborhood.



NEW AQUATIC CENTER AT ORANGE MEMORIAL PARK

The design for the new aquatic center, directed by community feedback, was approved by the City Council in 2023. A new pool at Orange Memorial Park will include a warm water indoor pool and 10-lane 25-yard by 25-meter outdoor pool, activity room, and other community amenities. Construction will begin in early 2024!

CHILD CARE MASTER PLAN: WORK CONTINUES

In 2022, the City adopted a comprehensive Child Care Master Plan, or vision for the City and its partners to deliver accessible and affordable child care opportunities for all. One recommendation in the plan was to assemble a community task force to develop specific actions to deliver the goals of the master plan. This task force, the Joint Advisory Committee of the Child Care Master Plan, led by Mayor Nicolas and Councilmember Coleman, held several planning meetings and is conducting outreach to hear from parents, guardians, childcare providers, early childcare education staff, childcare advocates, and anyone looking, using, or working in childcare.

PUBLIC ART MASTER PLAN: SETTING THE FRAMEWORK FOR THE FUTURE

The Department and Cultural Arts Commission ushered forward the City's first-ever Public Art Master Plan to establish a pathway and achieve executable guidelines to strengthen the City's unique regional identity from the present to the future. The purpose of the Plan is to develop a clear set of goals, policies, and objectives to provide direction to the Cultural Arts Commission, City Council, and City staff for the development, improvement, and enhancement of the City's public art inventory and cultural arts programs.

SIGN HILL MASTER PLAN

Parks staff embarked on a master planning process for Sign Hill this year. This master plan studies the ongoing restoration work, fuel load management, endangered species management, trail alignments, and public use on the hill. This is the first master plan for Sign Hill and is a much-needed guiding document for future public uses and restoration work.

CENTENNIAL WAY AND ORANGE MEMORIAL PARK MASTER PLANS

The Department and Capital Projects Team, along with significant public feedback, completed visioning documents for the future of Orange Memorial Park and Centennial Way Trail. The goal of the two plans is to holistically plan complementary park amenities between the two sites over the next 15 years as funds become available.

Awards and Recognitions

CALIFORNIA PARKS AND RECREATION SOCIETY (CPRS) DISTRICT IV AWARD

- Award of Excellence: South San Francisco Oyster Point Marina Park
- Key to the Community: South San Francisco Restoration of Operations Plan (ROOP) Committee, led by City Manager Sharon Ranals
- Professional Merit: Francisca Guevarra, Seniors Services (Retired)
- Volunteer and Sponsor Citation Award: Sign Hill Stewards
- Award of Excellence: South San Francisco Oyster Point Marina Park

We Want to Hear From You!

Opt in to receive our email newsletter to stay up to date on new programs and offerings. To be added to the recipient list, email your request to web-rec@ssf.net or visit bit.ly/SSFParkRec.

Sincerely,

**DIRECTOR, SOUTH SAN FRANCISCO PARKS AND
RECREATION DEPARTMENT**

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 (Basketball, Badminton, Track & Field, and Tennis)
- Coaches
- Lifeguards
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders
- Substitute Preschool Teachers
- Van Drivers

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



PRESCHOOL AGE CLASSES

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

Age: 2.5Y - 6Y

Instructor: Monica Ehlers

Location: Terrabay - Gym

When was the last time you played like you did when you were a kid? When was the last time you actually played with your toddler or kindergartner? Remember what it was like to move freely and have fun during this p.e.-style class where the only serious component is the workout. Run, jump, play tag, throw balls and be as loud and crazy as you want with your kids or the kids in your life. We encourage all of it! Play more and live better at Moms' Gym and Gym Daddy fitness classes. Bring a mat and water for you and each of your kids. Up to two children allowed per adult.

No class: 2/3, 2/10, 3/2

Classes: 6 Fee: \$41.00(R)/\$56.75(N)

COURSE #	DAY	DATE	TIME
WI2-300	Sat	Jan 13-Mar 09	10:00AM-10:50AM

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.

No class: 1/15, 2/19

Classes: 18 Fee: \$145.00(R)/\$160.75(N)

COURSE #	DAY	DATE	TIME
WI2-100	M/W	Jan 08-Mar 06	9:00AM-10:30AM
WI2-101	M/W	Jan 08-Mar 06	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: 18 Fee: \$163.00(R)/\$178.75(N)

COURSE #	DAY	DATE	TIME
WI2-102	Tu/Th	Jan 09-Mar 07	9:00AM-10:30AM
WI2-103	Tu/Th	Jan 09-Mar 07	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 the 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.** \$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) *No class: 1/15, 2/19*

COURSE #	DAY	DATE	TIME
WI2-104	M/W	Jan 08-Mar 06	9:00AM-12:00PM

Classes: 18 Fee: \$327.00(R)/\$342.75(N)

COURSE #	DAY	DATE	TIME
WI2-105	Tu/Th	Jan 09-Mar 07	9:00AM-12:00PM

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

PRESCHOOL AGE CLASSES

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 8Y

Instructor: Sue Miller & Alex Moreno

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

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

No class: 2/3, 3/2

Classes: 7 Fee: \$33.00(R)/\$48.75(N)

COURSE #	DAY	DATE	TIME
W12-301	Sat	Jan 13–Mar 09	8:30AM–9:15AM
Level I Beginners: Session A			
W12-302	Sat	Jan 13–Mar 09	9:30AM–10:15AM
Level I Beginners: Session B			

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 8Y

Instructor: Sue Miller

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

This activity is for Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. **A required 2 to 3 sessions of Pre-Shinkyu Level 1 experience required to enroll and instructor approval.**

No class: 2/3, 3/2

Classes: 15 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W12-303	Sa/Tu	Jan 13–Mar 09	10:30AM–11:15AM (Sa) 6:00PM–6:45PM (Tu)
Level II: White Belt/Beginners			

Classes: 15 Fee: \$93.00(R)/\$108.75(N)

COURSE #	DAY	DATE	TIME
W12-304	Sa/Tu	Jan 13–Mar 09	10:30AM–12:00PM (Sa) 6:00PM–7:15PM (Tu)
Level II: Color Belt Yellow & Up			



YOUTH CLASSES

Cartoon Crafts 5

Age: 5Y – 9Y

Instructor: Bella Leggero

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

In this cartoon themed arts and crafts class, your little artist will use their creativity to turn recyclable items into pieces of art! Artists will use popular characters from various children shows, movies, and books to inspire their creations. There is a \$10.00 cash material fee due on the first day of class for each student. Each project this session is new, and prior admission in Cartoon Crafts 1, 2, 3, and 4 is not required. Ms. Bella is a new graduate of San Francisco State University and a Graphic Designer. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 1/15

Classes: 5 Fee: \$27.00(R)/\$42.75(N)

COURSE #	DAY	DATE	TIME
W11-204	M/W	Jan 08–Jan 24	6:15PM–7:15PM

Let's Paint!

Age: 10Y – 13Y

Instructor: Bella Leggero

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

In this all-new painting class, young artists will use their creativity to paint new masterpieces inspired by our daily themes! Artists will learn about the basics of how to paint and explore different styles of the art. There is a \$10.00 cash material fee due on the first day of class for each student. Ms. Bella is a new graduate of San Francisco State University and a Graphic Designer. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 6 Fee: \$32.00(R)/\$47.75(N)

COURSE #	DAY	DATE	TIME
W11-205	Tu/Th	Jan 09–Jan 25	6:15PM–7:15PM

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

YOUTH CLASSES

Chinese Cantonese Kindergarten – Level 1A

Age: 6Y – 8Y

Instructor: Music Chow

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

The curriculum includes basic speaking, listening, reading and writing Cantonese. Students will also learn about Chinese tradition and culture. Traditional festivals such as Mid-Autumn Festival and Lunar New Year play an important part in the program. Music Chow is an experienced piano and music theory teacher. She also taught Chinese many years. Come learn Cantonese with fun and joy!

No class: 2/11

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

COURSE #	DAY	DATE	TIME
WI3-332	Sun	Jan 21-Mar 10	2:00PM-3:00PM

Introduction to Hindi Language & Writing

Age: 5Y – 12Y

Instructor: Monita Sharma

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

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

No class: 2/18

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

COURSE #	DAY	DATE	TIME
WI3-229	Sun	Jan 21-Mar 10	10:00AM-11:00AM

Introduction to Indian Culture

Age: 5Y – 12Y

Instructor: Monita Sharma

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

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: 2/18

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

COURSE #	DAY	DATE	TIME
WI2-222	Sun	Jan 21-Mar 10	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.

No class: 1/15, 2/19

Classes: 16 Fee: \$45.00(R)/\$60.75(N)

COURSE #	DAY	DATE	TIME
WI2-306	M/W	Jan 08-Mar 06	5:00PM-5:45PM

Beginners

Classes: 16 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
WI2-307	M/W	Jan 08-Mar 06	5:45PM-6:45PM

Beginners/Intermediates

WI2-217	M/W	Jan 08-Mar 06	6:45PM-7:45PM
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Teens & Adults 10Y and up

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

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
W12-217	Tu/Thu	Jan 09-Feb 10	3:15PM-4:15PM
Math Counting: Age 5Y - 7Y			
W12-218	Tu/Thu	Jan 09-Feb 10	4:30PM-5:30PM
Math Counting: Age 8Y - 10Y			

Mindful Writing

Age: (see below)

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: 7 Fee: \$46.00(R)/\$61.75(N) *No class: 2/21*

COURSE #	DAY	DATE	TIME
W12-224	Wed	Jan 10-Feb 28	3:15PM-4:15PM
Mindful Writing for Younger Writers (Age 6Y - 7Y)			

Classes: 9 Fee: \$59.00(R)/\$74.75(N) *No class: 1/15*

COURSE #	DAY	DATE	TIME
W12-225	M/W	Jan 08-Feb 07	4:30PM-5:30PM
Mindful Writing Workshop (Age 8Y - 10Y)			

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: 1/15, 2/19

Classes: 25 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
W13-308	M/W	Jan 08-Mar 06	5:30PM-6:30PM
Level I Beginners White, Yellow & Blue 1			

Classes: 25 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
W13-309	M/W	Jan 08-Mar 06	6:00PM-7:00PM
Lev II Blue 2 & Green 1			

Classes: 25 Fee: \$90.00(R)/\$105.75(N)

COURSE #	DAY	DATE	TIME
W13-310	M/W	Jan 08-Mar 06	6:00PM-7:30PM
Lev II Green 2, Purple, Brown & Up			

Story Writing

Age: 8Y - 12Y

Instructor: Griselda Huete

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

This class will help students brainstorm to build and develop their story ideas through exercises and discussions. Each student will work at their own level to write, revise, and edit their story. They will receive both peer and teacher feedback. A separate \$5.00 supply fee is payable to the instructor at the first class. Wearing face masks will be highly encouraged.

No class: 2/20, 2/21, 2/22

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

COURSE #	DAY	DATE	TIME
W13-227	Tu/W/Th	Feb 13-Feb 29	4:00PM-5:00PM

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

YOUTH CLASSES

DANCE CLASSES

Mexican Folk Dance

Age: 4Y - 18Y

Instructors: Martin Cruz & Marianna Roman

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.

Location: Roberta Cerri Teglia Center, 1st Floor Classroom

NEW LOCATION!

Classes: 7-9 Fee: \$25.00(R)/\$40.75(N) No class: 1/15, 2/19

COURSE #	DAY	DATE	TIME
WI3-460	Mon	Jan 08-Mar 04	5:45PM-6:15PM
Level IA - New Students Only			
WI3-461	Fri	Jan 12-Mar 08	5:30PM-6:15PM
Level IB - Returning Students Only			
WI3-462	Fri	Jan 12-Mar 08	6:30PM-7:20PM
Level II			
WI3-463	Mon	Jan 08-Mar 04	6:30PM-7:30PM
Level III			

Location: Terrabay - Poppy Room

Classes: 7-8 Fee: \$25.00(R)/\$40.75(N) No class: 1/15, 2/19, 2/22

COURSE #	DAY	DATE	TIME
WI3-464	Thu	Jan 11-Mar 07	6:25PM-7:15PM
Level IV			
WI3-465	Mon	Jan 08-Mar 04	6:25PM-7:15PM
Level V			
WI3-466	Mon	Jan 08-Mar 04	5:30PM-6:20PM
Level VI			
WI3-467	Thu	Jan 11-Mar 07	5:30PM-6:20PM
Level VII			



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Cara Shpizner, Rachel Wong

New beginners with no experience, please register in our entry level Pre-Ballet A (age: 5yrs. - 6yrs. 11mos.) or Introduction 1 (age: 7yrs. - 12yrs.). Students enrolling in Levels Pre-Ballet B/C 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: mbspoinete@aol.com for appropriate level placement.

See here for SSF Civic Ballet Dress Code (<https://bit.ly/3vvdccjf>) or contact Maria Spremich: mbspoinete@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 a 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 A Instructor: M. Spremich

Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 5Y - 6.5Y

COURSE #	DAY	DATE	TIME
WI2-400	Tue	Jan 09-Mar 05	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222* No class: 2/20			

Pre-Ballet B/C Instructor: R. Wong

Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
WI2-401	Wed	Jan 10-Mar 06	3:30PM-4:15PM
L PR - Small Dance & Fitness Studio #221* No class: 2/21			

Pre-Ballet D Instructor: M. Spremich

Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
WI2-402	Thu	Jan 11-Mar 07	4:30PM-5:15PM
L PR - Large Dance & Fitness Studio #222* No class: 2/22			

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

Ballet (Girls and Boys)

Classical ballet technique from beginning (Basic) to advanced (9/10) levels. Please note: Age and skill level prerequisite can be found in the online listing of classes.

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

Introduction 1 Instructor: M. Spremich
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
W12-403	Thu	Jan 11-Mar 07	3:30PM-4:15PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/22</i>			

Basic 1 - Monday Instructor: C. Shpizner
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Age: 6Y - 8Y

COURSE #	DAY	DATE	TIME
W12-404	Mon	Jan 08-Mar 04	4:15PM-5:00PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 1/15, 2/19</i>			

Basic 1 - Friday Instructor: R. Wong
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Age: 6Y - 8Y

COURSE #	DAY	DATE	TIME
W12-405	Fri	Jan 12-Mar 08	4:15PM-5:00PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/23</i>			

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

COURSE #	DAY	DATE	TIME
W12-406	Tues	Jan 09-Mar 05	4:30PM-5:15PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/20</i>			

Basic 3 Instructor: C. Shpizner
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
W12-407	Mon	Jan 08-Mar 04	5:15PM-6:00PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 1/15, 2/19</i>			

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

COURSE #	DAY	DATE	TIME
W12-408	Sat	Jan 13-Mar 09	9:30AM-10:30AM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/17, 2/24</i>			

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

COURSE #	DAY	DATE	TIME
W12-409	Thu	Jan 11-Feb 29	4:15PM-5:15PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/22</i>			

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

COURSE #	DAY	DATE	TIME
W12-410	Thu	Jan 11-Mar 07	5:30PM-6:30PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/22, 3/7</i>			

Level 1D Instructor: R. Wong
Classes: 8 Fee: \$64.00(R)/\$79.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
W12-411	Fri	Jan 12-Mar 08	5:15PM-6:15PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/23</i>			

Level 2 Instructor: M. Spremich
Classes: 8 Fee: \$64.00(R)/\$79.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
W12-412	Sat	Jan 13-Mar 09	11:45AM-12:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/17</i>			

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

COURSE #	DAY	DATE	TIME
W12-413	Wed	Jan 10-Mar 06	4:20PM-5:20PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/21</i>			

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

COURSE #	DAY	DATE	TIME
W12-414	Mon	Jan 08-Mar 04	4:00PM-5:00PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 1/15, 2/19</i>			

Level 4A Instructor: M. Spremich
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
W12-415	Sat	Jan 13-Mar 09	10:30AM-11:45AM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/17</i>			

Level 4B Instructor: R. Wong
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
W12-416	Wed	Jan 10-Mar 06	5:30PM-6:45PM
<i>L PR - Small Dance & Fitness Studio #221* No class: 2/21</i>			

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

COURSE #	DAY	DATE	TIME
W12-417	Sat	Jan 13-Mar 09	9:15AM-10:30AM
<i>L PR - Large Dance Studio #222* No class: 2/17</i>			

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

COURSE #	DAY	DATE	TIME
W12-418	Tue	Jan 09-Mar 05	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/20</i>			

Level 6A Instructor: M. Spremich
Classes: 7 Fee: \$70.00(R)/\$85.75(N) Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
W12-419	Mon	Jan 08-Mar 04	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 1/15, 2/19</i>			

Level 6B Instructor: M. Spremich
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
W12-420	Wed	Jan 10-Mar 06	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222*</i>			

Level 6/7 Pointe 1 Instructor: M. Spremich
Classes: 8 Fee: \$110.00(R)/\$125.75(N) Age: 11Y - 20Y

COURSE #	DAY	DATE	TIME
W12-421	Fri	Jan 12-Mar 08	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222* No class: 2/23</i>			

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

YOUTH CLASSES

Ballet (cont.)

Level 6/7 Combo Instructor: M. Spremich
Classes: 23 Fee: \$183.00(R)/\$198.75(N) Age: 9Y – 20Y

COURSE #	DAY	DATE	TIME
WI2-422	M/W/F	Jan 08–Mar 08	5:30PM–6:45PM (M) 4:15PM–5:30PM (W)
L PR – Large Dance & Fitness Studio #222* No class: 1/15, 2/19, 2/21, 2/23			4:15PM–5:30PM (F)

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

COURSE #	DAY	DATE	TIME
WI2-423	Mon	Jan 08–Mar 04	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222* No class: 1/15, 2/19			

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

COURSE #	DAY	DATE	TIME
WI2-424	Wed	Jan 10–Mar 06	5:30PM–6:45PM
L PR – Large Dance & Fitness Studio #222* No class: 2/21			

Level 8/9 Pointe 2 Instructor: M. Spremich
Classes: 8 Fee: \$80.00(R)/\$95.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-425	Fri	Jan 12–Mar 08	5:30PM–6:45PM
L PR – Large Dance & Fitness Studio #222* No class: 2/23			

Level 8 & 9 Combo Instructor: M. Spremich
Classes: 23 Fee: \$194.00(R)/\$209.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-426	M/W/F	Jan 08–Mar 08	7:00PM–8:30PM (M) 5:30PM–6:45PM (W)
L PR – Large Dance & Fitness Studio #222* No class: 1/15, 2/19, 2/21, 2/23			5:30PM–6:45PM (F)

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

COURSE #	DAY	DATE	TIME
WI2-427	Mon	Jan 08–Mar 04	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222* No class: 1/15, 2/19			

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

COURSE #	DAY	DATE	TIME
WI2-428	Wed	Jan 10–Mar 06	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222* No class: 2/21			

Level 10 Pointe 3 Instructor: M. Spremich
Classes: 8 Fee: \$96.00(R)/\$111.00(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-427	Fri	Jan 12–Mar 08	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222* No class: 2/23			

Level 10 Combo Instructor: M. Spremich
Classes: 23 Fee: \$220.00(R)/\$235.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-428	M/W/F	Jan 08–Mar 08	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222* No class: 1/15, 2/19, 2/21, 2/23			

MUSIC CLASSES

Private Clarinet Lessons

Age: 11Y 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: 7 Fee: \$141.00(R)/\$156.75(N) No class: 1/15, 2/19

COURSE #	DAY	DATE	TIME
WI5-500	Mon	Jan 08–Mar 04	6:00PM–6:30PM
WI5-501	Mon	Jan 08–Mar 04	6:30PM–7:00PM
WI5-502	Mon	Jan 08–Mar 04	7:00PM–7:30PM
WI5-503	Mon	Jan 08–Mar 04	7:30PM–8:00PM

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

COURSE #	DAY	DATE	TIME
WI5-504	Thu	Jan 11–Mar 07	6:00PM–6:30PM
WI5-505	Thu	Jan 11–Mar 07	6:30PM–7:00PM
WI5-506	Thu	Jan 11–Mar 07	7:00PM–7:30PM
WI5-507	Thu	Jan 11–Mar 07	7:30PM–8:00PM



*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: 7 Fee: \$141.00(R)/\$156.75(N) *No class: 1/15, 2/19*

COURSE #	DAY	DATE	TIME
WI5-400	Mon	Jan 08–Mar 04	3:30PM–4:00PM
WI5-401	Mon	Jan 08–Mar 04	4:00PM–4:30PM
WI5-402	Mon	Jan 08–Mar 04	4:45PM–5:15PM
WI5-403	Mon	Jan 08–Mar 04	5:15PM–5:45PM
WI5-404	Mon	Jan 08–Mar 04	6:00PM–6:30PM
WI5-405	Mon	Jan 08–Mar 04	6:30PM–7:00PM
WI5-406	Mon	Jan 08–Mar 04	7:00PM–7:30PM

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

COURSE #	DAY	DATE	TIME
WI5-407	Tue	Jan 09–Mar 05	3:30PM–4:00PM
WI5-408	Tue	Jan 09–Mar 05	4:00PM–4:30PM
WI5-409	Tue	Jan 09–Mar 05	4:45PM–5:15PM
WI5-410	Tue	Jan 09–Mar 05	5:15PM–5:45PM
WI5-411	Tue	Jan 09–Mar 05	6:00PM–6:30PM
WI5-412	Tue	Jan 09–Mar 05	6:30PM–7:00PM
WI5-413	Tue	Jan 09–Mar 05	7:00PM–7:30PM

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

COURSE #	DAY	DATE	TIME
WI5-414	Wed	Jan 10–Mar 06	3:30PM–4:00PM
WI5-415	Wed	Jan 10–Mar 06	4:00PM–4:30PM
WI5-416	Wed	Jan 10–Mar 06	4:45PM–5:15PM
WI5-417	Wed	Jan 10–Mar 06	5:15PM–5:45PM
WI5-418	Wed	Jan 10–Mar 06	6:00PM–6:30PM
WI5-419	Wed	Jan 10–Mar 06	6:30PM–7:00PM
WI5-420	Wed	Jan 10–Mar 06	7:00PM–7:30PM

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

COURSE #	DAY	DATE	TIME
WI5-421	Sat	Jan 13–Mar 09	9:00AM–9:30AM
WI5-422	Sat	Jan 13–Mar 09	9:30AM–10:00AM
WI5-423	Sat	Jan 13–Mar 09	10:00AM–10:30AM
WI5-424	Sat	Jan 13–Mar 09	10:30AM–11:00AM
WI5-425	Sat	Jan 13–Mar 09	11:00AM–11:30AM
WI5-426	Sat	Jan 13–Mar 09	11:30AM–12:00PM

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. Theresa will determine from there if a piano lesson book or other materials will be needed. Theresa has a B.A. in music, and over 35 years of experience playing, teaching, and directing musical theater in the Bay Area.

No class: 1/15, 2/19

Classes: 7 Fee: \$141.00(R)/\$156.75(N)

COURSE #	DAY	DATE	TIME
WI5-200	Mon	Jan 08–Mar 04	3:30PM–4:00PM
WI5-201	Mon	Jan 08–Mar 04	4:00PM–4:30PM
WI5-202	Mon	Jan 08–Mar 04	4:30PM–5:00PM
WI5-203	Mon	Jan 08–Mar 04	5:00PM–5:30PM
WI5-204	Mon	Jan 08–Mar 04	5:30PM–6:00PM
WI5-205	Mon	Jan 08–Mar 04	6:00PM–6:30PM
WI5-206	Mon	Jan 08–Mar 04	6:30PM–7:00PM
WI5-207	Mon	Jan 08–Mar 04	7:00PM–7:30PM
WI5-208	Mon	Jan 08–Mar 04	7:30PM–8:00PM
WI5-209	Mon	Jan 08–Mar 04	8:00PM–8:30PM

Uke & Me – Basic Ukulele Instruction

Age: 12Y – 80Y

Instructor: Liane Barbadillo-Paiso

*Location: L | PR – Creator Studio**

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 \$10.00 payable to the instructor (cash only) to purchase the music packet, which consists of 40 songs plus ukulele chords (basic and advanced).

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

COURSE #	DAY	DATE	TIME
WI5-519	Tue	Jan 09–Mar 05	6:30PM–7:30PM

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

TEEN AND ADULT CLASSES

DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up

Instructor: Maria Spremich

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

Classical Ballet technique taught in Intermediate Level. Level 1 will not be offered during the Winter 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. Class Attire: <https://bit.ly/3vvdvcjf>.

No class: 2/20, 2/22

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

COURSE #	DAY	DATE	TIME
W11-401	Tue	Jan 09-Mar 05	7:00PM-8:30PM
Level II: Intermediate Classical Ballet Techniques			
W11-402	Thu	Jan 11-Mar 07	7:00PM-8:30PM
Level II/III: Intermediate Classical Ballet Techniques			

Belly Dancing – Beginners

Age: 18Y and up

Instructor: Alisa Greer

*Location: L | PR - Small Dance Studio #221**

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

Classes: 9 Fee: \$62.00(R)/\$77.75(N)

COURSE #	DAY	DATE	TIME
W11-460	Wed	Jan 10-Mar 06	7:00PM-8:00PM

Belly Dance – Intermediate/Advanced

Age: 18Y and up

Instructor: Alisa Greer

*Location: L | PR - Small Dance Studio #221**

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

Classes: 9 Fee: \$62.00(R)/\$77.75(N)

COURSE #	DAY	DATE	TIME
W11-461	Wed	Jan 10-Mar 06	8:00PM-9:00PM

East Coast Swing

Age: 13Y and up

Instructor: Adrian Bermudez

*Location: L | PR - Social Hall**

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
W11-416	Wed	Jan 10-Mar 06	8:30PM-9:30PM

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: 9 Fee: \$88.00(R)/\$103.75(N)

COURSE #	DAY	DATE	TIME
W11-465	Tue	Jan 09-Mar 05	7:30PM-9:00PM
Level I			

*L | PR - Banquet Hall #130**

Classes: 8 Fee: \$79.00(R)/\$94.75(N) No class: 1/18

COURSE #	DAY	DATE	TIME
W11-466	Thu	Jan 11-Mar 07	7:30PM-9:00PM
Level II			

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

TEEN AND ADULT CLASSES



Mexican Folklorico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

*Location: L | PR - Small Dance Studio #221**

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

No class: 2/20

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

COURSE #	DAY	DATE	TIME
WI1-464	Tue	Jan 09-Mar 05	4:30PM-6:30PM

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 Folklorico 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 Folklorico dance and with the consent of the instructors. Students enrolled at this level will be able to participate in various school and community events of Ballet Folklorico Alma de Mexico. Instructors: Martin Cruz is currently the Artist in Residence at SSFHS and is the Artistic Director of Ballet Folklorico Alma de Mexico of SSFHS and Community. Mr. Cruz is also Artistic Director of various Bay Area folklorico 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 Folklorico Alma de Mexico of SSFHS and Community. Along with Mr. Cruz, she developed and established the Folklorico Dance Program and Curriculum at SSFHS, which fulfills the A thru G requirements for all UC campuses. As a retired teacher, she volunteers her time to support the goals of the folklorico program.

No class: 1/19, 2/19, 2/22

Classes: 15 Fee: \$161.00(R)/\$176.75(N)

COURSE #	DAY	DATE	TIME
WI3-470	M/Th	Jan 08-Mar 07	8:00PM-10:00PM

Salsa Dance

Age: 13Y and up

Instructor: Adrian Bermudez

*Location: L | PR - Social 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
WI1-415	Wed	Jan 10-Mar 06	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, 3rd Floor**

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: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
W11-607	Sat	Jan 13	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: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
W11-608	Sat	Jan 20	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: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
W11-609	Sat	Jan 27	10:00AM-12:00PM

Coding 101

Age: 15Y and up

Instructor: Ameen Safi

*Location: L | PR – Gallery Room, 3rd Floor**

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.

No class: 1/15, 2/19

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

COURSE #	DAY	DATE	TIME
W11-603	Mon	Jan 08-Feb 26	6:30PM-8:00PM

**Please note, class location will change in February, TBD location.*



Conversational Spanish

Age: 16Y – 80Y

Instructor: Bob Bachecki

*Location: L | PR – Gallery Room, 3rd Floor**

Students will hear the language before they read and write it. They will experience an "immersion" in the language for the entire class. By constantly hearing it, they will understand what is being said without listening to every single word. Hand gestures will also help this process. It can be helpful in office environments as well as in various professions. Conversational Spanish has helped doctors, nurses, firemen, police officers, teachers, probation officers, world renowned cooks, painters, artists, and just ordinary town residents. Bob Bachecki is a former high school and community college instructor in all levels of Spanish. He has worked with several different nationalities and worked overseas for two years in both Kuwait and Kazakhstan. He can be reached at bob_bachecki@hotmail.com.

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

COURSE #	DAY	DATE	TIME
W11-595	Wed	Jan 17-Feb 28	5:00PM-7:00PM

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

TEEN AND ADULT CLASSES

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy - Lily

*Location: L | PR - Creator Studio, 3rd Floor**

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
WI1-501	Thu	Jan 11-Feb 29	10:00AM-2:00PM

Improv Quilting

Age: 18Y and up

Instructor: Joy - Lily

*Location: L | PR - Creator Studio, 3rd Floor**

For experienced and beginning quilters, this quilt-making method encourages you to forget about matching corners or perfect piecing. Each week we'll explore another improvisational technique for sewing modern looking quilt blocks. In the first class we'll plan what colors of fabric to bring, so that all your practice blocks will play well together for a quilt top. Bring your sewing machine and cutting tools if possible. A \$5.00 supply fee is payable to the instructor at the first class.

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

COURSE #	DAY	DATE	TIME
WI1-503	Tue	Jan 09-Feb 27	10:00AM-1:00PM

Introduction to Hindi Literature

Age: 12Y - 80Y

Instructor: Monita Sharma

Location: TBD

In this class, you will learn the brief history of Hindi literature. Interactive class of reading a combination of Hindi novel, one-act play, poems or short stories. Share ideas, thoughts, and themes. Students will gain understanding of cultural heritage and expand horizons through learning and asking questions, and build critical thinking skills through making connections, finding theme, and learning characters. *No class: 2/17*

Classes: 7 Fee: \$38.00(R)/\$53.75(N)

COURSE #	DAY	DATE	TIME
WI3-331	Sat	Jan 20-Mar 09	11:00AM-12:00PM



Introduction to Pen and Ink Drawing

Age: 18Y and up

Instructor: Nick Stern

*Location: L | PR - Creator Studio, 3rd Floor**

Students will learn the classic techniques of pen and ink drawing, rendering tone, value, outline, light and shade, with the goal of developing their own style. Subjects will include still life, floral, landscape and architecture. Classes may include field trips for outdoor sketching, weather permitting. Materials list will be provided on the first day of class. Nick Stern is a retired Art Director for Disney Interactive and has taught art classes for South San Francisco Parks and Recreation since 2019.

Classes: 9 Fee: \$159.00(R)/\$174.75(N)

COURSE #	DAY	DATE	TIME
WI1-535	Tue	Jan 09-Mar 05	1:00PM-3:00PM

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

*Location: L | PR - Creator Studio, 3rd Floor**

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 teach at the first class.

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

COURSE #	DAY	DATE	TIME
WI1-502	Mon	Feb 05-Mar 04	6:00PM-8:00PM

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

TEEN AND ADULT CLASSES

Knitting for Beginners & Intermediates

Age: 14Y and up

Instructor: Victoria Gavidia

*Location: L | PR – Creator Studio, 3rd Floor**

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: 9 Fee: \$84.00(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
W11-480	Thu	Jan 11-Mar 07	7:00PM-9:00PM

The Science of Five Habits of Healthy Living

Age: 14Y - 99Y

Instructor: John Erve

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

This course will look at five important aspects of your life that are important for your health: (1) sleep & circadian, (2) diet, (3) exercise, (4) stress and (5) social connections. We will cover the scientific evidence for why these are important and how they impact many "life-style" diseases, such as, heart disease, diabetes, obesity, depression, dementia and certain cancers. Each class we will also cover practical suggestions that can be implemented in our daily lives to may help improve our overall health and well-being. The course will consist of a series of five lectures where we review the science behind living a healthy life. After each lecture, there will be ample opportunity for discussion so that participants fully understand the topic. Participants will be encouraged, but not required, to practice what is covered in class and to share their experiences with the class. Although this course will be guided by the science and will cover evidence reported in reputable scientific journals, no special scientific background is required. An interest in science is

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

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

COURSE #	DAY	DATE	TIME
W11-601	Tue	Jan 09-Feb 06	2:00PM-4:00PM

**TBD class location on February 6.*

Watercolor Painting

Age: 18Y and up

Instructor: Nobu Kaji

*Location: L | PR – Creator Studio, 3rd Floor**

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: 9 Fee: \$159.00(R)/\$174.75(N)

COURSE #	DAY	DATE	TIME
W11-534	Fri	Jan 12-Mar 08	1:00PM-3:00PM

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

TEEN AND ADULT CLASSES

Fresh Holiday Wreath “Take Home” Kits – Improving Public Places Fundraiser

Age: All ages

Location: Joseph Fernekes Recreation Building – Orange Park

Back this year is our one-of-a-kind wreath making kits for those DIY crafters who already know how to make a wreath and prefer to construct their masterpiece at home. Host your own wreath-making holiday party at home with family and friends by purchasing a kit for each person! Those who purchase a kit will come to the Fernekes Building outdoor patio and fill a bag with the greens of their choice. The kit will include one large bag of greens; one wreath ring; one paddle of wire; and one pre-made bow. All wreath kit supplies will be handled outdoors on the patio. Kits only – No instruction included.

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

COURSE #	DAY	DATE	TIME
WW22-1000	Sat	Dec 09	10:00AM-10:15AM
WW22-1015	Sat	Dec 09	10:15AM-10:30AM
WW22-1030	Sat	Dec 09	10:30AM-10:45AM
WW22-1045	Sat	Dec 09	10:45AM-11:00AM
WW22-1100	Sat	Dec 09	11:00AM-11:15AM
WW22-1115	Sat	Dec 09	11:15AM-11:30AM
WW22-130	Sat	Dec 09	1:30PM-1:45PM
WW22-145	Sat	Dec 09	1:45PM-2:00PM
WW22-200	Sat	Dec 09	2:00PM-2:15PM
WW22-215	Sat	Dec 09	2:15PM-2:30PM
WW22-230	Sat	Dec 09	2:30PM-2:45PM
WW22-245	Sat	Dec 09	2:45PM-3:00PM

EXERCISE AND FITNESS

Basic Self Defense for All

Age: 18Y and up

Instructor: Nobu Kaji

Location: L | PR – Exercise Studio, 2nd Floor*

Learn the beginning level of basic, but very effective methods of Self-Defense. Develop confidence and gain endurance, strength, and flexibility in a step-by-step manner, while in a friendly environment. This class is for beginners only. No martial arts experience needed. Students should wear loose clothing. Sensei Nobu Kaji has 55 years practice Karate and Kobudo who holds 8th Degree Black Belt. No class: 2/3, 3/2

Classes: 7 Fee: \$42.00(R)/\$57.75(N)

COURSE #	DAY	DATE	TIME
W11-221	Sat	Jan 13-Mar 09	10:15AM-11:45AM

Circuit Body Workout

Age: 15Y – 80Y

Instructor: Stephanie King

Location: L | PR – Social Hall #130*

A total body workout that safely moves your body at a moderate tempo (your level of comfort) to strengthen and improve balance. The format is to integrate each part of your body to move comfortably and safely while strengthening the total body, as well improving your balance while moving and stabilizing your body in different positions. This workout incorporates the Tabata format formula, work 20 seconds, rest 10 seconds, and a 1 minute conditioning using weights or your own body weight. Bring a mat, towel, water bottle to keep hydrated and a pair of weights (1 lb, 2lb, 3lb, 4lb, or 5lb). If you do not have weights, bring two water bottles. No class: 1/15, 2/19

No class: 1/15, 2/19

Classes: 7 Fee: \$39.00(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
W11-116	Mon	Jan 08-Mar 04	1:00PM-2:00PM

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Social 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: 1/18

No class: 1/18

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

COURSE #	DAY	DATE	TIME
W11-103	Thu	Jan 11-Mar 07	5:30PM-6:30PM

Complete Body Workout

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Social Hall #130*

This class is dedicated to all aspects of fitness including: cardiovascular activity, strength and endurance training, balance and flexibility. Bring an exercise mat and weights. Simple and complex choreography is included in the class. 25 to 40 minutes of aerobic activity. No class: 1/15, 2/19

No class: 1/15, 2/19

Classes: 7 Fee: \$39.00(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
W11-104	Mon	Jan 08-Mar 04	5:30PM-6:30PM

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

TEEN AND ADULT CLASSES

New 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: 9 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
W11-150	Wed	Jan 10-Mar 06	1:00PM-2:00PM



Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

*Location: L | PR - Social 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: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
W11-108	Wed	Jan 10-Mar 06	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.

No class: 1/15, 2/19

Classes: 16 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
W11-217	M/W	Jan 08-Mar 06	6:45PM-7:45PM

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!" Eye protection is highly recommended. Armando Leigh is the in-house instructor with over 7 years of playing pickleball and has medaled in several pickleball tournaments throughout the country. Registration required for each class. Pre-registration opens one-week prior to the class date at 6:00 a.m. online. To register, visit the "Open Gym," tab at www.ssf.net/rec-catalog.

Classes: 5 Fee: \$4.00(R)/\$4.00(N)

COURSE #	DAY	DATE	TIME
W11-114	Mon	Jan 08-Mar 05	7:00PM-9:30PM

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

TEEN AND ADULT CLASSES

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.

*L | PR - Exercise Studio #235**

Classes: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-144	Thu	Jan 11-Mar 07	5:00PM-6:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-145	Tue	Jan 09-Mar 05	5:00PM-6:00PM

Pilates 1

Age: 15Y and up

Instructor: Stephanie King

*Location: L | PR - Small Dance Studio #221**

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: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-142	Tue	Jan 09-Mar 05	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: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-143	Tue	Jan 09-Mar 05	12:30PM-1:30PM

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.

Classes: 18 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
WI1-215	Tu/Th	Jan 09-Mar 07	6:00PM-7:00PM

Teens

Classes: 18 Fee: \$131.00(R)/\$156.75(N)

COURSE #	DAY	DATE	TIME
WI1-216	Tu/Th	Jan 09-Mar 07	7:00PM-8:30PM

Adults

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

TEEN AND ADULT CLASSES

StrengthPloxing

Age: 15Y and up

Instructor: Stephanie King

Location: Alice Peña Bulos Center – Multi-Use Room

Get it all. Strength, cardio, endurance, balance, and control with mindful/safe execution. A fusion of standing pilates, boxing and fitness movements that can be performed at your own level of comfort using balls, rip stix, bands, steps, and gliders. Bring a mat, towel, water bottle to keep hydrated and a pair of weights (1 lb, 2lb, 3lb, 4lb, or 5lb). If you do not have weights, bring two water bottles.

No class: 2/3

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

COURSE #	DAY	DATE	TIME
WI1-117	Sat	Jan 13–Mar 09	9:00AM–10:00AM

Stretch & Tone

Age: 15Y and up

Instructor: Stephanie King

*Location: L | PR – Small Dance Studio, 2nd Floor**

Gentle stretch & flow movements at your comfort level on the floor and in a standing position. We use the barre to further enhance the stretching & toning of the body while improving balance. Bring a mat, towel, water bottle to keep hydrated, a pair of weights (1lb, 2lb, 3lb, 4lb, 5lb). If you do not have weights, bring two water bottles.

Classes: 9 Fee: \$53.00(R)/\$68.75(N)

COURSE #	DAY	DATE	TIME
WI1-129	Fri	Jan 12–Mar 08	1:00PM–2:00PM

Tabata LiiT (Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

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

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: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-118	Thu	Jan 11–Mar 07	1:00PM–2:00PM

Tabata Strength

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

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.

*L | PR – Exercise Studio #235**

Classes: 7 Fee: \$39.00(R)/\$54.75(N) *No class: 1/15, 2/19*

COURSE #	DAY	DATE	TIME
WI1-119	Mon	Jan 07–Mar 04	7:00PM–8:00PM

*L | PR – Exercise Studio #235**

Classes: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-120	Thu	Jan 11–Mar 07	6:00PM–7:00PM

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: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
WI1-209	Thu	Jan 11–Mar 07	6:30PM–7:30PM

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

TEEN AND ADULT CLASSES

Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

Classes: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
WI1-210	Thu	Jan 11-Mar 07	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: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
WI1-211	Thu	Jan 11-Mar 07	7:30PM-8:30PM

Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

*Location: L | PR – Exercise Studio, 2nd Floor**

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

Classes: 14 Fee: \$83.00(R)/\$98.15(N)

COURSE #	DAY	DATE	TIME
WI1-121 Level I	Wed	Jan 10-Mar 06	9:00AM-10:00AM
WI1-122 Level II	Wed	Jan 10-Mar 06	10:00AM-11:00AM
WI1-123 Level III	Wed	Jan 10-Mar 06	11:00AM-12:00PM



Women's Self Defense

Age: 13Y and up

Instructor: Sue Miller

*Location: L | PR – Exercise Studio, 2nd Floor**

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

COURSE #	DAY	DATE	TIME
WI1-219	Fri	Jan 12-Mar 08	5:30PM-6:30PM
WI1-220	Fri	Jan 12-Mar 08	6:30PM-7:30PM

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

TEEN AND ADULT CLASSES

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: 2/19

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

COURSE #	DAY	DATE	TIME
WI1-301	Mon	Jan 22-Mar 04	7:00PM-8:15PM

Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

Instructor: Don Amini

*Location: L | PR - Exercise Studio**

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

No class: 1/15, 2/19

Classes: 7 Fee: \$58.00(R)/\$73.75(N)

COURSE #	DAY	DATE	TIME
WI1-303	Mon	Jan 08-Mar 04	10:15AM-11:45AM
WI1-304	Mon	Jan 08-Mar 04	12:00PM-1:30PM

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: 1/15, 2/19

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

COURSE #	DAY	DATE	TIME
---	Mon	Jan 08-Mar 04	11:30AM-12:30PM
---	Tue	Jan 09-Mar 05	11:00AM-12:00PM
---	Fri	Jan 12-Mar 08	11:00AM-12:00PM

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. If you are new to Zumba, it is recommended to take a Zumba Gold class first to become familiar with the Zumba moves and dance steps. Bring a water bottle to keep hydrated and a towel.

Alice Peña Bulos Center - Multi-Use Room

Classes: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-124	Tue	Jan 09-Mar 05	6:00PM-7:00PM

*L | PR - Social Hall #125**

Classes: 9 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI1-125	Wed	Jan 10-Mar 06	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 8 Fee: \$45.00(R)/\$60.75(N) *No class: 2/3*

COURSE #	DAY	DATE	TIME
WI1-126	Sat	Jan 13-Mar 09	10:15AM-11:15AM

CPR AND FIRST AID CLASSES

Adult Heartsaver CPR AED

Saturday, Jan 13, 2024 at 9:00am

Saturday, Feb 10, 2024 at 9:00am

Heartsaver Pediatric First Aid CPR AED

Saturday, Mar 09, 2024 at 9:00am

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



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

TENNIS CLASSES

Tennis: Information and Requirements

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

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

Tennis: Private Lessons

Age: 8Y and up

Instructor: Anthony Dizon-Barron

Location: Terrabay - Tennis Court #1

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

Classes: 9 Fee: \$187.00(R)/\$202.75(N)

COURSE #	DAY	DATE	TIME
W14-400	Sat	Jan 13-Mar 09	8:30AM-9:00AM
W14-401	Sat	Jan 13-Mar 09	9:00AM-9:30AM
W14-402	Sat	Jan 13-Mar 09	9:30AM-10:00AM
W14-403	Sat	Jan 13-Mar 09	10:00AM-10:30AM

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

COURSE #	DAY	DATE	TIME
W14-404	Sun	Jan 14-Mar 10	8:30AM-9:00AM
W14-405	Sun	Jan 14-Mar 10	9:00AM-9:30AM
W14-406	Sun	Jan 14-Mar 10	9:30AM-10:00AM
W14-407	Sun	Jan 14-Mar 10	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: 9 Fee: \$187.00(R)/\$202.75(N)

COURSE #	DAY	DATE	TIME
W14-200	Sat	Jan 13-Mar 09	8:00AM-8:30AM
W14-201	Sat	Jan 13-Mar 09	8:30AM-9:00AM
W14-202	Sat	Jan 13-Mar 09	9:00AM-9:30AM
W14-203	Sat	Jan 13-Mar 09	9:30AM-10:00AM
W14-204	Sat	Jan 13-Mar 09	10:00AM-10:30AM
W14-205	Sat	Jan 13-Mar 09	10:30AM-11:00AM
W14-206	Sun	Jan 14-Mar 10	8:00AM-8:30AM
W14-207	Sun	Jan 14-Mar 10	8:30AM-9:00AM
W14-208	Sun	Jan 14-Mar 10	9:00AM-9:30AM
W14-209	Sun	Jan 14-Mar 10	9:30AM-10:00AM
W14-210	Sun	Jan 14-Mar 10	10:00AM-10:30AM
W14-211	Sun	Jan 14-Mar 10	10:30AM-11:00AM

Tennis: Private Lessons

Age: 10Y and up

Instructor: Ethan Viray

Location: Terrabay - Gym

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

Classes: 18 Fee: \$374.00(R)/\$389.75(N)

COURSE #	DAY	DATE	TIME
FA4-310	Tu/Th	Jan 09-Mar 06	5:00PM-5:30PM
FA4-311	Tu/Th	Jan 09-Mar 06	5:30PM-6:00PM
FA4-312	Tu/Th	Jan 09-Mar 06	6:00PM-6:30PM
FA4-313	Tu/Th	Jan 09-Mar 06	6:30PM-7:00PM
FA4-316	Sa/Su	Jan 11-Mar 07	12:30PM-1:30PM
FA4-317	Sa/Su	Jan 11-Mar 07	12:00PM-12:30PM



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

Pickle Ball

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

Terrabay Fitness Room

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

Fitness Room Hours:

Monday – Thursday	9:00AM – 8:00PM
Friday	12:00PM – 4:00PM
Saturday/Sunday	9:00AM – 3:00PM

Closing hours may vary depending on programming.

Ages: 16 years of age and over only

Fee: \$2.25 per visit

YOUTH SPORTS

R.A.P.P. Basketball Program

R.A.P.P. coed basketball league will be offered to all elementary school children. The children will learn fundamentals, teamwork and good sportsmanship of basketball. Flyers will be passed out to the local schools as each sport approaches through Peach Jar. Sports offered during the school year include K-2nd grade basketball league and 3rd-5th grade basketball league.

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

Registration begins on February 26. Practice begins the first week of April. Information flyers will be distributed to the local schools through Peach Jar.

Youth Sports/Co-Sponsored

The youth sports activities listed below are provided by AFFILIATED non-profit groups. They are "co-sponsored" by the Parks and Recreation Department. For information, about each league, please contact the numbers listed.

South San Francisco United Youth Soccer League

League Website: www.ssfsoccer.net

League Email: ssfsoccer1@gmail.com

League Phone: (650) 797-9479

South San Francisco Youth Baseball Managers Association

League Website: www.ssfbaseball.org

League Email: Scitybaseball@gmail.com

League Phone: (650) 634-9444

Please check the website SSFBaseball.org for updated sign up/tryouts dates and times.

YOUTH AND ADULT SPORTS

ADULT SPORTS

The City of South San Francisco offers adult basketball and men's and coed softball during the spring and summer months. For league packets and information, please visit our adult sports website at www.quickscores.com/ssf

Spring Adult Men's Basketball League (5X5)

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in 2 different classifications. ("D3" on Wednesdays, and "D2" on Thursdays). Season begins in March. Roster packets and information are available in January. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 for more information.

Registration: Deadline is February 23, 2024
Fee \$660.00 per team. Fees subject to change.

Spring Adult Men's 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 11th – 15th
Fee: \$660.00 per team, 8 game seasons. Fees subject to change.

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 11th – 15th
Fee: \$510.00 per team, 6 game seasons. Fees subject to change.

Winter 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 Winter for seasoned bocce players. Indoor court playing only and eight total teams. Game times will be between 6:00 p.m. – 8:15 p.m. and **registration begins online on Monday, December 4, 2023**, at 6:00 a.m. The Beginner League will not be offered during the winter session and will return for the spring 2024 session.

Dates: Thursday, January 18, 2024 – Thursday, March 7, 2024
BOCCE-102 Intermediate League 6:00pm-8:15pm
Fee: \$120.00/team (4 player minimum & 8 player maximum). Fees subject to change.



Middle School Sports Program

All sport teams will be a combination of Alta Loma, Parkway Heights, and Westborough students. Please visit our website for more information on middle school sports.

<https://www.ssf.net/departments/parks-recreation/recreation-division/sports/middle-school-sports>

Informational flyers will be made available at each school in January.

Sixth Grade Basketball – Boys/Girls

COURSE #	GRADE LEVEL
WI4-211	6 Grade Boys Basketball
WI4-212	6 Grade Girls Basketball

Evaluation Day: Thursday, February 1, 2024 (tentative)

Where: Terrabay Gymnasium and Recreation Center

Boys: 5:00pm

Girls: 6:30pm

Cost: \$79.00

Practices will begin in February and will be arranged after evaluations to determine the number of teams formed.

AQUATICS CLASSES

Orange Pool

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

Aquatics Registration

WINTER 2024

All registrations open at 6:00 a.m.

Session #1 (All classes including weekend classes)

Resident Registration – Monday, December 18, 2023
Non-Resident Registration – Wednesday, December 20, 2023

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

Resident Registration – Wednesday, February 7, 2024
Non-Resident Registration – Friday, February 9, 2024

SPRING 2024

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

Session #1 (All classes including weekend classes)

Resident Registration – Wednesday, March 13, 2024
Non-Resident Registration – Wednesday, March 20, 2024

Registration Procedures

Registration can be done online or in-person. It is highly recommended to register online through CivicRec at www.ssf.net/rec-catalog. **You will need to create a family account in advance if you have not already.** If registering in-person, the registration form is located on **page 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: January 2 – March 11, 2024

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

OMP Pool will be closed on the following dates:

- Monday, December 18, 2023 – Monday, January 1, 2024
- Monday, January 15, 2024
- Monday, February 19, 2024

Adult Lap Swimming (16 Years and up)

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

Adult Recreation Swim (18 Years and up)

Mon/Wed/Fri 10:00AM – 1:45PM
Tue/Thu 10:00AM – 12:45PM
7:45PM – 9:30PM
Sunday 7:15AM – 9:15AM

Open Recreation (All Ages)

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

Drop-in 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 2:00PM – 3:00PM

Fees

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

Admission Fees

Children	\$5.25
Adults	\$6.50

Script Card (10 use passes) and Monthly Passes

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

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

Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one party if available. For parties reserving both time slots, the rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-serve basis and must be booked in person. Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

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.

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.***

Tuesday/Thursday Session #1
 Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
W18-1103	Tu/Th	Jan 09-Feb 01	6:30PM-7:00PM
W18-1104	Tu/Th	Jan 09-Feb 01	7:05PM-7:35PM

Tuesday/Thursday Session #2
 Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
W18-1105	Tu/Th	Feb 13-Mar 07	6:30PM-7:00PM
W18-1106	Tu/Th	Feb 13-Mar 07	7:05PM-7:35PM

Saturday Session #1
 Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-1107	Sat	Jan 13-Mar 09	11:25AM-11:55AM
W18-1108	Sat	Jan 13-Mar 09	12:00PM-12:30PM

Sunday Session #1
 Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-1109	Sun	Jan 14-Mar 10	10:30AM-11:00AM
W18-1110	Sun	Jan 14-Mar 10	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.***

Tuesday/Thursday Session #1
 Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
W18-2203	Tu/Th	Jan 09-Feb 01	6:30PM-7:00PM
W18-2204	Tu/Th	Jan 09-Feb 01	7:05PM-7:35PM

Tuesday/Thursday Session #2
 Classes: 8 Fee: \$58.00(R)/\$62.00(N)

COURSE #	DAY	DATE	TIME
W18-2205	Tu/Th	Feb 13-Mar 07	6:30PM-7:00PM
W18-2206	Tu/Th	Feb 13-Mar 07	7:05PM-7:35PM

Saturday Session #1
 Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-2207	Sat	Jan 13-Mar 09	11:25AM-11:55AM
W18-2208	Sat	Jan 13-Mar 09	12:00PM-12:30PM

Sunday Session #1
 Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-2209	Sun	Jan 14-Mar 10	10:30AM-11:00AM
W18-2210	Sun	Jan 14-Mar 10	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.**

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-3303	Tu/Th	Jan 09-Feb 01	6:30PM-7:00PM
WI8-3304	Tu/Th	Jan 09-Feb 01	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-3305	Tu/Th	Feb 13-Mar 07	6:30PM-7:00PM
WI8-3306	Tu/Th	Feb 13-Mar 07	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
WI8-3307	Sat	Jan 13-Mar 09	11:25AM-11:55AM
WI8-3308	Sat	Jan 13-Mar 09	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
WI8-3309	Sun	Jan 14-Mar 10	10:30AM-11:00AM
WI8-3310	Sun	Jan 14-Mar 10	11:05AM-11:35AM

Level 4: Pre-Basic Beginners

Age: 4Y - 5Y

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

Saturday Session #1

Classes: 9 Fee: \$75.50(R)/\$79.50(N)

COURSE #	DAY	COURSE #	DAY	DATE	TIME
WI8-4402	Sat	Jan 13-Mar 09	9:00AM-9:30AM		
WI8-4403	Sat	Jan 13-Mar 09	9:35AM-10:05AM		
WI8-4404	Sat	Jan 13-Mar 09	10:10AM-10:40AM		
WI8-4405	Sat	Jan 13-Mar 09	10:45AM-11:15AM		

Sunday Session #1

Classes: 9 Fee: \$75.50(R)/\$79.50(N)

COURSE #	DAY	DATE	TIME
WI8-4406	Sun	Jan 14-Mar 10	11:40AM-12:10PM
WI8-4407	Sun	Jan 14-Mar 10	12:15PM-12:45PM

CHILD

Level 1: Basic Beginners

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

Classes: 8 Fee: \$58.00(R)/\$62.00(N) No class: 1/15

COURSE #	DAY	DATE	TIME
WI8-110	M/W	Jan 08-Feb 05	6:30PM-7:00PM
WI8-111	M/W	Jan 08-Feb 05	7:05PM-7:35PM
WI8-112	M/W	Jan 08-Feb 05	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N) No class: 2/19

COURSE #	DAY	DATE	TIME
WI8-113	M/W	Feb 12-Mar 11	6:30PM-7:00PM
WI8-114	M/W	Feb 12-Mar 11	7:05PM-7:35PM
WI8-115	M/W	Feb 12-Mar 11	7:40PM-8:10PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
WI8-116	Sat	Jan 13-Mar 09	9:00AM-9:30AM
WI8-117	Sat	Jan 13-Mar 09	9:35AM-10:05AM
WI8-118	Sat	Jan 13-Mar 09	10:10AM-10:40AM
WI8-119	Sat	Jan 13-Mar 09	10:45AM-11:15AM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
WI8-120	Sun	Jan 14-Mar 10	11:40AM-12:10PM
WI8-121	Sun	Jan 14-Mar 10	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) No class: 1/15

COURSE #	DAY	DATE	TIME
W18-210	M/W	Jan 08-Feb 05	6:30PM-7:00PM
W18-211	M/W	Jan 08-Feb 05	7:05PM-7:35PM
W18-212	M/W	Jan 08-Feb 05	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N) No class: 2/19

COURSE #	DAY	DATE	TIME
W18-213	M/W	Feb 12-Mar 11	6:30PM-7:00PM
W18-214	M/W	Feb 12-Mar 11	7:05PM-7:35PM
W18-215	M/W	Feb 12-Mar 11	7:40PM-8:10PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-216	Sat	Jan 13-Mar 09	9:00AM-9:30AM
W18-217	Sat	Jan 13-Mar 09	9:35AM-10:05AM
W18-218	Sat	Jan 13-Mar 09	10:10AM-10:40AM
W18-219	Sat	Jan 13-Mar 09	10:45AM-11:15AM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-220	Sun	Jan 14-Mar 10	11:40AM-12:10PM
W18-221	Sun	Jan 14-Mar 10	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) No class: 1/15

COURSE #	DAY	DATE	TIME
W18-310	M/W	Jan 08-Feb 05	6:30PM-7:00PM
W18-311	M/W	Jan 08-Feb 05	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N) No class: 2/19

COURSE #	DAY	DATE	TIME
W18-312	M/W	Feb 12-Mar 11	6:30PM-7:00PM
W18-313	M/W	Feb 12-Mar 11	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-314	Sat	Jan 13-Mar 09	9:00AM-9:30AM
W18-315	Sat	Jan 13-Mar 09	10:45AM-11:15AM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-316	Sun	Jan 14-Mar 10	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: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-410	Thu	Jan 11-Mar 07	6:30PM-7:00PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-411	Sat	Jan 13-Mar 09	9:35AM-10:05AM
W18-412	Sat	Jan 13-Mar 09	11:25AM-11:55PM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-413	Sun	Jan 14-Mar 10	10:30AM-11:00AM
W18-414	Sun	Jan 14-Mar 10	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) *No class: 1/15*

COURSE #	DAY	DATE	TIME
W18-510	M/W	Jan 08-Feb 05	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$58.00(R)/\$62.00(N) *No class: 2/19*

COURSE #	DAY	DATE	TIME
W18-511	M/W	Feb 12-Mar 11	7:40PM-8:10PM

Thursday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-512	Thu	Jan 11-Mar 07	7:05PM-7:35PM

Saturday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-513	Sat	Jan 13-Mar 09	10:10AM-10:40AM
W18-514	Sat	Jan 13-Mar 09	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-515	Sun	Jan 14-Mar 10	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 and Cynthia.Lin@ssf.net.

Level 1: Adult Basic Beginners

Age: 13Y and up

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

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-100	Fri	Jan 12-Mar 08	6:30PM-7:00PM
W18-101	Fri	Jan 12-Mar 08	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: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-200	Fri	Jan 12-Mar 08	6:30PM-7:00PM
W18-201	Fri	Jan 12-Mar 08	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: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-300	Fri	Jan 12-Mar 08	6:30PM-7:00PM
W18-301	Fri	Jan 12-Mar 08	7:05PM-7:35PM

Level 4: Adult Swimmer

Age: 13Y and up

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

Classes: 9 Fee: \$65.25(R)/\$69.25(N)

COURSE #	DAY	DATE	TIME
W18-400	Tue	Jan 09-Mar 05	6:30PM-7:00PM
W18-401	Tue	Jan 09-Mar 05	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: 8 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
W18-602	Tu/Th	Jan 09-Feb 01	1:00PM-2:00PM
W18-603	Tu/Th	Jan 09-Feb 01	2:00PM-3:00PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
W18-604	Tu/Th	Feb 13-Mar 07	1:00PM-2:00PM
W18-605	Tu/Th	Feb 13-Mar 07	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
W18-606	Tu/Th	Jan 09-Feb 01	7:45PM-8:30PM
W18-607	Tu/Th	Jan 09-Feb 01	8:30PM-9:15PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
W18-608	Tu/Th	Feb 13-Mar 07	7:45PM-8:30PM
W18-609	Tu/Th	Feb 13-Mar 07	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: 9 Fee: \$56.25(R)/\$71.25(N)

COURSE #	DAY	DATE	TIME
W18-600	Wed	Jan 10-Mar 06	2:00PM-2:45PM
W18-601	Sun	Jan 14-Mar 10	9:30AM-10:15AM

Sneak peek at upcoming YOUTH ENRICHMENT SERVICES (YES) PROGRAMS

WINTER CAMP

December 26-28, January 3-5

Public Registration begins November 13, 2023

MID-WINTER WEEK

February 20-23

Public Registration begins January 16, 2024

SPRING CAMP

March 29 - April 5

Public Registration begins February 5, 2024

SUMMER CAMP

June 10 - August 9

Public Registration begins TBD

In-person Registration begins TBD

ASRP LOTTERY

Public Lottery Registration begins TBD

For additional information, please visit www.ssf.net/childcare in mid-January.

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 Coordinator, at diana.gonzalez@ssf.net or call (650) 829-3756.

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

REGISTRATION FEE:

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

WAITING LIST FEE:

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

BILLING POLICIES:

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

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

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

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

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

**Fees subject to change.*

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

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

Full of Fun Camp

The City of South San Francisco's Full of Fun Camp offers a day camp for teens and young adults with special needs that allows them to just "hang out" with their non-disabled peers. The camp is designed with teen volunteers as an integral component. Both sets of teens participate in all aspects of the camp together. Using teen volunteers who accept the teens with disabilities and value them as a person and demonstrate their acceptance in public allows them to celebrate each individual's achievements. They also provide important social support to each other as well as help each other participate fully in activities.

For more information or to get on the e-mail list please contact Kasey Jo Cullinan at (650) 829-3822 or email kaseyjo.cullinan@ssf.net

YOUTH ENRICHMENT SERVICES

LICENSED AFTER SCHOOL RECREATION PROGRAM

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

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

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

REGISTRATION PROCESS:

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

LOCATIONS:

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

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

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

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

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

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

REGISTRATION FEE:

A \$71.00 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A non-refundable fee of \$34.00 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

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

# DAYS PER WEEK	BEFORE SCHOOL & AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$462.00/month	\$399.00/month
3 DAYS	\$315.00/month	\$273.00/month
2 DAYS	\$210.00/month	\$184.00/month

**Before school care only \$147/month.*

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

REAL PROGRAM:

Los Cerritos and Martin Elementary Schools

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

SENIOR SERVICES

Senior Program Administration: Roberta Cerri Teglia Center

601 Grand Avenue
(650) 829-3820
Monday – Saturday, 9:00am – 3:00pm

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



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

CLASS	DAYS	TIME	LOCATION
Art Exploration	Monday	12:30PM-2:30PM	Roberta Cerri Teglia Center
Art Exploration	Thursday	9:30AM-12:30PM	Roberta Cerri Teglia Center
Chess	Saturday	9:30AM-11:00AM	Roberta Cerri Teglia Center
Hawaiian Plus	Tuesday	10:30AM-12:00PM	Roberta Cerri Teglia Center
Karaoke	Wednesday	1:00PM-2:30PM	Roberta Cerri Teglia Center
Knitting/Crochet/Crafts	Monday/Wednesday	10:30AM-12:30PM	Roberta Cerri Teglia Center
Mahjong	Friday	9:30AM-1:00PM	Roberta Cerri Teglia Center
Movies	Saturday	12:30PM-2:45PM	Roberta Cerri Teglia Center
Open Billiards	Monday-Saturday	9:00AM-2:45PM	Roberta Cerri Teglia Center
Open Computer Lab	Monday-Saturday	9:00AM-2:45PM	Roberta Cerri Teglia Center
Open Gym	Monday-Saturday	9:00AM-2:45PM	Roberta Cerri Teglia Center
Ping Pong	Monday	11:00AM-2:30PM	Roberta Cerri Teglia Center
Yoga	Monday/Wednesday	9:15AM-10:15AM	Roberta Cerri Teglia Center
Yoga	Saturday	9:15AM-10:45AM	Roberta Cerri Teglia Center
Zumba Gold	Wednesday	11:30AM-12:30PM	Roberta Cerri Teglia Center
Senior Social Dance*	Tuesday/Friday	10:00AM-1:00PM	Library Parks & Recreation Center
Senior Social Dance*	Thursday	9:00AM-12:00PM	Library Parks & Recreation Center

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



PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

Community parks and facilities are operated and programmed by the Parks and Recreation Department for maximum benefit to the community. They are also available for private use for weddings, parties, meetings, exhibits, craft shows, and other rentals on an hourly basis, when available. For more information, visit www.ssf.net/rentals or call (650) 829-3800.

Facilities:

ALICE PEÑA BULOS COMMUNITY CENTER is a contemporary multi-use facility ideal for gatherings of up to 150 for sitting. Features include an atrium style lobby with high beamed ceiling, skylights, pop art neon fixtures and exposed aggregate patio-type floor, two modern reception rooms, residential style kitchen that adjoins the two rooms and heavy wooden doors which can be shut to hide the kitchen or separate the two rooms.

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

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

TERRABAY GYMNASIUM & RECREATION CENTER is available for parties, meetings and gymnasium rentals. Facilities include the gymnasium and two large meeting rooms (one with a commercial kitchen). For further information on fees and availability, please call (650) 829-3800.

ORANGE POOL is available for private parties on Saturday afternoon from 2:45pm – 4:15pm or 4:30pm – 6:00pm. For further information on fees and availability please call (650) 875-6973.

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

General information on picnic rentals:

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

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning August 2023)

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

Bocce Courts at Orange Memorial Park

A total of six Bocce Courts are located at 782 Tennis Drive, near the award winning sculpture garden and tennis courts at Orange Memorial Park. The courts are owned by the city, and operated by the SSF Italian American Citizen's Club, a co-sponsored group of the Parks and Recreation Department. The Club provides FREE Bocce Lessons in April and September.

Court Hours: The courts are open to the public, Monday through Saturday from 1:00pm – 4:00pm. Please contact the Recreation office at (650) 829-3800 or email web-rec@ssf.net for more information or questions regarding bocce lessons. Please look for additional details regarding our Bocce League on page 27.

City of South San Francisco Tree Preservation Ordinance

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

What typically qualifies as a "protected tree"?

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

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

What is the difference between pruning and trimming?

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

How much does a permit cost?

The fee for a tree permit is \$112.35 per tree.

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

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

South San Francisco Improving Public Places



Do you enjoy gardening? Do you feel pride in your community? Would you like to give back to your community through volunteerism?

The **Improving Public Places Committee** is a group of people sharing a common vision of beautifying various sites in South San Francisco.

To fulfill that vision, they need volunteers like you, whether you can donate your time for one day, for an entire project, or for upkeep of an area after completion of the project. Volunteers will assist with tasks such as: planting, adding mulch, raking, weeding, trimming, watering, and general maintenance of an established public area. For more information, visit www.ssf.net/IPP or call (650) 829-3837.

Sign Hill Stewards



Many unique plant and animal species call the slopes of Sign Hill home, including the endangered mission blue butterfly and callippe silverspot butterfly. Help us protect, restore, and expand critical habitat by removing invasive species, and helping plant native species focusing on improving pollinator habitat! Those who volunteer with **Sign Hill Stewards** will perform this critical work while also learning more about the wildlife they can find on the hill and even in their own backyard. Visit <https://www.ssf.net/departments/parks-recreation/parks-division/sign-hill> for more information. *Questions?* E-mail parks.volunteers@ssf.net or call (650) 829-3837.



COMMUNITY INFORMATION

Community Services

Community Emergency Response Training (CERT)

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

Help Me Grow

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

HIP Housing's Home Sharing Program

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

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. Additional questions? (650) 877-8502. We hope to see you there!

South San Francisco Police Explorers

Are you between the ages of 14-21 years and either a resident of SSF or attend school in SSF? Interested in law enforcement or want to serve the community? The **Police Explorers** may be for you. Some of the duties that the Police Explorers perform are: working with the community in crime prevention, fingerprinting children, assisting with safety programs, assisting the Records and Communications section of the police department, assisting in traffic control, riding with patrol officers on the street. All new Police Explorers are required to attend a nine-week (nine consecutive Sundays) Explorer Academy. For further information and to learn about the requirements for joining the program, call (650) 829-3924.

South San Francisco Promotores Program

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

South San Francisco Sister Cities Association

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

South San Francisco PAL Boosters

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

Co-Sponsored Groups

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



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

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



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

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



San Mateo County Athletic Club
www.smcfc.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.ssfssoccer.net
ssfssoccer1@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

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

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

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

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

Connect with us:     
 Email: ssfpladm@plsinfo.org

FRIENDS OF THE LIBRARY

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

GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue; (650) 877-8530
 Local History Collection.

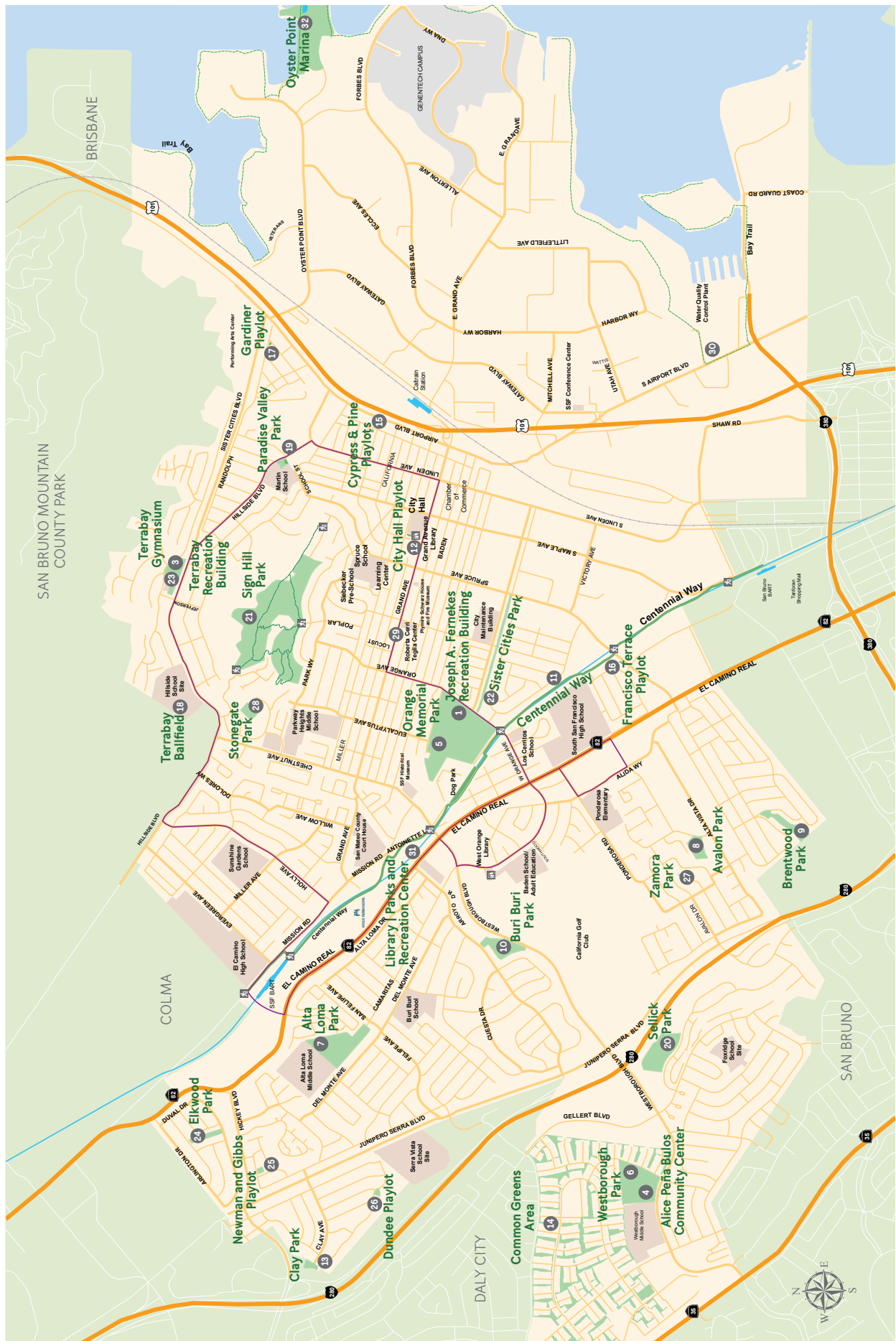
Hours:
 Monday, Tuesday: 10am – 6pm
 Wednesday: 12noon – 8pm
 Thursday, Friday: 10am – 6pm
 Saturday: 10am – 5pm
 Sunday: closed

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

PROJECT READ, NORTH SAN MATEO COUNTY

840 West Orange Avenue; (650) 829-3871
 Services are offered to the communities of Daly City, San Bruno, South San Francisco, and Town of Colma. Give someone the precious gift of reading. Project Read offers free tutor training for volunteers who want to make a difference in someone's life. For more information, visit: www.ssf.net/projectread



PARK AND FACILITY GUIDE



MAP LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Concession/Games	Soccer Field	Pickleball Courts
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 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

Recreation Facility Sites

- 1 **Joseph A. Fernekes Rec Building** 781 Tennis Drive
- 3 **Terrabay Rec Building** 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>					
TOTAL					

Waiver and Release of Liability – Please Read and Sign

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

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

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

Signature _____ Date _____

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

___ YES, please contact me about disabled services.

There are two ways to pay:

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

Card Number _____ Exp. Date _____ Card Code _____

Cardholder's Name _____

Signature _____

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Non-aquatic Class & Sports Programming

Residents: Begins MONDAY, December 4, 2023 at 6:00am

Non-Residents: MONDAY, December 18, 2023 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 and click the "Welcome!" tab for step-by-step directions on creating your account.



MAIL-IN

Residents: MONDAY, December 4, 2023

Non-Residents: MONDAY, December 18, 2023

*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, December 4, 2023

Non-Residents: MONDAY, December 18, 2023

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

*Registration hours: Monday – Friday 8:00am – 5:00pm
Library | Parks and Recreation Center
901 Civic Campus Way – 3rd Floor

HOLIDAY SCHEDULE

Modified Hours Dec 22, 8am to 12pm | Christmas Eve Holiday
Recreation administrative offices closed Dec 25, 2023 to
Jan 1, 2024

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 or at the Parks and Recreation office at 901 Civic Campus Way – 3rd Floor. Please call (650) 829-3800 for more information.

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



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

Santa Comes to Town

Saturday, December 2, 2023 | 10:00am - 2:00pm

NEW LOCATION!

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

Free Admission

From 10:00am to 2:00pm Santa will be at the new Library | Park and Recreation center located at 901 Civic Campus Way.

Rain or shine, Santa will be visiting!



LUNAR NEW YEAR, YEAR OF THE DRAGON - A CELEBRATION IN ART

Friday, February 9, 2024 | time tba

Saturday, February 10, 2024 | time tba

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

Free Admission

The 2024 art gallery exhibit program kicks off with an exciting multi-media art show celebrating the Lunar New Year, Year of the Dragon. Artworks will highlight the theme, "By the Light of the Moon." Exhibits in 2-D, 3-D and digital arts will explore the cultural traditions and mythologies represented in this annual event. Artist entry information will be available in December on the "Current Opportunities for Artists" webpage. For the latest updates on this art gallery show, visit www.ssf.net/culturalarts.

South San Francisco Civic Ballet "The Nutcracker"

Saturday, December 16, 2023 | 1:00pm & 7:00pm

Sunday, December 17, 2023 | 1:00pm

South San Francisco High School Theater

Join the South San Francisco Parks and Recreation Department for a captivating performance of "The Nutcracker," by the South San Francisco Civic Ballet. Tickets can be purchased beginning on Monday, November 27 at the Recreation Office, located at the new Library | Parks and Recreation Center at 901 Civic Campus Way. For more information, contact the Recreation Office at (650) 829-3800.



For more information on upcoming events, visit www.ssf.net/rec or call the Recreation Office at (650) 829-3800.

**RECREATION ADMINISTRATIVE OFFICES CLOSED
DECEMBER 25, 2023-JANUARY 1, 2024**

