

South San Francisco Parks and Recreation Department ACTIVITY GUIDE SUMMER 2019



WE'RE HIRING!

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

*Resident Registration
begins May 6th!*

Register at www.ssf.net

Dear Friends,

IN THE UPCOMING MONTHS the days will stretch a little longer, the weather will warm up (just a tad), parks will be alive with the play of carefree children, recreation buildings will bustle with camps and programming, and the pool will fill with the laughter of families splashing around. The summertime is a great example of how the South San Francisco Parks and Recreation Department strives to bring the community quality events and activities for all ages to enjoy. This work is made possible by the amazing staff that work in our parks, buildings and programs.

The Parks and Recreation Department is supported by **over 400 part-time employees** who represent the City in a wide variety of positions such as childcare teachers, building attendants, front desk staff, coaches, maintenance workers, locker room attendants, lifeguards, and recreation class instructors. Each of these individuals contribute their own talents, but each share the same goal of serving the community. Do you or someone you know have talents to share with the South San Francisco community? 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. **Check out some of the ongoing positions we are hiring for the summer months and beyond.** See page 2 or visit our **website ssf.net/rec**.

Sharon Ranals



DEPARTMENT SPOTLIGHT

SSF Parks and Recreation Commission Receives Statewide Award for “Outstanding Commission”

We are pleased to announce that that the **South San Francisco Parks and Recreation Commission** has been selected by the California Association of Parks and Recreation Commissioners and Board Members to receive the very competitive **Outstanding Commission Award** for 2018. Only one Commission is selected for this award each year in the state of California.



former Commissioners Eddie Flores and Sean Garrone for their time served on projects and initiatives that were submitted as part of the award application.

The Parks and Recreation Department also submitted nominations for the **Friends of Parks and Recreation** group, and the **Friends of Liberty Park** acquisition. These two nominations

did not win the coveted Outstanding Award, however both received Achievement Awards.

Established in 1938, the South San Francisco Parks and Recreation Commission has provided leadership and advocacy for parks and recreation for more than 80 years. The members of the Commission are all very active in the community, with multiple civic, non-profit, and service club affiliations. This has resulted in extremely valuable synergies and personal relationships which serve to amplify the Commissioner’s effectiveness in advocating on behalf of parks and recreation resources and initiatives.

SPECIAL THANK YOU TO SEAN GARRONE

Sean Garrone was appointed to the South San Francisco Parks and Recreation Commission in January of 2007. Having served for three consecutive, four year terms, he has termed out, and will be leaving the Commission with twelve outstanding years of service. Sean was elected to serve as Commission Chair two times during his years of service, which is a testament to the high regard in which he is held by his fellow Commissioners. Thank you Sean for your many years of dedication to parks and recreation in South San Francisco!

Current Commissioners are: Batty Battaglia (Chair), Richard Holt (Vice Chair), Kristy Camacho, Ruth De Nardi (newly appointed), Stephen Firpo (newly appointed), Bill Lock, and Robert Uy. We would also like to recognize

City Council

Karyl Matsumoto, *Mayor*
Richard A. Garbarino, *Vice Mayor*
Mark N. Addiego, *Councilmember*
Mark Nagales, *Councilmember*
Flor Nicolais, *Councilmember*

City Manager

Mike Futrell

Parks & Recreation Commission

Betty Battaglia, Richard Holt,
Kristy Camacho, Ruth DeNardi,
Steve Firpo, Bill Lock, Robert Uy

Meets the third Tuesday of each month at the Municipal Services Building in the Community Room at 7:00pm. The public is invited to attend.

Cultural Arts Commission

Lenita Boldenweck, Ryan Campagna
Paula Claudine Hobson-Coard,
Loretta Fornaciari, Shane Looper,
Jessica Madrid Nickle,
Amethyst Monce, Florida Ventura,
Cassandra Woo

Meets the third Thursday of each month at the Municipal Services Building, Betty Weber Room at 6:30pm. The public is invited to attend.

Professional Staff

Sharon Ranals, *Director of Parks and Recreation*

Greg Mediati, *Parks Manager*
Brian Crume, *Facility Manager*
Angela Duldulao, *Recreation Manager*

Jacob Gilchrist, *Landscape Architect*

Danielle Sanderson, *Business Manager*

Parks and Recreation Supervisors

Laura Armanino, *Child Care*
Kelli Jo Cullinan, *Seniors*
Brandon Cutajar, *Parks*
Alex Henry, *Building Maintenance*
Kimberly Morrison, *Assistant Supervisor Child Care*
Mike Mulkerrins, *Facilities & Sports*
Erin O'Brien, *Classes*
Joshua Richardson, *Parks*
Devin Stenhouse, *Aquatics*

Coordinators

Kasey Jo Cullinan, *Child Care*
Danele Dixon, *Child Care*
Elisia Espinoza, *Child Care*
Diana Gonzalez, *Child Care*
Fran Guevara, *Acting Seniors*
Austin Navarro, *Facilities*
Brian Noce, *Aquatics*

Cristina Rodriguez, *Child Care*
Francisco Rodriguez, *Child Care*
Marianna Roman, *Adult Day Care*
Ercie Santos, *Cultural Arts*
Bill Stridbeck, *Sports*

Administrative Support

Susan Filereto, Kari Jung,
Marie Patea, Cristina Simmons

Administrative Offices

Municipal Services Building
33 Arroyo Drive
(650) 829-3800
Hours: M-F 8:00am - 5:00pm

Magnolia Recreation Center

601 Grand Ave
(650) 829-3820

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Westborough Recreation Building

2380 Galway Drive
(650) 875-6981

Joseph A. Fernekes Recreation Building

Orange Memorial Park
781 Tennis Drive
(650) 875-6900
Office Hours: M-F
8:00am - 5:00pm

Orange Pool

1 West Orange Avenue (Corner of Orange Avenue and Tennis Drive)
(650) 875-6973
Office Hours: M-F
8:00am - 5:00pm

Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Center

Magnolia 601 Grand Avenue
(650) 829-3820
Adult Day Care 601 Grand Avenue
(650) 829-3824

Pre-Schools

Siebecker Center
510 Elm Court
(650) 875-6979
Westborough Pre-School
(Westborough & Galway)
(650) 875-6980 and
(650) 875-6998
Little Steps
520 Tamarack Lane
(650) 877-8540

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Programs June–August 2019

Brochure Printed April 2019

After School Recreation Programs

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

Ponderosa Elementary School
295 Ponderosa Road
(650) 873-1096

Spruce Elementary School
501 Spruce Avenue
(650) 873-0924

Buri Buri Elementary School
325 Del Monte Avenue
(650) 208-1305

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, *Chair*
Kelli Jo Cullinan, *Ex-Officio*
Judy Bush, *Co-Treasurer/Secretary*

Dan DeNardi, *Co-Treasurer*
Betty Battaglia, *Director*
Kristy Camacho, *Director*
Sean Garrone, *Director*
Jeannette Holt, *Director*
Richard Holt, *Director*
John Sanna, *Director*

Brochure Subscription

Would you like to have the brochure delivered direct to your home by first-class mail? Cost is \$5.00/per year. Use registration form, barcode #ADBS-901

WE'RE HIRING!

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



- After School Recreation Program Teachers
- Building Attendants
- Class Instructors
- Coaches

- Lifeguards
- Natural Resources Aide
- Natural Resources Specialist
- Scorekeepers
- Senior Services Recreation Leaders
- Pre-School Teachers
- Van Drivers



Whether you are looking for a summer job, a rewarding career path, or an additional income, we hope you will consider applying for one of our many part-time hourly job openings.

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.



Check out our job postings page at www.ssf.net/rec for a detailed list of open positions including desired qualifications, specific job duties, and salary information.

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.

Our goal as 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) 875-6900.

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/rec. 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 \$65.00 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$30.00 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	\$630.00/month	\$704.00/month
3 DAYS	\$390.00/month	\$436.00/month
2 DAYS	\$270.00/month	\$302.00/month

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$557.00/month	\$620.00/month
3 DAYS	\$345.00/month	\$384.00/month
2 DAYS	\$239.00/month	\$266.00/month

**Fees subject to change.*

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

LICENSED AFTER SCHOOL RECREATION PROGRAM:

Buri Buri School, Monte Verde School, Ponderosa School, and Spruce School

The South San Francisco Licensed After School Recreation Program is designed for children actively enrolled in Kindergarten 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 to 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 the CORE curriculum standards as we actively partner with the schools to ensure the children are on a pathway to a successful academic career.

Our goal as site coordinators, after school teachers, and recreation leaders is to 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.

NEW REGISTRATION PROCESS:

Lottery applications will be accepted for the available spaces at the licensed ASRP. We will accept lottery forms April 1-11. For information on the post-lottery application process, call **Laura Armanino**, Recreation and Community Services Supervisor at (650) 875-6951 or e-mail laura.armanino@ssf.net, or **Kimberly Morrison**, Childcare Assistant Supervisor 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: Kindergarten-5th grade

REGISTRATION FEE:

A \$65.00 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 \$30.00 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	\$416.00/month	\$359.00/month
3 DAYS	\$284.00/month	\$246.00/month
2 DAYS	\$189.00/month	\$164.00/month

SUMMER CAMP:

Limited spaces may be available for some of the summer camp sessions. For details on availability or to get on a waiting list please contact the Childcare team at (650) 875-6900.

PRESCHOOL AGE CLASSES

Art Adventures with Parent & Me

Age: 2Y – 4Y

Instructor: Nita Bovina

Location: MSB – Marie Peterson Room

Please note the location change for the Summer session.

Come explore the three art stations where process rather than product is emphasized. Children have the freedom to explore age appropriate art materials. Wear your 'grubbies', making a mess is part of the creative process! Parent/Caregiver participation is required. A \$20.00 supply fee is payable to the instructor on the first day of class. Nita Bovina is an artist and has been teaching for 18 years.

No class: 7/4

Classes: 10 Fee: \$37.00(R)/\$52.00(N)

COURSE #	DAY	DATE	TIME
SU2-200	Tue	Jun 04–Aug 06	10:00AM–10:45AM
SU2-201	Tue	Jun 04–Aug 06	11:30AM–12:15PM

Classes: 9 Fee: \$34.00(R)/\$49.00(N)

COURSE #	DAY	DATE	TIME
SU2-202	Thu	Jun 06–Aug 08	10:00AM–10:45AM
SU2-203	Thu	Jun 06–Aug 08	11:30AM–12:15PM

Gym Daddy by Monica Ehlers; A Class for Parents, Grandparents, Caregivers & Their Little Ones

Age: 2½Y – 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 is 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: 6/22, 6/29, 7/6

Classes: 9 Fee: \$57.00(R)/\$72.00(N)

COURSE #	DAY	DATE	TIME
SU2-300	Sat	Jun 08–Aug 17	10:00AM–10:50AM

Kinder Class

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Westborough–Small Activity 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. Angela Calestrini will assist. Not a parent participation class.

No class: 7/1, 7/3

Classes: 22 Fee: \$168.00(R)/\$183.00(N)

COURSE #	DAY	DATE	TIME
SU2-100 Session I	M/W	Jun 03–Aug 21	9:00AM–10:30AM
SU2-101 Session II	M/W	Jun 03–Aug 21	11:00AM–12:30PM



Kinder Tots

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Westborough–Small Activity Room

This is a great class for first time pre-schoolers! 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. Angela Calestini will assist.

No class: 7/2, 7/4, 7/18

Classes: 21 Fee: \$161.00(R)/\$176.00(N)

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

PRESCHOOL AGE CLASSES

Little Art Adventures

Age: 4Y – 5Y

Instructor: Nita Bovina

Location: MSB – Marie Peterson Room

Note the location change for the Summer session. The young artist in your family will be introduced to color and shape, as well as a wide variety of artistic fun! Children will learn about drawing, painting, and collage. This is not a parent participation class. A \$20.00 supply fee is payable to the instructor on the first day of class. Juanita Moreno holds a B.F.A. in Illustration from the Illinois Institute of Art Chicago.
No class: 7/4

Classes: 10 Fee: \$49.00(R)/\$64.00(N)

COURSE #	DAY	DATE	TIME
SU2-104	Tue	Jun 04-Aug 06	9:00AM-10:00AM

Classes: 9 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU2-105	Thu	Jun 06-Aug 08	9:00AM-10:00AM

Pre-Kinder Learners

Age: 4½Y – 5½Y

Instructor: Jessi Gutierrez

Location: MSB – Marie Peterson

Your child will get ready for kinder by participating in a variety of fun and creative activities geared towards enhancing their phonics, large and small motor skills and self-esteem. Activities will include: art, games and creative movement with an emphasis in letter recognition, numbers, colors and shapes. Not a parent participation class. Students must be entering Kindergarten in the Fall of 2019 and be potty trained prior to start date. We are also a Nut Free Zone. Please inform us of any allergies your children may have on the first day of class. This fun class will be the perfect review for Kindergarten preparation! A \$20.00 supply fee is payable to the instructor on the first day of class.

Classes: 15 Fee: \$256.00(R)/\$271.00(N)

COURSE #	DAY	DATE	TIME
SU2-111	M/W/F	Jul 01-Aug 02	9:00AM-12:00PM

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 7Y

Instructor: Sue Miller

Location: Westborough – Multi-Use Room

An introduction to the discipline of karate in a fun and positive environment. Focus on hand and eye coordination, body awareness, following instructions and social interaction. This training, with enough practice, can build confidence and concentration. Level I students learn commands in Japanese and get familiar with exercises, kicks and blocks. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 – 4 sessions). Karate Gi (uniform) may be purchased from instructors. Parents are advised to

stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 7th degree black belt with Sensei Leroy Rodrigues (Shinkyu Shotokan).

No class: 6/22

Classes: 10 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU2-301 Session A	Sat	Jun 08-Aug 17	8:30AM-9:15AM
SU2-302 Session B	Sat	Jun 08-Aug 17	9:30AM-10:15AM

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 7Y

Instructor: Sue Miller

Location: Westborough – Multi-Use Room

For Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I. Need instructor approval to enroll.

No class: 6/22

Classes: 21 Fee: \$66.00(R)/\$81.00(N)

COURSE #	DAY	DATE	TIME
SU2-303 Level II: White/Beginners	Sa/Tu	Jun 08-Aug 20	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)

Classes: 21 Fee: \$121.00(R)/\$136.00(N)

COURSE #	DAY	DATE	TIME
SU2-304 Level II: Color Belts, Yellow & Up	Sa/Tu	Jun 08-Aug 20	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)

Storytime Art Adventures

Age: 4Y – 5Y

Instructor: Jessi Gutierrez

Location: MSB – Marie Peterson

Storytime Art Adventures will entertain and engage your young artist. The instructor will read children the story of the day then lead them through a unique art project that ties into the theme of the story. Stories may include, *The Very Hungry Caterpillar*, *Chica Chicka Boom Boom*, and *The Rainbow Fish*. Please note, this is not a parent participation class. A \$15.00 supply fee is due to the instructor at the first class.

No class: 6/19

Classes: 8 Fee: \$35.00(R)/\$50.00(N)

COURSE #	DAY	DATE	TIME
SU2-210	Wed	Jun 05-Jul 31	12:15PM-1:15PM

YOUTH CLASSES

Art Adventures

Age: 5Y – 13Y

Instructor: Nita Bovina

Location: MSB- Belloni Room

Please note the change of location for the Summer session. Using paints, pastels, clay and many other materials, your child will experience a comprehensive art program that includes painting, drawing, and sculpture. Artistic skills, concepts and art history will be taught in this fun-filled class! A \$20.00 supply fee is payable to the instructor at the first class. *No class: 7/4*

Classes: 10 Fee: \$83.00(R)/\$98.00(N)

COURSE #	DAY	DATE	TIME
SU3-200	Tue	Jun 04-Aug 06	3:00PM-4:00PM
SU3-201	Tue	Jun 04-Aug 06	4:00PM-5:00PM

Classes: 9 Fee: \$75.00(R)/\$90.00(N)

COURSE #	DAY	DATE	TIME
SU3-203	Thu	Jun 06-Aug 08	3:00PM-4:00PM
SU3-204	Thu	Jun 06-Aug 08	4:00PM-5:00PM

Cantonese for Beginners 1A New

Age: 5Y – 10Y

Instructor: Music Chow

Location: MSB – Marie Peterson Room

This class is a perfect introduction to Chinese Cantonese for kids. The curriculum includes basic speaking, listening, reading and writing Cantonese in a fun environment. 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. *No class: 7/6, 7/27*

Classes: 10 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU3-320	Sat	Jun 08-Aug 24	3:00PM-4:00PM

Counting Fun New

Age: 7Y – 14Y

Instructor: Griselda Huete

Location: MSB

Students will learn through play and hands-on activities with a focus on number sense. Activities will be based on the student's individual level and skill. A \$5.00 supply fee is payable to the instructor at the first class. Griselda Huete currently teaches with SMFCSD, and previously worked with SSFUSD. *Please note the class location changes rooms throughout the session, please reference your receipt for scheduled room locations at the MSB.*

Classes: 6 Fee: \$36.00(R)/\$51.00(N)

COURSE #	DAY	DATE	TIME
SU3-215	T/W/Th	Jul 16-Jul 25	10:30AM-11:30AM

Childrens Writing Workshops

Age: 8Y – 13Y

Instructor: Griselda Huete

Location: MSB

Children will explore and improve their writing skills with instructor Griselda Huete. Griselda Huete currently teaches with SMFCSD, and previously worked with SSFUSD. A \$5.00 supply fee is payable to the instructor at the first class. *Please note the class location changes rooms throughout the session, please reference your receipt for scheduled room locations at the MSB.*

Classes: 6 Fee: \$42.00(R)/\$57.00(N)

COURSE #	DAY	DATE	TIME
Session A: Summer Story Writing!			
Students will create their own book! Through writing exercises they will develop their story plot, setting, and characters. They will receive peer and teacher feedback focused on the importance of revision and editing process.			
SU3-103	T/W/Th	Jul 16-Jul 25	11:45AM-1:15PM

Session B: Writing Workshop

Through themed writing exercises students will focus on improving sentence structure, students will improve their writing skills. Students will write at their own pace and level, and edit their work with peer and teacher feedback.

SU3-104	T/W/Th	Jul 16-Jul 25	3:15PM-4:45PM
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Drawing & Painting Adventures for Kids

Age: 8Y – 14Y

Instructor: Nita Bovina

Location: MSB- Belloni Room

Your child will have a fun-filled time focused on creativity while they learn techniques, skills, and tips exploring drawing with charcoals and painting with watercolors and acrylics. A \$20.00 materials fee is payable to the instructor on the first day of class. *No class: 6/20, 7/4*

Classes: 10 Fee: \$102.00(R)/\$117.00(N)

COURSE #	DAY	DATE	TIME
SU3-101	Tue	Jun 04-Aug 08	5:00PM-6:15PM

Classes: 8 Fee: \$82.00(R)/\$97.00(N)

COURSE #	DAY	DATE	TIME
SU3-102	Thu	Jun 06-Aug 10	5:00PM-6:15PM



Ultimate STEAM Challenge

Age: 7Y - 12Y

Instructor: Jessi Gutierrez

Location: MSB - Belloni Room

Please note the location change for the Summer session.

Has your child ever thought about trying a STEAM challenge but didn't know where to start? The Ultimate STEAM Challenge is a great place to start! STEAM is an educational approach using Science, Technology, Engineering, Math, and Art. In this class, we will do weekly activities challenging your child to work in teams to design and construct using everyday items such as plastic cups to be a sound amplifier and popsicle sticks to create a catapult. A \$10.00 supply fee is due to the instructor at the first class.

No class: 6/18, 6/25

Classes: 7 Fee: \$42.00(R)/\$57.00(N)

COURSE #	DAY	DATE	TIME
SU3-210	Tue	Jun 04-Jul 30	11:00AM-12:00PM

Whodunnit? Math CSI

Age: 7Y - 12Y

Instructor: Jessi Gutierrez

Location: MSB - Betty Weber Room

Please note the location change for the Summer session.

In Whodunnit? Math CSI, your child will work in teams to solve math problems to solve fictional crime cases. The criminals have left clues around the crime scene but only correct answers will lead the teams to solving the case. This class will include problems with the following skills: Addition, Subtraction, Multiplication, Division, Fractions, and Decimals. A \$10.00 supply fee is due to the instructor at the first class.

No class: 6/20, 7/4

Classes: 7 Fee: \$42.00(R)/\$57.00(N)

COURSE #	DAY	DATE	TIME
SU3-211	Thu	Jun 06-Aug 01	11:00AM-12:00PM

Golf for Juniors

Age: 6Y - 17Y

Instructor: Tommy Kim

Location: Cypress Golf Learning Center

This class offers golf instruction for juniors with little or no experience. Etiquette, stance, grip, putting, chipping and full swing will be taught. Special junior-size golf clubs will be provided. Students will purchase golf balls at the range for each class (\$6.00 or \$9.00 bucket). There will be no makeup classes. It is the student's responsibility to be present and on time for class.

Classes: 4 Fee: \$160.00(R)/\$175.00(N)

COURSE #	DAY	DATE	TIME
SU3-303	Sat	Jun 08-Jun 29	10:00AM-11:00AM
Session I			
SU3-304	Sat	Jul 06-Jul 27	10:00AM-11:00AM
Session II			
SU3-305	Sat	Aug 03-Aug 24	10:00AM-11:00AM
Session III			

Kenpo-Eskrima for Children

Age: 5Y - 12Y

Instructor: Romeo Agloro

Location: Westborough - Multi-Use Room

Created by the class' instructor, 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. Historical and cultural aspects of the art will also be covered. Jacy Criswell will assist. Class uniform and training supplies are required and may be purchased from instructor on first day of class. Class Instructor, Romeo Agloro is ranked as a Grandmaster in Kenpo, Guru in Eskrima and a Sifu in Norther Shaolin.

Classes: 24 Fee: \$108.00(R)/\$123.00(N)

COURSE #	DAY	DATE	TIME
SU3-306	M/W	Jun 03-Aug 21	6:00PM-7:00PM

Shinkyu Shotokan Karate - Youth

Age: 8Y - 12Y

Instructor: Sue Miller

Location: Fernekes Building - Multi-Purpose Hall

Note, all class start and end time have changed for the summer session. 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 7th degree black belt.

Classes: 24 Fee: \$63.00(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
SU3-307	M/W	Jun 03-Aug 21	6:30PM-7:15PM
Level I Beginners Yellow & Blue 1			

Classes: 24 Fee: \$83.00(R)/\$98.00(N)

COURSE #	DAY	DATE	TIME
SU3-308	M/W	Jun 03-Aug 21	7:15PM-8:15PM
Lev II Blue 2nd & Green 1st			

Classes: 24 Fee: \$104.00(R)/\$119.00(N)

COURSE #	DAY	DATE	TIME
SU3-309	M/W	Jun 03-Aug 21	7:15PM-8:30PM
Lev III - Green 2nd & Purple & Up			

YOUTH CLASSES

DANCE CLASSES

South San Francisco Civic Ballet

Maria Spremich, Artistic Director, Instructor
 Kristen Quok, Instructor
 Noelle Campos, Instructor

Pre-Ballet (Girls and Boys)

Instructors: Maria Spremich, Kristen Quok, & Noelle Campos

Location: (see below)

A basic introduction to classical ballet for the very young student with emphasis on the discovery and development of motor coordination, flexibility, expressiveness and musicality. Class attire: *Girls:* Light pink plain leotard, light pink tights and pink leather ballet slippers are required for all classes. No tutus, ruffles, or skirts please! Hair must be tied back and secured off face and neck. *Boys:* White T-shirt, black shorts, white socks and white or black ballet slippers. Maria Spremich was a professional dancer with the Lines Ballet and formerly a staff instructor for the SF Conservatory of Ballet and has been teaching ballet classes for the Rec Dept. for over 30 years. Kristen Quok has a Masters in Dance from Stanford Univ. and has been teaching for 20+ years. Noelle Campos has many years of dance experience including a Bachelor of Arts degree in Dance.

Creative Ballet O1 **Instructor: N. Campos**
 For Brand NEW INCOMING STUDENTS! Learn the basic FUNDamentals of ballet through the use of age appropriate music and fun props. This class is the introduction to our Creative Ballet Series.
 Classes: 8 Fee: \$29.00(R)/\$44.00(N) Age: 4½Y - 5½Y

COURSE #	DAY	DATE	TIME
SU2-400	Tue	Jun 18-Aug 13	3:00PM-3:30PM
<i>MSB - Dance Studio No class: 7/2</i>			

Creative Ballet O2 **Instructor: N. Campos**
 Prerequisite: Returning students (at least one session of Creative Ballet 1) or instructor approval. Students will be gently introduced to proper ballet class etiquette and terminology in a creative environment.
 Classes: 8 Fee: \$29.00(R)/\$44.00(N) Age: 4½Y - 5½Y

COURSE #	DAY	DATE	TIME
SU2-401	Tue	Jun 18-Aug 13	3:45PM-4:15PM
<i>MSB - Dance Studio No class: 7/2</i>			

Creative Ballet O3 **Instructor: N. Campos**
 Prerequisite: Returning students (at least two sessions of Creative Ballet 1) or instructor approval. This is the final class of the Creative Ballet Series and the stepping stone for Pre-Ballet classes.
 Classes: 8 Fee: \$39.00(R)/\$54.00(N) Age: 4½Y - 5½Y

COURSE #	DAY	DATE	TIME
SU2-402	Tue	Jun 18-Aug 13	4:20PM-5:00PM
<i>MSB - Dance Studio No class: 7/2</i>			

Pre-Ballet A: New Beginners **Instructor: K. Quok**
 Classes: 8 Fee: \$44.00(R)/\$59.00(N) Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-403	Wed	Jun 19-Aug 07	4:45PM-5:30PM
<i>MSB - Dance Studio</i>			

Pre-Ballet C: Returning Students **Instructor: K. Quok**
 Classes: 8 Fee: \$44.00(R)/\$59.00(N) Age: 5½Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-404	Mon	Jun 17-Aug 05	3:30PM-4:15PM
<i>MSB - Dance Studio</i>			

Ballet (Girls and Boys)

Instructors: Maria Spremich & Kristen Quok

Location: (see below)

Classical ballet technique from beginning (Intro) to advanced (9/10) levels. *For Girls:* Plain black leotard, (no attached skirts) light pink tights and pink leather ballet slippers ('Capezio' or 'Bloch' brand) are required for all classes. Shoulder length hair or longer must be tied back and up away from face in a 'ballet bun.' *For Boys:* White T-shirt, black shorts, white socks and white ballet slippers. Please note Pre-requisites. New students in Basic thru Level 10, please contact instructor for class placement. Parents may observe first and last class of session only.

Introduction **Instructor: K. Quok**
 Classes: 7 Fee: \$43.00(R)/\$58.00(N) Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-400	Fri	Jun 21-Aug 09	4:00PM-4:50PM
<i>MSB - Dance Studio No class: 7/5</i>			

Basic 1 **Instructor: M. Spremich**
 Classes: 8 Fee: \$49.00(R)/\$64.00(N) Age: 5½Y - 11Y

COURSE #	DAY	DATE	TIME
SU3-401	Sat	Jun 22-Aug 17	11:30AM-12:20PM
<i>MSB - Butterfly Room No class: 7/6</i>			

Basic 2 **Instructor: K. Quok**
 Classes: 7 Fee: \$44.00(R)/\$59.00(N) Age: 5½Y - 11Y

COURSE #	DAY	DATE	TIME
SU2-402	Thu	Jun 20-Aug 08	3:30PM-4:20PM
<i>MSB - Dance Studio No class: 7/4</i>			

Level 1A **Instructor: M. Spremich**
 Classes: 8 Fee: \$49.00(R)/\$64.00(N) Age: 5½Y - 11Y

COURSE #	DAY	DATE	TIME
SU3-403	Sat	Jun 18-Aug 13	10:30AM-11:20AM
<i>MSB - Butterfly Room No class: 7/6</i>			

Level 1B **Instructor: K. Quok**
 Classes: 8 Fee: \$54.00(R)/\$69.00(N) Age: 5½Y - 11Y

COURSE #	DAY	DATE	TIME
SU3-404	Wed	Jun 19-Aug 07	3:45PM-4:40PM
<i>MSB - Dance Studio</i>			

Level 1C **Instructor: K. Quok**
 Classes: 8 Fee: \$54.00(R)/\$69.00(N) Age: 5½Y - 11Y

COURSE #	DAY	DATE	TIME
SU3-405	Mon	Jun 17-Aug 05	4:15PM-5:10PM
<i>MSB - Dance Studio</i>			

Level 2A **Instructor: M. Spremich**
 Classes: 8 Fee: \$59.00(R)/\$74.00(N) Age: 6Y - 10Y

COURSE #	DAY	DATE	TIME
SU3-406	Sat	Jun 22-Aug 17	9:30AM-10:30AM
<i>MSB - Butterfly Room No class: 7/6</i>			

YOUTH CLASSES

Level 2B
 Classes: 8 Fee: \$54.00(R)/\$69.00(N) Instructor: M. Spremich
 Age: 6Y - 10Y

COURSE #	DAY	DATE	TIME
SU3-407	Fri	Jun 21-Aug 16	3:45PM-4:40PM
<i>MSB - Butterfly Room No class: 7/5</i>			

Level 2C
 Classes: 7 Fee: \$51.00(R)/\$66.00(N) Instructor: K. Quok
 Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-408	Fri	Jun 21-Aug 09	5:00PM-6:00PM
<i>MSB - Dance Studio No class: 7/5</i>			

Level 3A
 Classes: 9 Fee: \$60.00(R)/\$75.00(N) Instructor: M. Spremich
 Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-409	Wed	Jun 19-Aug 14	3:30PM-4:25PM
<i>MSB - Butterfly Room</i>			

Level 3B
 Classes: 7 Fee: \$51.00(R)/\$66.00(N) Instructor: K. Quok
 Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-410	Thu	Jun 20-Aug 08	4:20PM-5:20PM
<i>MSB - Dance Studio No class: 7/4</i>			

Level 4A
 Classes: 8 Fee: \$73.00(R)/\$88.00(N) Instructor: M. Spremich
 Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-411	Mon	Jun 17-Aug 12	4:00PM-5:15PM
<i>MSB - Butterfly Room No class: 7/8</i>			

Level 4B
 Classes: 8 Fee: \$73.00(R)/\$88.00(N) Instructor: M. Spremich
 Age: 7½Y - 12Y

COURSE #	DAY	DATE	TIME
SU3-412	Thu	Jun 20-Aug 15	3:45PM-5:00PM
<i>MSB - Butterfly Room No class: 7/4</i>			

Level 5A
 Classes: 8 Fee: \$59.00(R)/\$74.00(N) Instructor: M. Spremich
 Age: 7Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-413	Fri	Jun 21-Aug 16	7:15PM-8:15PM
<i>MSB - Butterfly Room No class: 7/5</i>			

Level 5B
 Classes: 9 Fee: \$82.00(R)/\$97.00(N) Instructor: M. Spremich
 Age: 7Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-415	Tue	Jun 18-Aug 13	4:30PM-5:45PM
<i>MSB - Butterfly Room</i>			

Level 6
 Classes: 8 Fee: \$82.00(R)/\$97.00(N) Instructor: M. Spremich
 Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-416	Tue	Jun 18-Aug 13	5:45PM-7:00PM
<i>MSB - Butterfly Room</i>			

Level 6 - Pointe 1
 Classes: 8 Fee: \$68.00(R)/\$83.00(N) Instructor: M. Spremich
 Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-417	Thu	Jun 20-Aug 15	5:00PM-6:10PM
<i>MSB - Butterfly Room No class: 7/4</i>			

Level 7 - Pointe 2
 Classes: 9 Fee: \$82.00(R)/\$97.00(N) Instructor: M. Spremich
 Age: 11Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-418	Wed	Jun 19-Aug 14	4:30PM-5:45PM
<i>MSB - Butterfly Room</i>			

Level 7/8 A
 Classes: 8 Fee: \$73.00(R)/\$88.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-419	Mon	Jun 17-Aug 12	5:30PM-6:45PM
<i>MSB - Butterfly Room No class: 7/8</i>			

Level 7/8 B
 Classes: 8 Fee: \$73.00(R)/\$88.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-420	Fri	Jun 21-Aug 16	4:45PM-6:00PM
<i>MSB - Butterfly Room No class: 7/5</i>			

Level 7/8 Combo
 Classes: 25 Fee: \$184.00(R)/\$199.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-421	Mon	Jun 17-Aug 12	5:30PM-6:45PM
	Wed	Jun 19-Aug 14	4:30PM-5:45PM (Lev 7)
			5:45PM-7:00PM (Lev 8)
	Fri	Jun 21-Aug 16	4:45PM-6:00PM (Lev 7)
			6:00PM-7:15PM (Lev 8)
<i>MSB - Butterfly Room No class: 7/5, 7/8</i>			

Level 8 - Pointe 3
 Classes: 9 Fee: \$82.00(R)/\$97.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-422	Wed	Jun 19-Aug 14	5:45PM-7:00PM
<i>MSB - Butterfly Room</i>			

Level 9/10 A
 Classes: 8 Fee: \$88.00(R)/\$103.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-423	Mon	Jun 17-Aug 12	7:00PM-8:30PM
<i>MSB - Butterfly Room No class: 7/8</i>			

Level 9/10 B
 Classes: 8 Fee: \$73.00(R)/\$88.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-424	Fri	Jun 21-Aug 17	6:00PM-7:15PM
<i>MSB - Butterfly Room No class: 7/5</i>			

Level 9/10 Combo
 Classes: 25 Fee: \$209.00(R)/\$224.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-425	Mon	Jun 17-Aug 12	7:00PM-8:30PM
	Wed	Jun 19-Aug 14	7:00PM-8:30PM
	Fri	Jun 21-Aug 16	6:00PM-7:15PM
<i>MSB - Butterfly Room No class: 7/5, 7/8</i>			

Level 9/10 - Pointe 4
 Classes: 9 Fee: \$99.00(R)/\$114.00(N) Instructor: M. Spremich
 Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU3-426	Wed	Jun 19-Aug 14	7:00PM-8:30PM
<i>MSB - Butterfly Room</i>			

YOUTH CLASSES

Hip Hop Dance - Level 1A

Age: 7Y - 10Y

Instructor: Noelle Campos

Location: MSB - Dance Studio

No experience necessary! This class will challenge both beginners and those with some prior experience in dance. We will be learning two routines over the session and perform both at the last class.

No class: 7/2

Classes: 8 Fee: \$40.00(R)/\$55.00(N)

COURSE #	DAY	DATE	TIME
SU3-570	Tue	Jun 18-Aug 13	5:00PM-6:00PM

Hip Hop Dance - Level 2A

Age: 11Y - 14Y

Instructor: Noelle Campos

Location: MSB - Dance Studio

All levels welcome! This focus intensive course, will physically challenge students as they learn a new dance each class, in a fun and safe environment.

No class: 7/2

Classes: 8 Fee: \$40.00(R)/\$55.00(N)

COURSE #	DAY	DATE	TIME
SU3-571	Tue	Jun 18-Aug 13	6:00PM-7:00PM

Irish Step Dance

Age: 5Y - 11Y

Instructor: Jennifer Corry

Location: MSB - Marie Peterson Room

Children of all ethnic backgrounds will enjoy learning Irish Step dancing in a fun and healthy environment. Students will learn footwork, movements, technique and choreography for traditional dances all while receiving training on coordination, rhythm, flexibility, posture and the structure of Irish music and dance. Students will enjoy the liveliness and social atmosphere of the class. Please wear dance attire, no jeans or restrictive clothing. Ballet or jazz shoes are acceptable. Instructor will provide information for purchasing Irish dance shoes (not mandatory). Jennifer Corry has been dancing for 20 years and is a certified instructor.

Classes: 10 Fee: \$58.00(R)/\$73.00(N)

COURSE #	DAY	DATE	TIME
SU3-560	Mon	Jun 10-Aug 12	4:15PM-5:15PM

Mexican Folk Dance

Age: 3 ½Y - 18Y

Instructors: Martin Cruz & Marianna Roman

Location: Terrabay - Poppy Room

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

No class: 7/4, 7/5

Classes: - Fee: \$23.00(R)/\$38.00(N)

COURSE #	DAY	DATE	TIME
SU3-460	Fri	Jun 07-Aug 16	6:15PM-6:45PM
Level IA - New Students Only			
SU3-461	Fri	Jun 07-Aug 16	6:45PM-7:30PM
Level IB - Returning Students Only			
SU3-462	Fri	Jun 07-Aug 16	7:45PM-8:35PM
Level II			
SU3-463	Mon	Jun 03-Aug 12	8:00PM-8:50PM
Level III			
SU3-464	Thu	Jun 06-Aug 15	7:25PM-8:15PM
Level IV			
SU3-465	Tue	Jun 04-Aug 13	6:30PM-7:25PM
Level V			
SU3-466	Mon	Jun 03-Aug 12	6:15PM-7:05PM
Level VI			
SU3-467	Thu	Jun 06-Aug 15	6:30PM-7:20PM
Level VII			
SU3-468	Tue	Jun 04-Aug 13	7:30PM-8:25PM
Level VIII			
SU3-469	Mon	Jun 03-Aug 12	7:10PM-8:00PM
Level IX			

Tap Dance for Kids

Age: (see below)

Instructors: Carol Costakis

Location: MSB - Marie Peterson Room

Get ready to Tap! Carol Costakis is an experienced and enthusiastic instructor that will have kids of all levels wanting to learn more.

Classes: 7 Fee: \$20.00(R)/\$35.00(N)

COURSE #	DAY	DATE	TIME
SU3-565	Sat	Jun 08-Jul 20	1:00PM-1:30PM
Session A (Age 5Y - 9Y)			
SU3-566	Sat	Jun 08-Jul 20	1:45PM-2:15PM
Session B (Age 10Y - 16Y)			

MUSIC CLASSES

Mariachi Music Classes

Age: 8Y and up

Instructor: Martin Cruz & Eduardo Garcia

Location: Magnolia - Multi-Use Room (3rd floor)

Would you like to learn how to play Mariachi instruments? Children, teens and adults of all ethnic backgrounds will enjoy learning a variety of songs. Guitar, Trumpet, Violin, Guitarron and Vihuela instruction will be offered. All skill levels welcome, however to register in the Intermediate level a minimum of one year of experience is required. Students must provide their own instrument.

Classes: 12 Fee: \$63.00(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
SU5-503 Beginning	Tue	Jun 04-Aug 20	4:00PM-5:00PM
SU5-504 Intermediate	Tue	Jun 04-Aug 20	5:00PM-6:00PM



Music Theory 1A New

Age: 6Y - 13Y

Instructor: Music Chow

Location: MSB - Marie Peterson Room

Following the Associated Board of Royal School of Music Syllabus, this curriculum will include how to write symbols related to the elements of music. We will explore basic notation, terms and signs, basic beats and time signature. No music background or experience is needed.

No Class: 7/7, 7/28

Classes: 10 Fee: \$42.00(R)/\$57.00(N)

COURSE #	DAY	DATE	TIME
SU5-600	Sun	Jun 09-Aug 25	2:00PM-2:45PM

Ukulele Music Classes

Age: 10Y and up

Instructor: Sil Castillo

Location: Magnolia - Craft Room (3rd floor)

Let's "Kani Ka Pila"! That's Hawaiian for Let's Play Music Together. Learn, share and perform music on the ukulele. We lean towards "Hawaiian" style music. Additionally we look at popular songs accessible online. Bring out the Aloha in you! Students will need to bring their own Ukulele instrument to class. Enrollment into Intermediate class needs instructor approval. The last class of the session will be a combined class for Beginners and Intermediate for the Hawaiian Tahitian dance performance and will be held at the Municipal Services building. A \$10.00 materials fee for new students only is payable to the instructor at the first class. Sil Castillo is a professional Hawaiian style musician specializing in guitar and ukulele.

No Class: 7/4

Classes: 11 Fee: \$83.00(R)/\$98.00(N)

COURSE #	DAY	DATE	TIME
SU5-500 Beginning	Thu	Jun 06-Aug 22	6:30PM-7:30PM
SU5-501 Intermediate	Thu	Jun 06-Aug 22	7:30PM-8:30PM

Private Clarinet & Saxophone Lessons

Age: 9Y and up

Instructor: Wen-Liang Chung

Location: (see below)

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

No Class: 7/4

Location: MSB - Betty Weber Room

Classes: 12 Fee: \$223.00(R) / \$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-510	Tue	Jun 05-Aug 20	6:00PM-6:30PM
SU5-511	Tue	Jun 05-Aug 20	6:30PM-7:00PM
SU5-512	Tue	Jun 05-Aug 20	7:00PM-7:30PM

Location: Magnolia - 3rd Floor Classroom

Classes: 11 Fee: \$204.00(R) / \$219.00(N)

COURSE #	DAY	DATE	TIME
SU5-516	Thu	Jun 06-Aug 22	6:00PM-6:30PM
SU5-517	Thu	Jun 06-Aug 22	6:30PM-7:00PM
SU5-518	Thu	Jun 06-Aug 22	7:00PM-7:30PM

MUSIC CLASSES

Private Guitar Lessons – Beginner

Age: 8Y and up

Instructor: Carl Nickolas

Location: (see below)

Learn how to play the guitar! This class is designed for children, teens and adults alike with little to no experience playing guitar. Learn all the basics from proper care of the guitar to open position cords. It is strongly advised that students have access to a guitar outside of the class for practice purposes. The instructor will be able to provide you with suggestions of what to purchase if necessary. Instructor Carl Nickolas has been teaching music to kids on the Peninsula for over 5 years and has been playing guitar, piano and singing for much longer! A \$10.00 supply fee, for the required music book, is payable to the instructor at the first class.

No Class: 7/4

Location: MSB – Betty Weber Room

Classes: 12 Fee: \$97.00(R)/\$112.00(N)

COURSE #	DAY	DATE	TIME
SU5-100	Mon	Jun 03-Aug 19	2:00PM-2:30PM
SU5-101	Mon	Jun 03-Aug 19	2:30PM-3:00PM
SU5-102	Mon	Jun 03-Aug 19	3:00PM-3:30PM
SU5-103	Mon	Jun 03-Aug 19	3:30PM-4:00PM

Location: MSB – Betty Weber Room

Classes: 12 Fee: \$97.00(R)/\$112.00(N)

COURSE #	DAY	DATE	TIME
SU5-110	Tue	Jun 04-Aug 20	3:00PM-3:30PM
SU5-111	Tue	Jun 04-Aug 20	3:30PM-4:00PM
SU5-112	Tue	Jun 04-Aug 20	4:00PM-4:30PM
SU5-113	Tue	Jun 04-Aug 20	4:30PM-5:00PM
SU5-114	Tue	Jun 04-Aug 20	5:00PM-5:30PM
SU5-115	Tue	Jun 04-Aug 20	5:30PM-6:00PM

Location: MSB – Betty Weber Room

Classes: 12 Fee: \$97.00(R)/\$112.00(N)

COURSE #	DAY	DATE	TIME
SU5-120	Wed	Jun 05-Aug 21	3:00PM-3:30PM
SU5-121	Wed	Jun 05-Aug 21	3:30PM-4:00PM
SU5-122	Wed	Jun 05-Aug 21	4:00PM-4:30PM
SU5-123	Wed	Jun 05-Aug 21	4:30PM-5:00PM
SU5-124	Wed	Jun 05-Aug 21	5:00PM-5:30PM
SU5-125	Wed	Jun 05-Aug 21	5:30PM-6:00PM

Location: MSB – Lantos Room

Classes: 11 Fee: \$89.00(R)/\$104.00(N)

COURSE #	DAY	DATE	TIME
SU5-130	Thu	Jun 06-Aug 22	3:00PM-3:30PM
SU5-131	Thu	Jun 06-Aug 22	3:30PM-4:00PM
SU5-132	Thu	Jun 06-Aug 22	4:00PM-4:30PM
SU5-133	Thu	Jun 06-Aug 22	4:30PM-5:00PM
SU5-134	Thu	Jun 06-Aug 22	5:00PM-5:30PM
SU5-135	Thu	Jun 06-Aug 22	5:30PM-6:00PM

Private Piano Lessons – Music Chow

Age: 5Y and up

Instructor: Music Chow

Location: MSB – Marie Peterson Room

Students will learn scales, classical piano technique and classical pieces. This class is for a variety of levels. You may want to explore some Disney tunes, or we can even help to prepare for the piano exam of the Associated Board of Royal School of Music.

No Class: 7/7, 7/28

Classes: 10 Fee: \$185.00(R)/\$200.00(N)

COURSE #	DAY	DATE	TIME
SU5-610	Sun	Jun 09-Aug 25	3:00PM-3:30PM
SU5-611	Sun	Jun 09-Aug 25	3:30PM-4:00PM

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: (see below)

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.

Location: MSB – Council Chambers

Classes: 8 Fee: \$149.00(R)/\$164.00(N)

COURSE #	DAY	DATE	TIME
SU5-401	Mon	Jun 17-Aug 05	3:30PM-4:00PM
SU5-402	Mon	Jun 17-Aug 05	4:00PM-4:30PM
SU5-403	Mon	Jun 17-Aug 05	4:30PM-5:00PM
SU5-404	Mon	Jun 17-Aug 05	5:00PM-5:30PM
SU5-405	Mon	Jun 17-Aug 05	5:30PM-6:00PM
SU5-406	Mon	Jun 17-Aug 05	6:00PM-6:30PM
SU5-407	Mon	Jun 17-Aug 05	7:00PM-7:30PM
SU5-408	Mon	Jun 17-Aug 05	7:30PM-8:00PM

Location: Westborough – Piano Room

Classes: 8 Fee: \$149.00(R)/\$164.00(N)

COURSE #	DAY	DATE	TIME
SU5-410	Tue	Jun 18-Aug 06	4:00PM-4:30PM
SU5-411	Tue	Jun 18-Aug 06	4:30PM-5:00PM
SU5-412	Tue	Jun 18-Aug 06	5:00PM-5:30PM
SU5-413	Tue	Jun 18-Aug 06	5:30PM-6:00PM
SU5-414	Tue	Jun 18-Aug 06	6:00PM-6:30PM
SU5-415	Tue	Jun 18-Aug 06	7:00PM-7:30PM
SU5-416	Tue	Jun 18-Aug 06	7:30PM-8:00PM

Location: MSB – Park & Rec Conference Room

Classes: 8 Fee: \$149.00(R)/\$164.00(N)

COURSE #	DAY	DATE	TIME
SU5-420	Sat	Jun 22-Aug 10	9:00AM-9:30AM
SU5-421	Sat	Jun 22-Aug 10	9:30AM-10:00AM
SU5-422	Sat	Jun 22-Aug 10	10:00AM-10:30AM
SU5-423	Sat	Jun 22-Aug 10	10:30AM-11:00AM
SU5-424	Sat	Jun 22-Aug 10	11:00AM-11:30AM
SU5-425	Sat	Jun 22-Aug 10	11:30AM-12:00PM

MUSIC CLASSES

Private Piano Lessons – Rosemarie Picone

Age: 7Y – 18Y

Instructor: Rosemarie Picone

Location: Westborough – Piano Room

Rosemarie Picone has a B.M. and M.M. in Piano Performance. She has studied at the Juilliard School and the Manhattan School of Music. She is a former faculty member at both Sonoma State University and San Francisco State University. Piano students may sign up for these private one half hour lessons that will focus on reading music and proper technique. Prior to the first scheduled piano class, all students are required to have access to keyboard instrument or piano for daily practice outside of class. Piano lesson book will be required and instructor will determine the proper level of instruction at first class. Students must bring assigned books to each lesson. Registration for multiple lessons requires prior approval from instructor. Parents are invited to attend the first class of the session.

No Class: 7/4

Classes: 12 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-300	Mon	Jun 03-Aug 19	3:00PM-3:30PM
SU5-301	Mon	Jun 03-Aug 19	3:30PM-4:00PM
SU5-302	Mon	Jun 03-Aug 19	4:00PM-4:30PM
SU5-303	Mon	Jun 03-Aug 19	4:30PM-5:00PM
SU5-304	Mon	Jun 03-Aug 19	5:00PM-5:30PM
SU5-305	Mon	Jun 03-Aug 19	5:30PM-6:00PM
SU5-306	Mon	Jun 03-Aug 19	6:00PM-6:30PM
SU5-307	Mon	Jun 03-Aug 19	6:30PM-7:00PM
SU5-308	Mon	Jun 03-Aug 19	7:00PM-7:30PM
SU5-309	Mon	Jun 03-Aug 19	7:30PM-8:00PM

Classes: 12 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-310	Wed	Jun 05-Aug 21	3:00PM-3:30PM
SU5-311	Wed	Jun 05-Aug 21	3:30PM-4:00PM
SU5-312	Wed	Jun 05-Aug 21	4:00PM-4:30PM
SU5-313	Wed	Jun 05-Aug 21	4:30PM-5:00PM
SU5-314	Wed	Jun 05-Aug 21	5:00PM-5:30PM
SU5-315	Wed	Jun 05-Aug 21	5:30PM-6:00PM
SU5-316	Wed	Jun 05-Aug 21	6:00PM-6:30PM
SU5-317	Wed	Jun 05-Aug 21	6:30PM-7:00PM
SU5-318	Wed	Jun 05-Aug 21	7:00PM-7:30PM
SU5-319	Wed	Jun 05-Aug 21	7:30PM-8:00PM

Classes: 11 Fee: \$204.00(R)/\$219.00(N)

COURSE #	DAY	DATE	TIME
SU5-320	Thu	Jun 06-Aug 22	3:00PM-3:30PM
SU5-321	Thu	Jun 06-Aug 22	3:30PM-4:00PM
SU5-322	Thu	Jun 06-Aug 22	4:00PM-4:30PM
SU5-323	Thu	Jun 06-Aug 22	4:30PM-5:00PM
SU5-324	Thu	Jun 06-Aug 22	5:00PM-5:30PM
SU5-325	Thu	Jun 06-Aug 22	5:30PM-6:00PM
SU5-326	Thu	Jun 06-Aug 22	6:00PM-6:30PM
SU5-327	Thu	Jun 06-Aug 22	6:30PM-7:00PM
SU5-328	Thu	Jun 06-Aug 22	7:00PM-7:30PM
SU5-329	Thu	Jun 06-Aug 22	7:30PM-8:00PM

Private Piano Lessons – Helena Saco

Age: 7Y and up

Instructor: Helena Saco

Location: (see below)

Learn how to play the piano through learning basic rhythms, note reading, music notation and proper technique. Students must have access to a keyboard and or piano, and a piano lesson book will be required. Teacher will determine the level of book. Students will also learn rhythm through playing percussion instruments. Helena Saco has a B.M. in Music Education and a teaching credential from SF State University.

No class: 7/4

Location: Terrabay – Piano Room

Classes: 12 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-256	Tue	Jun 04-Aug 20	6:30PM-7:00PM
SU5-257	Tue	Jun 04-Aug 20	7:00PM-7:30PM
SU5-258	Tue	Jun 04-Aug 20	7:30PM-8:00PM

Location: Magnolia – 3rd Floor Classroom

Classes: 12 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-260	Wed	Jun 05-Aug 21	3:00PM-3:30PM
SU5-261	Wed	Jun 05-Aug 21	3:30PM-4:00PM
SU5-262	Wed	Jun 05-Aug 21	4:00PM-4:30PM
SU5-263	Wed	Jun 05-Aug 21	4:30PM-5:00PM
SU5-264	Wed	Jun 05-Aug 21	5:00PM-5:30PM
SU5-265	Wed	Jun 05-Aug 21	6:00PM-6:30PM
SU5-266	Wed	Jun 05-Aug 21	6:30PM-7:00PM
SU5-267	Wed	Jun 05-Aug 21	7:00PM-7:30PM
SU5-268	Wed	Jun 05-Aug 21	7:30PM-8:00PM

Location: Magnolia – 3rd Floor Classroom

Classes: 11 Fee: \$204.00(R)/\$219.00(N)

COURSE #	DAY	DATE	TIME
SU5-290	Thu	Jun 06-Aug 22	3:00PM-3:30PM
SU5-291	Thu	Jun 06-Aug 22	3:30PM-4:00PM
SU5-292	Thu	Jun 06-Aug 22	4:00PM-4:30PM
SU5-293	Thu	Jun 06-Aug 22	4:30PM-5:00PM
SU5-294	Thu	Jun 06-Aug 22	5:00PM-5:30PM
SU5-295	Thu	Jun 06-Aug 22	5:30PM-6:00PM

Location: MSB – Council Chambers

Classes: 12 Fee: \$223.00(R)/\$238.00(N)

COURSE #	DAY	DATE	TIME
SU5-280	Fri	Jun 07-Aug 23	1:00PM-1:30PM
SU5-281	Fri	Jun 07-Aug 23	1:30PM-2:00PM
SU5-282	Fri	Jun 07-Aug 23	2:00PM-2:30PM
SU5-283	Fri	Jun 07-Aug 23	2:30PM-3:00PM
SU5-284	Fri	Jun 07-Aug 23	3:00PM-3:30PM
SU5-285	Fri	Jun 07-Aug 23	3:30PM-4:00PM
SU5-286	Fri	Jun 07-Aug 23	4:00PM-4:30PM
SU5-287	Fri	Jun 07-Aug 23	4:30PM-5:00PM

TEEN AND ADULT CLASSES

DANCE CLASSES

Ballet for Teens and Adults I & II

Age: 14Y & Up

Instructor: Maria Spremich

Location: MSB - Butterfly Room

This class is not an 'absolute beginners' class. Previous experience with elementary positions and concepts of classical ballet technique equal to one year of training, is helpful as this class is ongoing. This is a good level for those returning to ballet after many years as well as for students from other forms of dance (i.e. jazz, tap, hip-hop) wishing to supplement or enhance their training. Class attire: *Ladies* - leotard (any style/color), tights or leggings/jazz/yoga pants, leather or canvas ballet slippers. *Gentlemen* - T-shirt, athletic shorts/pants or jazz/yoga pants, leather or canvas ballet slippers. Leotards, tights and ballet slippers can be purchased on-line at discountdance.com, at the Capezio Dance Theater Shop in San Mateo or San Francisco Dancewear.

No class: 7/4

Classes: 9 Fee: \$77.00(R)/\$92.00(N)

COURSE #	DAY	DATE	TIME
SU1-401	Thu	Jun 13-Aug 15	6:15PM-7:25PM

Ballet for Teens and Adults Level II & III

Age: 14Y and up

Instructor: Maria Spremich

Location: MSB - Butterfly Room

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

No class: 7/4

Classes: 10 Fee: \$92.00(R)/\$107.00(N)

COURSE #	DAY	DATE	TIME
SU1-403 Level II/III	Tue	Jun 11-Aug 13	7:15PM-8:30PM

Classes: 9 Fee: \$82.00(R)/\$97.00(N)

COURSE #	DAY	DATE	TIME
SU1-404 Lev III	Thu	Jun 13-Aug 15	7:30PM-8:45PM



Belly Dancing - Beginners

Age: 16Y and up

Instructor: Alisa Greer

Location: Magnolia Center - Activity Room 1st Floor

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: 5 Fee: \$32.00(R)/\$47.00(N)

COURSE #	DAY	DATE	TIME
SU1-460	Wed	Jul 10-Aug 07	7:00PM-8:00PM

Belly Dance - Intermediate/Advanced

Age: 16Y and up

Instructor: Alisa Greer

Location: Magnolia Center - Activity Room 1st Floor

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: 5 Fee: \$32.00(R)/\$47.00(N)

COURSE #	DAY	DATE	TIME
SU1-461	Wed	Jul 10-Aug 07	8:00PM-9:00PM

Hawaiian Hula for 60+

Age: 60Y and up

Instructor: Millie Aranda

Location: MSB - Butterfly Dance Studio

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 pau skirt (T-Shirt & leggings are ok too). Mili Aranda has over 20 years of experience in dance, competition, music and teaching. Founder and Director of the Polynesian Performing Dance Company - 'Rahiti'. For information: rahiti1@yahoo.com.

Classes: 11 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-465	Tue	Jun 04-Aug 13	10:45AM-11:45AM

TEEN AND ADULT CLASSES

Hawaiian & Tahitian Dance – Level I & II

Age: 13Y and up

Instructor: Millie Aranda

Location: MSB – Social Hall

Come and join the fun learning dances from the South Pacific Islands. All classes will learn basic dance hip movements, footwork and gestures. Students will have the opportunity to learn dance(s) and perform on the last day of the session.

Level I – no experience needed. Level II – need 3 of years of experience or instructor permission to enroll. Please bring a Pa'u Skirt & Pareo (Sarong) to class. Instructor will provide resources for purchasing at first class, if needed. Mary Ann Narvaez may assist with instruction. Note: May require costume and or accessory purchases for performances. Basic Drumming lessons are available during Level II class for registered students, only. The Aranda Family (Mili Pasion Aranda, Remie Aranda, Reggie Aranda) have over 20 years of experience in dance, competition, music and teaching. Founders and Director of the Polynesian Performing Dance Company – 'Rahiti'. For information: rahiti1@yahoo.com.

No class: 7/4

Classes: 12 Fee: \$91.00(R)/\$106.00(N)

COURSE #	DAY	DATE	TIME
SU1-463	Tue	Jun 04–Aug 20	7:45PM–9:00PM

Level I

Classes: 11 Fee: \$117.00(R)/\$132.00(N)

COURSE #	DAY	DATE	TIME
SU1-462	Thu	Jun 06–Aug 22	7:30PM–9:15PM

Level II

Hip-Hop For Adults

Age: 18Y and up

Instructor: Noelle Campos

Location: MSB – Small Dance Studio

If you are looking for a fun way to get active, this is the class for you! Participants will find this class a great way to relieve stress and "dance it all out." All levels are welcomed! Instructor, Noelle Campos, has many years of dance experience including a Bachelor of Arts degree in Dance.

No class: 7/2

Classes: 8 Fee: \$91.00(R)/\$106.00(N)

COURSE #	DAY	DATE	TIME
SU1-420	Tue	June 18–Aug 13	7:00PM–8:00PM

Mexican Folklorico Dance for Adult Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: MSB – Marie Peterson Room

It is never too late to participate in a positive and up-lifting experience in dance. Learn basic Mexican Folklorico dance steps, sequences and dances from various states in Mexico. Enjoy a session of fellowship, exercise and rhythmical movement as you dance to inspirational music with new friends. This course is for the beginning adult student and will focus on low impact steps and cultural dances from Mexico, as well as mindful breathing exercises. The class will be instructed by Mrs. Patricia Martinelli who has over 25 years of experience in Mexican Folklorico dance and is the Co-Founder and General Director of Ballet Folklorico Alma de Mexico of SSFHS and Community. Attire: students will need comfortable leather sole shoes, light weight tennis shoes or jazz shoes for warm ups. Students may wear T-shirts, sweatpants, leggings or tights for maximum stretching and mobility. The instructor will provide additional resources for purchasing of Folklorico shoes and practice skirt at the first class.

Classes: 8 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-464	Tue	Jul 02–Aug 20	4:45PM–6:15PM

Tango Argentino

Age: 16Y and up

Instructor: Adrian Bermudez

Location: MSB – Social Hall

Embrace yourselves in this beautiful, sophisticated and challenging dance. Designed for absolute beginners, students will learn foundational skills in Argentine Tango such as partner connection, posture, walking and basic ochos. Please wear comfortable shoes (no rubber soles).

Classes: 12 Fee: \$87.00(R)/\$102.00(N)

COURSE #	DAY	DATE	TIME
SU1-410	Wed	Jun 05–Aug 21	8:30PM–9:30PM

Tap Dance for Adults

Age: 16Y and up

Instructor: Carol Costakis

Location: MSB – Marie Peterson Room

Have you always wanted to dance like Fred or Ginger? It's never too late to start. Come join the fun, from the basic shuffle and flap to advanced rhythms. Carol Costakis is an experienced and enthusiastic instructor.

No class: 7/30

Classes: 10 Fee: \$41.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU1-411	Tue	Jun 04–Aug 13	6:45PM–7:25PM
Level I			
SU1-412	Tue	Jun 04–Aug 13	8:15PM–8:55PM
Level II			
SU1-413	Tue	Jun 04–Aug 13	7:30PM–8:10PM
Level III			

TEEN AND ADULT CLASSES

West Coast Swing

Age: 13Y and up

Instructor: Adrian Bermudez

Location: MSB - Social Hall

Come and enjoy learning this bluesy swing that was developed from the original swing Lindy Hop but not as bouncy and physical. Very interesting patterns. Great for blues and pop music. See you there.

Classes: 12 Fee: \$87.00(R)/\$102.00(N)

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

ARTS AND SPECIAL INTEREST

Beginning Digital Photography

Age: 18Y and up

Instructor: Marty Springer

Location: MSB - Belloni Room

This fun, five week hands-on introduction to digital photography will help you understand your camera's menus, modes, metering, focusing, filters and the flash. We will be building skills to understand working with light, color and composition as we develop your artistic talents with in-class portraiture, still life and night shooting activities. You will also learn how to post-process images on the computer and learn how to bring them to the best aesthetic presentation possible. This is a great class for beginners and anyone who wants to review and take you photography to the next level. All cameras welcome. A \$20.00 supply fee is due to the instructor to cover materials and supplies.

Classes: 5 Fee: \$90.00(R)/\$105.00(N)

COURSE #	DAY	DATE	TIME
SU1-500	Wed	Jun 12-Jul 10	7:00PM-9:30PM

Dyeing for Crafters with Shibori

Age: 16Y and up

Instructor: Joy - Lily

Location: MSB - Belloni Room

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

No class: 6/27, 7/4

Classes: 8 Fee: \$115.00(R)/\$130.00(N)

COURSE #	DAY	DATE	TIME
SU1-501	Thu	Jun 06-Aug 08	10:00AM-2:00PM

Knitting for Beginners & Intermediates

Age: 12Y and up

Instructor: Victoria Gavidia

Location: MSB - Belloni Room

Welcome to knitting where you will learn to knit, purl, read patterns, yarn labels and more. Knit a hat, scarf, cowl, or mitts. Intermediates: Learn new skills, get help with unfinished projects or choose new ones. Learn how to change colors, work lace, cables, bobbles and more. A \$10.00 supply fee is payable to the instructor on the first day of class. Everyone: Bring US Size 6 and US Size 8, 16" circulars.

No class: 7/4

Classes: 9 Fee: \$78.00(R)/\$93.00(N)

COURSE #	DAY	DATE	TIME
SU1-503	Thu	Jun 13-Aug 15	7:00PM-9:00PM

San Francisco Wine School

Age: 21Y and up

Location: San Francisco Wine School

San Francisco Wine School's Intro Series Workshops are the perfect way to quickly learn about your favorite topic. Learn the basics of tasting, pairing and the world's most important regions with these casual workshops for enthusiasts or wine professionals just getting started! Participants must be 21 years or older.

Classes: 1 Fee: \$80.00(R)/\$95.00(N)

COURSE #	DAY	DATE	TIME
SU1-512	Thu	Jun 06	6:30PM-8:30PM
Intro to World Wines			
SU1-513	Thu	Jun 20	6:30PM-8:30PM
Intro to Blind Tasting			
SU1-514	Thu	Jun 27	6:30PM-8:30PM
Intro to Food Pairing			
SU1-518	Thu	Jul 11	6:30PM-8:30PM
Intro to CA Wines			
SU1-519	Thu	Jul 18	6:30PM-8:30PM
Intro to French Wines			
SU1-520	Thu	Jul 25	6:30PM-8:30PM
Intro to Italian Wines			
SU1-516	Thu	Aug 01	6:30PM-8:30PM
Intro to Spanish Wines			
SU1-517	Thu	Aug 08	6:30PM-8:30PM
Wine 101			

TEEN AND ADULT CLASSES

Sewing – Beginners

Age: 14Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

This class covers the fundamentals of beginning sewing for the new sewer, "haven't-sewn-for-years" sewer, and those who desire a refresher to continue developing a broader set of sewing skills while working on more challenging projects. Includes measuring for pattern size, pattern selection and pattern envelope instruction reading, fabric and notion selection, pattern layout to basic alterations for the perfect fit, cutting, and sewing to complete the garment. There will be an emphasis on proper sewing machine operation and the function of each presser foot along with the use of tools and equipment to enhance your sewing skills. Several shortcuts, and tried and true techniques will be shared to perfect your sewing skills. This is the perfect class for the gentleman tired of paying for alterations. A sewing pattern for the first class project will be provided. Students must bring their own sewing machines to class, or be informed of the best suitable sewing machine for your needs to purchase. Judy Barretto has been teaching sewing for many years and has the knowledge and skills of a wide variety of handicrafts. A supply fee of \$30.00 is payable to the instructor on the first class.

Classes: 12 Fee: \$189.00(R)/\$204.00(N)

COURSE #	DAY	DATE	TIME
SU1-506	Sat	Jun 08–Aug 24	12:00PM–2:30PM

Sewing – Intermediate

Age: 16Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

It's time to graduate into the next level of sewing, which is "Basic Clothing Modification." Not only that you have learned to alter patterns working with various fabrics and mastering the intricacies of skilled sewing, but you will be remaking your favorite clothing that you don't want to part with by utilizing more functions available on your sewing machine with additional presser feet to complete your projects faster. This class is for the student that knows how to read a pattern envelope with instructions and select appropriate fabric for the project. Must be proficient with a sewing machine; and have sewn at least a few easy projects. There will be an introduction to more accessories to make your projects easier. In addition to detailed pattern alterations, you will learn how to line garments and do free motion sewing. This class may be repeated as many times as you like as you become more proficient with the skills you learn. Instructor approval required for registration in this course. A supply fee of \$30.00 is payable to the instructor on the first class.

Classes: 12 Fee: \$189.00(R)/\$204.00(N)

COURSE #	DAY	DATE	TIME
SU1-507	Sun	Jun 09–Aug 25	9:00AM–11:30AM

Sewing Machine Serging

Age: 16Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

Take your sewing skills to the next level and make the serger a part of your sewing lifestyle! This class is dedicated to the advanced sewer who knows the basics and advanced techniques of creating the perfect garment with the skills learned from previous sewing classes given by Ms. Barretto. If you are ready to make the leap from a sewing machine to a serger, you have come to the right place. This class covers only the basic functions on a serger. A serger can join, wrap and trim your seams in one fast and easy step, and as if that weren't enough, it can also finish your projects with ruched layers or rolled hems. Sewing with a serger adds a professional polish that is not achievable when sewing with a basic sewing machine. You will create slopers from your favorite garments, and you will learn to design your own patterns. Build your confidence with using a basic serger. You'll learn to thread it and set it up for 2, 3 or 4-thread functions and get lots of practice time to develop accuracy in this new sewing skill. Instructor approval is required before enrolling. Students are required to bring your own serger and sewing machines to class. A supply fee of \$30.00 is payable to the instructor on the first class.

Classes: 12 Fee: \$189.00(R)/\$204.00(N)

COURSE #	DAY	DATE	TIME
SU1-508	Sat	Jun 08–Aug 24	9:00AM–11:30AM

Sewing – Workshop

Age: 14Y and up

Instructor: Judy Barretto

Location: MSB – Belloni Room

This sewing workshop is designed to assist you in completing your unfinished projects, place to bring your own items or learn sewing skills and techniques—it is all up to you. Brush up on functions of your sewing machine is also available. You will receive guidance in basic alteration techniques and you will be shown how to do simple revisions of your favorite garments. This is the perfect class for the gentleman tired of paying for alterations. This workshop is for anyone who does not want to learn to make a garment from scratch, too, but to do basic alterations and simple repairs on store bought clothing. Every level is welcome. Please note: formal sewing training is necessary for alterations such as repairing zippers or altering the style of a store bought item. Please see Beginning Sewing for formal sewing training. Sewing machines are not included in class, students must bring their own. A supply fee of \$20.00 is payable to the instructor on the first class.

Classes: 12 Fee: \$189.00(R)/\$204.00(N)

COURSE #	DAY	DATE	TIME
SU1-509	Sun	Jun 09–Aug 25	12:00PM–2:30PM

TEEN AND ADULT CLASSES



OUTDOOR FUN

Dragon Boat Paddling for Beginners

Age: 10Y and up

Location: Oyster Point Marina Gate #7

Dragon Boating began over 2,500 years ago. Its popularity has grown immensely over the past 30 years. Today, recreational paddlers as well as staunch competitors engage in the sport of dragon boating around the world. Now you can try it too and paddle in a 40-foot long, 20-seat Dragon Boat. You will learn basic paddling techniques, water safety, fitness preparation, team work, and the organizational structure of a Dragon Boat team. Each session includes land and water training. Participants who complete the entire session will receive a Certificate of Completion and a souvenir. Come join the Oyster Point Dragons (OPD) as we paddle on the Bay. Paddles up! Students have the option of joining OPD as a full member after the completion of the session. <http://www.oysterpointdragons.org/> Suggested items to bring to class include: water, sunscreen, hat, quick-dry outfits, sandals or water shoes, waterproof windbreaker, towel and a change of clothes. If you have any constraints, please notify the instructors in order to optimize your experience. Please meet at Oyster Point Marina Gate #7 (95 Harbor Master Road).

Classes: 3 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-610	Sat	May 25-Jun 08	8:30AM-10:30AM

Exploratory Butterfly Walk with Liam O'Brien

All Ages (children must be accompanied by an adult)

Instructors: Liam O'Brien with Loretta Brooks & Chuck Heimstadt

Location: Sign Hill Park - Walking Trails

Liam O'Brien is San Francisco's well-known lepidopterist, artist, illustrator, and Bay Nature's award-winning environmental educator. Loretta Brooks and Chuck Heimstadt live on the edge of Sign Hill and have become its ardent stewards; participants will benefit from their collective knowledge and enthusiasm. We expect to see plenty of wildflowers with beautiful vistas, not to mention butterflies. A large portion of this grassland is protected with Sign Hill Park and the recently donated and acquired Friends of Liberty Park, but the other 26 acres, equally worthy of preservation, are privately owned and vulnerable to development. We will walk at a leisurely pace, but due to the uneven ground and steep trails, we recommend wearing sturdy shoes and long pants. Meet Saturday morning (11am) at Sign Hill's west entrance: from Oyster Point off 101, go west on Hillside/Sister Cities Blvd., turning off Hillside to Stonegate Drive and continue uphill to the left to Ridgeview Court with the cross street Carnelian at the end. There is a small parking lot there and street parking on the way up. You may consider carpooling with friends. A forecast of wind or rain may cancel the walk until the next Saturday (If needed will be rescheduled to May 11.) Please leave pets at home for this walk. Please contact chuckheimstadt@yahoo.com with any questions.

Classes: 1 Fee: No Cost

COURSE #	DAY	DATE	TIME
SP1-612	Sat	May 04	11:00AM-1:00PM

Golf Lessons for All Levels

Age: 18Y and up

Instructor: Tommy Kim

Location: Cypress Golf Center - Golf Course

The Cypress Learning Center (2001 Hillside Blvd., Colma). Instruction is provided in stance, grip, putting, chipping as well as full golf swing. All participants are required to wear athletic shoes. Students will be provided with golf clubs for the duration of the session if they do not already have them. Saturday students will purchase golf balls at the range for each class (\$6.00 or \$9.00 bucket). There will be no makeup classes. It is the student's responsibility to be present and on time for class.

Classes: 4 Fee: \$160.00(R)/\$175.00(N)

COURSE #	DAY	DATE	TIME
SU1-109 Session I	Sat	Jun 08-Jun 29	9:00AM-10:00AM
SU1-110 Session II	Sat	Jul 06-Jul 27	9:00AM-10:00AM
SU1-111 Session III	Sat	Aug 03-Aug 24	9:00AM-10:00AM

TEEN AND ADULT CLASSES

EXERCISE AND FITNESS

Absolutely Abs

Age: 14Y and up

Instructor: Stephanie King

Location: MSB – Social Hall

Here's the class you've been looking for! Strengthen the core area. Obtain proper alignment of the spine and back. Gain control, stability, flexibility and fluidity of movement. Lengthen and tone the abdominal and back muscles. Learn when/what to contract and when/what to relax. Practice relaxing the shoulder, neck, and arms while executing abdominal and back exercises and movements. Build lung capacity to help remove toxins and to help burn more calories. Various modifications for various fitness and flexibility levels will be demonstrated. Please bring towel, mat, and 2-3 lb. weights to class.

Classes: 12 Fee: \$30.00(R)/\$45.00(N)

COURSE #	DAY	DATE	TIME
SU1-100	Tue	Jun 04-Aug 20	5:30PM-6:00PM

Aikido

Age: 14Y and up

Instructor: Masatoshi Morita

Location: Aikido Assoc. – Studio

Aikido is a Japanese martial art. The technique of Aikido emphasizes redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is excellent physical exercise and effective self defense. Please come to class wearing comfortable exercise clothes such as sweat pants and sweat shirt. Classes are held at 1405 Huntington Ave. Unit B, South San Francisco. For information, call (650) 393-3872 or email webmaster@higirikan.org.

Classes: 8 Fee: \$95.00(R)/\$110.00(N)

COURSE #	DAY	DATE	TIME
SU1-201 Session I	Tu/Th	Jun 04-Jun 27	7:10PM-8:00PM
SU1-202 Session II	Tu/Th	Jul 09-Aug 01	7:10PM-8:00PM

A.M. Fit N' Fun

Age: 18Y and up

Instructor: Ercie Santos

Location: MSB – Small Dance Studio

Jump start your day with this completely energizing workout! The class features cardio and resistance training, using a variety of methods. Emphasis is placed on improving spinal alignment and balance. It is designed for students familiar with exercise classes but open to all. Participants are encouraged to work at their own pace. The low impact cardio segment is 25-30 minutes. Bring a mat, towel and 1-5 pound hand weight. Ercie is ACE & ACSM certified and has taught exercise and dance classes for over 3 decades.

Classes: 9 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-101	Tue	Jun 04-Jul 30	9:30AM-10:30AM

Cardio N' Go Core

Age: 18Y and up

Instructor: Ercie Santos

Location: MSB – Social Hall

Want to take care of the basics in a concise and invigorating workout? This energizing, morning class includes a challenging core warm up with a cardio blast finish! Experience the benefits as we target the body's power center, responsible for the posture, support and balance, then enjoy a brisk 25 minute cardio segment that will renew, refresh and rev up your day! Mats are not required.

No class: 7/6

Classes: 7 Fee: \$27.00(R)/\$42.00(N)

COURSE #	DAY	DATE	TIME
SU1-102	Sat	Jun 08-Jul 27	9:30AM-10:15AM

Circuit Training

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB – Social Hall

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 is included in the class. Bring an exercise mat and weights.

No class: 7/18

Classes: 10 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU1-103	Thu	Jun 06-Aug 15	5:30PM-6:30PM

TEEN AND ADULT CLASSES

Complete Body Workout

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB – Marie Peterson

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

No class: 7/15

Classes: 10 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU1-104	Mon	Jun 03-Aug 12	5:30PM-6:30PM

Fitness Boot Camp

Age: 16Y and up

Instructor: Timothy Fogarty

Location: Westborough – Multi-Use Room

A fun and challenging fitness program designed to help you lose weight and have fun in a group setting. This workout incorporates High Intensity Interval Training (HIIT) as well as circuit training using mostly body weight exercises. Join the Fitness Boot Camp team to decrease that waistline and increase your energy and cardiovascular levels while improving your strength, flexibility, agility and endurance.

Instructor Timothy Fogarty was a collegiate athlete in football and baseball at the University of Puget Sound where he earned his degree in Exercise Science. Timothy has a CSCS (Certified Strength and Conditioning Specialist) certification from NSCA (National Strength and Conditioning Association).

No class: 7/4, 8/8

Classes: 10 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU1-106	Thu	Jun 06-Aug 22	6:00PM-7:00PM

Functional Fitness

Age: 13Y and up

Instructor: Lisa Forslund

Location: MSB – Social Hall

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

No class: 7/17

Classes: 10 Fee: \$50.00(R)/\$65.00(N)

COURSE #	DAY	DATE	TIME
SU1-108	Wed	Jun 05-Aug 14	5:30PM-6:30PM

Interval – Kickboxing

Age: 14Y and up

Instructor: Stephanie King

Location: MSB – Marie Peterson

A high energy aerobic and conditioning workout in an easy-to-follow format that produces results. The class focuses on punching, kicking combos at different speeds to build strength and endurance, ending with an awesome ab workout you are sure to feel. Please bring towel and mat to class.

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-112	Wed	Jun 05-Aug 21	6:30PM-7:30PM

Karate Basics for Adults

Age: 18Y and up

Instructor: Nobu Kaji

Location: Westborough – Small Activity Room

Learn the basics of Karate as an effective method of self defense. Develop confidence, and gain strength, flexibility, endurance in a friendly atmosphere. Beginners only. Sensei Nobu Kaji is a 7th degree black belt.

Classes: 12 Fee: \$65.00(R)/\$80.00(N)

COURSE #	DAY	DATE	TIME
SU1-216	Sat	Jun 08-Aug 24	10:15AM-11:15AM

Kenpo-Eskrima for Teens/Adults

Age: 13Y and up

Instructor: Romeo Agloro, Jr.

Location: Westborough Rec Building

Created by the class' instructor, 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 to neutralize threats applicable in today's situations. This class emphasizes practice and application of techniques for use to neutralize physical threats. The class also includes meditation, cardio & strengthening warm-ups as well as historical and cultural aspects of the art. Class uniform and training supplies may be purchased from instructor on first day of class. Class Instructor, Romeo Agloro is ranked as a Grandmaster in Kenpo, Guro in Eskrima and a Sifu in Norther Shaolin.

Classes: 24 Fee: \$108.00(R)/\$123.00(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 03-Aug 21	7:00PM-8:00PM

TEEN AND ADULT CLASSES

Osteo Pilates

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

This course will help increase bone density and reduce the risk of fracture through various exercises focused on low bone density as well as normal bone density. All movements will be explained and performed slowly to ensure correct alignment and mind/body connection. Soft music with slow to medium beat will be played. Bring to class: cushioned mat, towel, pillow, water, light weights. (Light weights will be used later in the session if we are ready to use them. Bands and own body weight are usually sufficient.)

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-113	Mon	Jun 03-Aug 19	11:30AM-12:15PM

Pickleball - Drop-In

Age: 18Y and up

Location: Terrabay-Gym

Pickleball is a new paddle sport sweeping the nation. This fun sport combines many elements of tennis, badminton, and ping pong. Pickleball is played with a paddle and plastic ball on a badminton sized court. The court is separated by a modified tennis net. Come out and give it a try. (No instruction will be provided for this program).

Classes: - Fee: \$3.00(R)/\$3.00(N)

COURSE #	DAY	DATE	TIME
SU1-118	Mon	Jun 03-Aug 19	7:00PM-9:00PM

Pilates

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

This system of stretching and strengthening exercises unites mind and body. Focus is on developing the 'core' (the deep abdominal and back muscles). Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a streamlined shape. Please bring a personal mat to class.

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-116	Mon	Jun 03-Aug 19	5:15PM-6:00PM

MSB - Social Hall

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-115	Mon	Jun 03-Aug 19	7:30PM-8:30PM

MSB - Social Hall

SU1-117	Wed	Jun 05-Aug 21	7:30PM-8:30PM
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MSB - Marie Peterson Room

Pilates - Drop-In

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Butterfly Dance Studio

Please note the day and location change for the Summer session. Drop-in class (no advance registration needed).

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

No class: 7/4

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

COURSE #	DAY	DATE	TIME
SU1-130	Tu/Th	Jun 04-Aug 22	9:15AM-10:15AM

Piloxing (Pilates & Boxing Combo)

Age: 14Y and up

Instructor: Stephanie King

Location: Fernekes Building - Orange Park

Piloxing is an exciting, new inter-disciplinary program that uniquely mixes Pilates and boxing with a bit of simple dance moves into a calorie blasting, muscle toning, core-centric interval workout, guaranteed to whip you into shape, using a class format that is both fun and challenging. And, it is executed with bare feet (optional, but recommended). This strengthens your feet and builds better balance, as balance starts from the bottom of your feet. Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. To complement the Pilates and boxing movements, Piloxing incorporates the use of ½ pound weighted gloves. These Piloxing weighted gloves add a muscular and cardio challenge and are specifically made for Piloxing for safety purposes. Please bring weighted gloves, optional, but recommended.

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-119	Sat	Jun 08-Aug 24	9:00AM-10:00AM

Shinkyu Shotokan Karate

Age: Teens (12Y-17Y) & Adults (18Y and up)

Instructor: Sue Miller

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 7th degree black belt. She will be assisted by Nobu Kaji, 7th degree black belt.

No class: 7/4

Classes: 23 Fee: \$102.00(R)/\$117.00(N)

COURSE #	DAY	DATE	TIME
SU1-215	Tu/Th	Jun 04-Aug 22	6:30PM-7:30PM
Teens			
SU1-209	Tu/Th	Jun 04-Aug 22	7:30PM-8:30PM
Adults			

TEEN AND ADULT CLASSES

Stretch & Tone

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Butterfly Room

New time! Lengthen and firm your body with mindfulness and breath. Perform controlled movements in order to feel the required stability, elongation, stretch, and proper alignment. Releases tension and improves circulation. Will regenerate your mood for the remainder of the business work day. Bring mat, towel, pillow, water.

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-129	Fri	Jun 07-Aug 23	10:30AM-11:15AM

Tabata Bootcamp™

Age: 14Y and up

Instructor: Stephanie King

Location: (see below)

Tabata Bootcamp™ is based on the most current High Intensity Interval Training (HIIT) research and timing protocol. It is an interval, total body workout that focuses on short periods (microbursts) of high/medium intensity movements (giving it your all) with rest periods. High/medium intensity movements are based on your own fitness and comfort level of intensity, which is unique to each participant. This efficient workout is appropriate for all fitness levels. Intensity improves when your body becomes more conditioned as a result of this Tabata/Hiit workout. Please bring a mat, towel, handweights, and water to class. *No class: 7/4*

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-121	Tue	Jun 04-Aug 20	6:45PM-7:30PM
<i>MSB - Social Hall</i>			

Classes: 11 Fee: \$55.00(R)/\$70.00(N)

COURSE #	DAY	DATE	TIME
SU1-122	Thu	Jun 06-Aug 22	7:00PM-8:00PM
<i>MSB - Marie Peterson</i>			

Table Tennis - Drop-In

Age: 14Y and up

Location: Magnolia - Multi-Use Room

Come enjoy an evening of Table Tennis. Drop-in fee is \$3.00, cash; no pre-registration is required. Minors must be accompanied by an adult. Please have exact change. *No class: 6/17, 7/4*

Classes: - Fee: \$3.00(R)/\$3.00(N)

COURSE #	DAY	DATE	TIME
SU1-131	M/W/Th	Jun 03-Aug 22	6:00PM-9:00PM

(Tai Chi) Chen Taiji and Qigong

Age: 18Y and up

Instructors: Anthony Cheung & Stella Cheung

Location: (see below)

Traditional Chen-style Taijiquan (Tai Chi) is widely acknowledged as the ancestor of all other styles of Taijiquan. This class will introduce the Traditional Chen-style Taijiquan form, Silk-reeling Exercises and Wuji Qigong. Taijiquan form will help students to develop strength, balance, coordination and an understanding of basic Taiji principles. Silk-reeling Exercises are a series of spiral movements which promote muscle relaxation and flexibility by reducing physical tension and strain. Wuji Qigong (standing meditation) will help students to cultivate internal energy (qi) which will enhance their immune systems, and to reduce physical and mental stress. Anthony and Stella Cheung are of the 21st generation of direct lineage from Chen family Taijiquan and certified instructors of American Chen Taijiquan Society.

No class: 7/8, 7/10, 7/15, 7/17

Classes: 7 Fee: \$67.00(R)/\$82.00(N)

COURSE #	DAY	DATE	TIME
SU1-206	Mon	Jun 10-Aug 19	7:00PM-8:45PM
<i>Terrabay - Iris Room</i>			

Classes: 7 Fee: \$67.00(R)/\$82.00(N)

COURSE #	DAY	DATE	TIME
SU1-207	Wed	Jun 12-Aug 21	7:00PM-8:45PM
<i>Terrabay - Poppy Room</i>			

Classes: 14 Fee: \$114.00(R)/\$129.00(N)

COURSE #	DAY	DATE	TIME
SU1-208	M/W	Jun 10-Aug 21	7:00PM-8:45PM
Combo Class			

Tai Chi Chuan - Beginners

Age: 15Y and up

Instructor: Gene Thomas

Location: Westborough Rec Building

Tai Chi Chuan is an ancient art of 'meditation in motion'. This slow relaxing form of exercise is excellent for all ages in stress control and development of physical and mental awareness. Classes consist of learning a series of simple, basic forms of performing graceful movements and standing meditations.

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-210	Tue	Jun 04-Aug 20	7:30PM-8:30PM

TEEN AND ADULT CLASSES

Tai Chi Chuan - Intermediate

Age: 15Y and up

Instructor: Gene Thomas

Location: Westborough Rec Building

The Intermediate class includes refining the series of Guang Ping Yang-Tai Chi movements and basic forms. Traditional Tai Chi sword sets will be taught to qualified students. Advanced students will be introduced to the Hsing-Yi style of internal martial arts. Students practicing Hsing-Yi have been known to slow down the aging process, add energy and improve overall vitality.

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-211	Tue	Jun 04-Aug 20	8:30PM-9:30PM

Tai Chi Chuan for Women

Age: 18Y and up

Instructor: Elliottte Mao

Location: MSB - Butterfly Dance Studio

Please note the location change for the Summer session.

The Qi energy harnessed for centuries for its life giving force has ironically been underutilized by the most life giving souls—women!! Come join a unique, energizing and nurturing class to discover why this intrinsic energy goes beyond the masculine concept of martial arts. With a series of steps culled from nature's best movements, this gentle exercise brings life enhancing benefits to fortify us against those nagging issues such as osteoporosis, menopause, depression, fatigue. Let's discover wellness together. Level II & III is for students with prior experience in Tai Chi. Elliottte Mao is a wellness educator who has been teaching Tai Chi for over 15 years.

No class: 8/5, 8/12

Classes: 10 Fee: \$55.00(R)/\$70.00(N)

COURSE #	DAY	DATE	TIME
SU1-212	Mon	Jun 03-Aug 19	10:00AM-11:00AM
Level I			
SU1-213	Mon	Jun 03-Aug 19	11:00AM-12:00PM
Level II			
SU1-214	Mon	Jun 03-Aug 19	12:00PM-1:00PM
Level III			

Yoga - 26+2 without heat

Age: 16Y and up

Instructor: Jennifer Kirkley

Location: MSB - Marie Peterson Room

This class focuses on a series of twenty-six asana poses designed to warm and stretch muscles, ligaments, and tendons in order, and prepare them for the subsequent poses. The practice of these twenty-six poses will enhance mind and body, relax, strengthen and tone your body inside and out. All levels are welcome. Please bring a yoga mat, and dress in layers. Jennifer Kirkley is a certified Yoga Instructor, and is trained in Traditional Hatha Yoga, and enjoys practicing Bikram Yoga, Hatha Yoga and other Yoga Yoga traditions.

No class: 7/1, 7/6

Classes: 11 Fee: \$101.00(R)/\$116.00(N)

COURSE #	DAY	DATE	TIME
SU1-306	Sat	Jun 08-Aug 24	9:00AM-10:30AM
SU1-307	Mon	Jun 03-Aug 19	7:00PM-8:30PM



Yoga - Stretching Beginning & Intermediate

Age: 16Y and up

Instructor: Don Amini

Location: Westborough - Multi-Use Room

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

No class: 6/17, 7/4, 7/15, 7/29

Classes: 9 Fee: \$83.00(R)/\$98.00(N)

COURSE #	DAY	DATE	TIME
SU1-303	Mon	Jun 03-Aug 19	10:15AM-11:45AM

Classes: 11 Fee: \$101.00(R)/\$116.00(N)

COURSE #	DAY	DATE	TIME
SU1-304	Thu	Jun 06-Aug 22	7:30PM-9:00PM

TEEN AND ADULT CLASSES

Zumba

Age: 14Y and up

Instructor: Stephanie King

Location: (see below)

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN & EASY TO DO. It is an interval training class where fast, moderate (at your own pace) and slow rhythms & resistance training are combined to tone & sculpt your body while burning fat. We add some Latin flavor & international zest into the mix and you've got Zumba! It's fun, caloric burning, heart racing, 7 muscle pumping, body energizing movements meant to engage and captivate you for life! Stephanie King is a certified Zumba instructor.

No class: 7/4

Classes: 12 Fee: \$45.00(R)/\$60.00(N)

COURSE #	DAY	DATE	TIME
SU1-125	Tue	Jun 04-Aug 20	6:00PM-6:45PM
<i>MSB - Social Hall</i>			

Classes: 11 Fee: \$55.00(R)/\$70.00(N)

COURSE #	DAY	DATE	TIME
SU1-123	Thu	Jun 06-Aug 22	6:00PM-7:00PM
<i>MSB - Marie Peterson</i>			

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-124	Sat	Jun 08-Aug 24	10:00AM-11:00AM
<i>Fernekes Building - Orange Park</i>			

Zumba - Drop-In Class

Age: 16Y and up

Instructor: Stephanie King

Location: (see below)

Please note the day and location change for the morning classes. Drop-in class (no advance registration needed). \$5.00 per class payable to the instructor at each class meeting (cash only please). No senior discount available.

No class: 7/4

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

COURSE #	DAY	DATE	TIME
---	Mon	Jun 03-Aug 19	9:15AM-10:15AM
<i>MSB - Social Hall</i>			
---	Wed	Jun 05-Aug 21	9:15AM-10:15AM
<i>MSB - Social Hall</i>			
---	Thu	Jun 06-Aug 22	5:00PM-6:00PM
<i>MSB - Marie Peterson Room</i>			
---	Fri	Jun 07-Aug 23	9:15AM-10:15AM
<i>MSB - Butterfly Dance Studio</i>			

Zumba Gold-Tone

Age: 14Y and up

Instructor: Stephanie King

Location: MSB - Social Hall

Zumba Gold-Tone utilizes the same great Latin styles of music and dance used in the Zumba basic program but at a lower intensity. This easy-to-follow program allows anyone, any age or ability, to participate. Participants will build muscle strength, increase bone density, and improve mobility, posture and coordination. Zumba Gold-Tone class will use light weights (1 to 2 lbs) or no weights. Participants will be taught how to tone without weights, as well. The Gold dance portion may also include hip-hop and reggaeton, as well as fitness moves. Note: This class is not the same as the traditional cardio Zumba class. Stephanie King is a certified Zumba Gold Tone instructor.

Classes: 12 Fee: \$60.00(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
SU1-128	Mon	Jun 03-Aug 14	6:00PM-7:00PM

CPR AND FIRST AID CLASSES

Basic Life Support for Health Care Providers (BLS for HCP)

The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics.

Class dates: Sat May 18, Jul 27

Heart Saver Adult First Aid CPR AED (HS Adult)

A video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults.

Class dates: Sat Jul 13, Aug 10

Heart Saver Pediatric First Aid CPR AED (HS Pediatric)

A video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in children, and infants.

Class dates: Sat May 4, Jun 29, Aug 24

**All classes will be on Saturday starting at 0900hrs in the EOC at Station 61 480 N. Canal St. Please contact the fire department at cpr@ssf.net for registration information.*

Tennis Facilities

Alta Loma Park

Camaritas Entrance or Promenade Entrance
off of El Camino Real
1 court

Orange Park

Tennis Drive & Orange Avenue
5 lighted courts

Brentwood Park

Rosewood & Briarwood Drives
1 court

Buri Buri Park

200 Block of Arroyo Drive
1 lighted court

Sellick Park

Appian Way
1 lighted court

Stonegate

Chestnut Ave. & Hillside Blvd.,
(across from Elks Club Parking Lot)
2 courts

Terrabay

1121 South San Francisco Drive
2 lighted courts

Westborough Park

Westborough Blvd. & Galway Place
2 courts

Information and Requirements

- Students furnish own racquet or may check out a loaner.
- Enrollment limited; early registration advised.
- Times other than those listed may be arranged, based on court and instructor availability.
- Classes and times subject to change with notice.

Class Description

NEW BEGINNER – No previous tennis instruction. Basic fundamental strokes (forehand, backhand, serve) are introduced.

BEGINNER – Pre-requisite of at least one recent session of instruction. Instruction reviews basic groundstrokes, refinement of footwork and serve.

ADVANCED BEGINNER/INTERMEDIATE – Pre-requisite of at least two recent sessions of instruction. Groundstrokes must be consistent at this stage. Instruction tailored to specific strengths and weaknesses of each participant. Strategy and non-competitive play are introduced.

PRIVATE – The student who desires more individual attention. Instructor will work on weaknesses or student's preference.

SEMI-PRIVATE – Same as private except participants must register as a pair.

Instructors: Michael Redondo and Jaime Pagmanua are Certified Instructors by the U.S.P.T.R. (United States Professional Tennis Registry).



TENNIS CLASSES

Tennis: Private Lessons

Age: 8Y and up

Instructor: Jaime Pagmanua

Location: Terrabay Tennis Court #1

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

Classes: 8 Fee: \$156.00(R)/\$171.00(N)

COURSE #	DAY	DATE	TIME
SU4-200	Sat	Jun 03-Jul 27	8:00AM-8:30AM
SU4-201	Sat	Jun 03-Jul 27	8:30AM-9:00AM
SU4-202	Sat	Jun 03-Jul 27	9:00AM-9:30AM
SU4-203	Sat	Jun 03-Jul 27	9:30AM-10:00AM
SU4-204	Sat	Jun 03-Jul 27	10:00AM-10:30AM
SU4-205	Sat	Jun 03-Jul 27	10:30AM-11:00AM
SU4-208	Sun	Jun 04-Jul 28	8:00AM-8:30AM
SU4-209	Sun	Jun 04-Jul 28	8:30AM-9:00AM
SU4-210	Sun	Jun 04-Jul 28	9:00AM-9:30AM
SU4-211	Sun	Jun 04-Jul 28	9:30AM-10:00AM
SU4-212	Sun	Jun 04-Jul 28	10:00AM-10:30AM
SU4-213	Sun	Jun 04-Jul 28	10:30AM-11:00AM

Child Tennis - Pee Wee

Age: 5½Y and up

Instructor: Michael Redondo

Location: Terrabay - Tennis Court #2

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

No class: 6/15, 7/16, 7/13

Classes: 9 Fee: \$63.00(R)/\$78.00(N)

COURSE #	DAY	DATE	TIME
SU4-100	Sat	Jun 08-Aug 10	11:00AM-12:00PM

Tennis 8 & Ups

Age: 8Y - 10Y

Instructor: Michael Redondo

Location: Terrabay - Tennis Court #2

This class offers children, ages 8-10 years old, an opportunity to take their tennis skills to the next level. The class will cover conditioning, footwork, tennis drills, as well as games that teach strategy. Racquets and balls will be provided. Please note, this course is only for students who are enrolled in or previously taken private tennis lessons with the South San Francisco Parks and Recreation Department.

No class: 6/15, 7/16, 7/13

Classes: 9 Fee: \$175.00(R)/\$190.00(N)

COURSE #	DAY	DATE	TIME
SU4-300	Sat	Jun 08-Aug 10	9:00AM-11:00AM

Morning Tennis Camp

Age: 8Y - 18Y

Instructor: Michael Redondo

Location: Westborough Tennis Courts

This innovative camp increases athletic ability, stamina, and appreciation of the sport of tennis. With the integration of both modern and traditional techniques, students can find their individual style. The camp is systematically structured to produce a higher skillset and understanding of tennis that students can apply to any level. This includes daily drills for targeted practice, engaging games, athletic conditioning, and mindfulness coaching for on the court. The format will be taught in a 1:1 or small group so that every student receives individual attention and peer support. Students may sign up for multiple sessions. Anthony Dizon-Barron will assist.

Classes: 5 Fee: \$145.00(R)/\$160.00(N)

COURSE #	DAY	DATE	TIME
SU4-331 Session 1	M-F	Jun 03-Jun 07	9:00AM-12:00PM
SU4-332 Session 2	M-F	Jun 10-Jun 14	9:00AM-12:00PM
SU4-333 Session 3	M-F	Jun 17-Jun 21	9:00AM-12:00PM
SU4-334 Session 4	M-F	Jun 24-Jun 28	9:00AM-12:00PM
SU4-335 Session 5	M-F	Jul 08-Jul 12	9:00AM-12:00PM
SU4-336 Session 6	M-F	Jul 15-Jul 19	9:00AM-12:00PM
SU4-337 Session 7	M-F	Jul 22-Jul 26	9:00AM-12:00PM
SU4-338 Session 8	M-F	Jul 29-Aug 02	9:00AM-12:00PM
SU4-339 Session 9	M-F	Aug 05-Aug 09	9:00AM-12:00PM



TENNIS CLASSES

Afternoon Tennis Camp

Age: 8Y – 18Y

Instructor: Michael Redondo

Location: Westborough Tennis Courts

This innovative camp increases athletic ability, stamina, and appreciation of the sport of tennis. With the integration of both modern and traditional techniques, students can find their individual style. The camp is systematically structured to produce a higher skillset and understanding of tennis that students can apply to any level. This includes daily drills for targeted practice, engaging games, athletic conditioning, and mindfulness coaching for on the court. The format will be taught in a 1:1 or small group so that every student receives individual attention and peer support. Students may sign up for multiple sessions. Anthony Dizon-Barron will assist.

Classes: 5 Fee: \$145.00(R)/\$160.00(N)

COURSE #	DAY	DATE	TIME
SU3-351 Session 1	M-F	Jun 03-Jun 07	1:00PM-4:00PM
SU3-352 Session 2	M-F	Jun 10-Jun 14	1:00PM-4:00PM
SU3-353 Session 3	M-F	Jun 17-Jun 21	1:00PM-4:00PM
SU3-354 Session 4	M-F	Jun 24-Jun 28	1:00PM-4:00PM
SU3-355 Session 5	M-F	Jul 08-Jul 12	1:00PM-4:00PM
SU3-356 Session 6	M-F	Jul 15-Jul 19	1:00PM-4:00PM
SU3-357 Session 7	M-F	Jul 22-Jul 26	1:00PM-4:00PM
SU3-358 Session 8	M-F	Jul 29-Aug 02	1:00PM-4:00PM
SU3-359 Session 9	M-F	Aug 05-Aug 09	1:00PM-4:00PM



Combo Tennis Camp (Morning & Afternoon Session Package)

Age: 8Y – 18Y

Instructor: Michael Redondo

Location: Westborough Tennis Courts

This course combines the morning and afternoon Tennis camp sessions for a fun and full day of instruction. Participants will need to bring a lunch from home for the supervised lunch break. This innovative camp increases athletic ability, stamina, and appreciation of the sport of tennis. With the integration of both modern and traditional techniques, students can find their individual style. The camp is systematically structured to produce a higher skillset and understanding of tennis that students can apply to any level. This includes daily drills for targeted practice, engaging games, athletic conditioning, and mindfulness coaching for on the court. The format will be taught in a 1:1 or small group so that every student receives individual attention and peer support. Students may sign up for multiple sessions. Anthony Dizon-Barron will assist.

Classes: 5 Fee: \$232.00(R)/\$247.00(N)

COURSE #	DAY	DATE	TIME
SU3-371 Session 1	M-F	Jun 03-Jun 07	9:00AM-4:00PM
SU3-372 Session 2	M-F	Jun 10-Jun 14	9:00AM-4:00PM
SU3-373 Session 3	M-F	Jun 17-Jun 21	9:00AM-4:00PM
SU3-374 Session 4	M-F	Jun 24-Jun 28	9:00AM-4:00PM
SU3-375 Session 5	M-F	Jul 08-Jul 12	9:00AM-4:00PM
SU3-376 Session 6	M-F	Jul 15-Jul 19	9:00AM-4:00PM
SU3-377 Session 7	M-F	Jul 22-Jul 26	9:00AM-4:00PM
SU3-378 Session 8	M-F	Jul 29-Aug 02	9:00AM-4:00PM
SU3-379 Session 9	M-F	Aug 05-Aug 09	9:00AM-4:00PM

YOUTH AND ADULT SPORTS

Junior Giants 2019

South San Francisco Parks and Recreation Department is offering the Junior Giants program this summer. Junior Giants is a great opportunity for boys and girls 5 – 13 years old to learn the skills of baseball in a non-competitive and fun format. Participants attend one practice per week and play games on Saturday. Junior Giants is more than just baseball however. The lineup includes character development, education, health, and violence prevention. The Junior Giants program begins June 10 – August 3. Best of all, the program is **FREE**. Our program is limited to two hundred players. A waitlist will be started once we have reached our limit.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1 ½ hours for one weekly practice and another 1 ½ for games on Fridays or Saturdays.

For those interested in volunteering or for more general information about the Junior Giants program, please call Bill Stridbeck at (650) 829-4683.

Online Registration begins Saturday, April 13. Go to www.gojrgiants.org to create an account and sign up as a player or volunteer coach or team parent.

Baseball Camp

Ages: 13-19 years old
Days: Monday & Wednesday (*Subject to change*)
Dates: June 4th – July 31st
Times: 12:00pm to 3:00pm
Location: Orange Park, Bob Brian Field

In its twelfth year, this free drop-in program will enable participants to take part in a variety of drills as well as hit. Class taught by Tiger Dela Cruz. Sign-ups will be taken at the field. For more information, please call (650) 829-4680.

Open Gym Program

Terrabay Gymnasium and Recreation Center
The schedule is as follows during the summer:

Friday Open Gym Futsal (all ages) 6:30pm – 8:30pm
Saturday Open Gym Basketball (ages 17 and under only) 12:00pm – 3:00pm
Sunday Open Gym Badminton 9:00am – 12:00pm
Open Gym Basketball (all ages) 12:30pm – 2:30pm

Fees	Juniors/Seniors	\$2.50
	Adults (18 and over)	\$3.50

Summer Adult Softball League

www.quickscores.com/ssf

Team slow pitch softball will begin league play in July 2019. Roster packets and information are available upon request. League play will consist of Coed on Mondays and Men's on Thursdays. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 or visit the website for more information.

Summer Adult Basketball League

www.quickscores.com/ssf

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in "Over 35," "D-1" & "D-2" classifications beginning in June 2019. Roster packets and information are available upon request. Registration begins May 13, 2019. League fee is \$600.00 per team for a six game season. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 or visit the league website for more information.

The South San Francisco United Youth Soccer League/Co-Sponsored Group

PO Box 5211, South San Francisco, CA 94083

Affiliated with the South San Francisco Parks and Recreation Department and the California Youth Soccer Association, the soccer club provides an opportunity for youth players of all levels to participate in the beautiful game.

Ages: Boys and Girls 4-11 years of age (must be 4 on 7/31/19)

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

Registration Dates: TBA

Fee: (Subject to change) \$120.00 (higher fees for competitive level and older age groups)
Sibling Discounts available.

Schedule:

- New teams created by Mid-August
- Teams start practicing in Mid-August
- Games start in September and end in November

Volunteers: Anyone interested in coaching, refereeing, or serving on various committees are welcome.

To inquire about registration after open registration, see the league's website.

Contact League Registrar:

Email: ssfsoccer@gmail.com

Phone: (650) 797-9479

Website: ssfsoccer.net

Se habla español

AQUATICS CLASSES

Orange Memorial Pool

- Indoor, 6 lanes, 25 yards
- Approximately 84 degrees
- (650) 875-6973

Swim Schedule (June 10 - August 4)

OMP Pool will be closed on the following dates:

- Wednesday, July 4th

Adult Lap Swimming (16 Years and up)

Monday thru Friday	5:30AM - 7:30AM
Saturday	7:30AM - 8:45AM
Sunday	7:30AM - 9:15AM

Adult Recreation Swim/Sauna (18 Years and up)

Monday thru Friday	10:15AM - 12:00PM
Tuesday & Thursday	7:45PM - 9:30PM
Sunday	9:30AM - 11:30AM

Open Recreation (All Ages)

Friday Family Night	7:00PM - 9:00PM
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\$5.75 for a family no more than 5 family members and at least 1 adult is required to be in the water with the children.

(Additional family members = \$2.50 per person)

Monday thru Friday	1:15PM - 2:30PM
Saturday	1:15PM - 2:45PM
Sunday	12:45PM - 2:15PM

Drop-in Parent and Child Recreation Swim

Ages: 4 months to 4 Years

Bring your child for play time in the pool! This special recreation time is for caregivers and children to play in the pool together as well as 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 or pay the drop-in fee. **All babies and children must wear a swim diaper and a swimsuit—no exceptions!** Please, no outside toys.

Monday & Friday	12:15PM - 1:00PM
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Fees

All class fees are listed in the class schedule. There are two sets of fees, one for residents and one for non-residents. Fees are subject to change. Payment for classes can be made by check or credit card (Visa, MasterCard, or Discover) on Monday through Friday, 8am - 5pm.

Admission Fees

Children	\$4.75
Adults	\$5.75

Script Cards (Resident/Non-resident):

Children	\$23.50(R)/\$46.50(N)
Adults	\$35.50(R)/\$56.50(N)
Seniors (62 yrs.+)	\$24.00(R)/\$35.00(N)

Adult Lap Swim

Adults	\$52.50(R)/\$60.00(N)/month
Seniors (62 yrs.+)	\$42.00(R)/\$48.00(N)/month
Daily	\$5.75
Script Card	\$43.00

Rentals

Orange Pool is available for rentals by individuals on Saturdays from 3:00pm-4:30pm and from 4:30pm-6:00pm. *Please note the 3:00pm start time must be reserved prior to booking the 4:30pm start-time.* Rentals are done on a first-come, first-serve basis.

Rental Rates:

\$170 for 30 participants or less
\$192 for 31-60 participants
\$214 for 61-100 participants.

Non-residents pay an additional \$20.00. Rental payments are due upon completion of the permit. For further information and date availability contact Orange Pool at (650) 875-6973.

South San Francisco Aquatics Club/ Co-Sponsored Group

South San Francisco Aquatics Club (SSFAC), co-sponsored by the Recreation Department, has been in operation since 1972. The SSFAC is a year round program which competes from novice level to national level. The team conducts workouts Monday thru Friday and competes in at least one swim meet a month. Tryouts are held on Mondays by appointment only. Candidates for swim team should be able to swim 25 yards Freestyle and Backstroke. For more information, email the team at ssfac@comcast.net or look the team up on the web at www.teamunify.com/home.jsp?team=ssf

Registration Procedures

Registration information and forms are located in the back of the brochure. You may enroll into any aquatic class listed in the class schedule. Registrations can be brought to Orange Pool or the Recreation Administrative Office.

Additionally, registration is also accepted over the internet via CivicRec at www.secure.rec1.com. *Touch tone phone registration is no longer an option. You will need to create a family account in advance if you have not already.*

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

AQUATICS CLASSES

INFANT/PRESCHOOL

Level 1: Infants

Age: 4M - 17M

This level is designed to orient the infant to the water and the various skills involved in swimming. An adult accompanies the infant in the water and **infants are required to wear a swim diaper**. Please do not eat or drink 30 minutes prior to the start of class.

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-102	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-103	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-104	Sun	Jun 16-Aug 04	3:50PM-4:20PM

Level 2: Toddler

Age: 18M - 35M

This level works with the toddler on orientation to the water and on teaching the various skills involved in beginning swimming. An adult accompanies the toddler in the water and **all toddlers are required to wear a swim diaper**. Please do not eat or drink 30 minutes prior to the start of class.

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-206	Thu	Jun 13-Aug 01	6:30PM-7:00PM

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-202	Mon	Jun 10-Jul 19	6:30PM-7:00PM
SU8-203	Tue	Jun 11-Jul 30	6:30PM-7:00PM
SU8-204	Wed	Jun 12-Jul 31	6:30PM-7:00PM
SU8-205	Wed	Jun 12-Jul 31	7:05PM-7:35PM
SU8-207	Fri	Jun 14-Aug 02	3:10PM-3:40PM
SU8-208	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-209	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-210	Sun	Jun 16-Aug 04	4:25PM-4:55PM

Level 3: Pre-School

Age: 3Y - 4Y

The purpose of this course is to begin teaching floating and swimming skills to preschoolers. An adult accompanies the preschooler in the water. **Preschoolers are required to wear a swim diaper** or, if potty trained, a swim suit. Please do not eat or drink 30 minutes prior to the start of class.

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-306	Thu	Jun 13-Aug 01	7:05PM-7:35PM

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-302	Mon	Jun 10-Jul 29	7:05PM-7:35PM
SU8-303	Mon	Jun 10-Jul 29	7:40PM-8:10PM
SU8-304	Tue	Jun 11-Jul 30	7:05PM-7:35PM
SU8-305	Wed	Jun 12-Jul 31	7:40PM-8:10PM
SU8-307	Fri	Jun 14-Aug 02	2:35PM-3:05PM
SU8-308	Fri	Jun 14-Aug 02	3:45PM-4:15PM
SU8-313	Sat	Jun 15-Aug 03	12:30PM-1:00PM
SU8-314	Sat	Jun 15-Aug 03	12:30PM-1:00PM
SU8-315	Sun	Jun 16-Aug 04	2:30PM-3:00PM
SU8-316	Sun	Jun 16-Aug 04	3:05PM-3:35PM

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. **Children 4 years and younger are required to wear a swim diaper**. Pre-requisite: Must have passed the Level III Preschool Class. Please do not eat or drink 30 minutes prior to the start of class.

Classes: 8 Fee: \$64.00(R)/\$66.00(N)

COURSE #	DAY	DATE	TIME
SU8-402	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-403	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-404	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-405	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-406	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-407	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-408	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-409	Sat	Jun 15-Aug 03	10:45AM-11:15AM

AQUATICS CLASSES

CHILD

Level 1: Basic Beginners

Age: 5Y - 15Y

This class is intended for the first time student. We will be primarily focusing 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.

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-119	Thu	Jun 13-Aug 01	6:30PM-7:00PM
SU8-120	Thu	Jun 13-Aug 01	6:30PM-7:00PM
SU8-121	Thu	Jun 13-Aug 01	7:05PM-7:35PM
SU8-122	Thu	Jun 13-Aug 01	7:05PM-7:35PM

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-107	Mon	Jun 10-Jul 29	6:30PM-7:00PM
SU8-108	Mon	Jun 10-Jul 29	6:30PM-7:00PM
SU8-109	Mon	Jun 10-Jul 29	7:05PM-7:35PM
SU8-110	Mon	Jun 10-Jul 29	7:05PM-7:35PM
SU8-111	Mon	Jun 10-Jul 29	7:40PM-8:10PM
SU8-112	Mon	Jun 10-Jul 29	7:40PM-8:10PM
SU8-113	Wed	Jun 12-Jul 31	6:30PM-7:00PM
SU8-114	Wed	Jun 12-Jul 31	6:30PM-7:00PM
SU8-115	Wed	Jun 12-Jul 31	7:05PM-7:35PM
SU8-116	Wed	Jun 12-Jul 31	7:05PM-7:35PM
SU8-117	Wed	Jun 12-Jul 31	7:40PM-8:10PM
SU8-118	Wed	Jun 12-Jul 31	7:40PM-8:10PM
SU8-123	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-124	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-125	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-126	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-127	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-128	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-129	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-130	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-131	Sun	Jun 16-Aug 04	2:30PM-3:00PM
SU8-132	Sun	Jun 16-Aug 04	2:30PM-3:00PM
SU8-133	Sun	Jun 16-Aug 04	3:05PM-3:35PM
SU8-134	Sun	Jun 16-Aug 04	3:05PM-3:35PM
SU8-135	Sun	Jun 16-Aug 04	3:50PM-4:20PM
SU8-136	Sun	Jun 16-Aug 04	3:50PM-4:20PM
SU8-137	Sun	Jun 16-Aug 04	4:25PM-4:55PM
SU8-138	Sun	Jun 16-Aug 04	4:25PM-4:55PM

Daily Basic Beginners #1

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/14, 6/21**

COURSE #	DAY	DATE	TIME
SU8-139	M-F	Jun 10-Jun 20	8:30AM-9:00AM
SU8-140	M-F	Jun 10-Jun 20	8:30AM-9:00AM
SU8-141	M-F	Jun 10-Jun 20	9:05AM-9:35AM
SU8-142	M-F	Jun 10-Jun 20	9:05AM-9:35AM
SU8-143	M-F	Jun 10-Jun 20	9:40AM-10:10AM
SU8-144	M-F	Jun 10-Jun 20	9:40AM-10:10AM

Daily Basic Beginners #2

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/26, 7/4**

COURSE #	DAY	DATE	TIME
SU8-145	M-F	Jun 24-Jul 05	8:30AM-9:00AM
SU8-146	M-F	Jun 24-Jul 05	8:30AM-9:00AM
SU8-147	M-F	Jun 24-Jul 05	9:05AM-9:35AM
SU8-148	M-F	Jun 24-Jul 05	9:05AM-9:35AM
SU8-149	M-F	Jun 24-Jul 05	9:40AM-10:10AM
SU8-150	M-F	Jun 24-Jul 05	9:40AM-10:10AM

Daily Basic Beginners #3

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/12, 7/19**

COURSE #	DAY	DATE	TIME
SU8-151	M-F	Jul 08-Jul 18	8:30AM-9:00AM
SU8-152	M-F	Jul 08-Jul 18	8:30AM-9:00AM
SU8-153	M-F	Jul 08-Jul 18	9:05AM-9:35AM
SU8-154	M-F	Jul 08-Jul 18	9:05AM-9:35AM
SU8-155	M-F	Jul 08-Jul 18	9:40AM-10:10AM
SU8-156	M-F	Jul 08-Jul 18	9:40AM-10:10AM

Daily Basic Beginners #4

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/26, 8/1**

COURSE #	DAY	DATE	TIME
SU8-157	M-F	Jul 22-Aug 02	8:30AM-9:00AM
SU8-158	M-F	Jul 22-Aug 02	8:30AM-9:00AM
SU8-159	M-F	Jul 22-Aug 02	9:05AM-9:35AM
SU8-160	M-F	Jul 22-Aug 02	9:05AM-9:35AM
SU8-161	M-F	Jul 22-Aug 02	9:40AM-10:10AM
SU8-162	M-F	Jul 22-Aug 02	9:40AM-10:10AM

Level 2: Beginners

Age: 5Y - 15Y

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.

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-217	Thu	Jun 13-Aug 01	6:30PM-7:00PM
SU8-218	Thu	Jun 13-Aug 01	7:05PM-7:35PM

AQUATICS CLASSES

Level 2: Beginners (cont.)

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-211	Mon	Jun 10-Jul 29	6:30PM-7:00PM
SU8-212	Mon	Jun 10-Jul 29	7:05PM-7:35PM
SU8-213	Mon	Jun 10-Jul 29	7:40PM-8:10PM
SU8-214	Wed	Jun 12-Jul 31	6:30PM-7:00PM
SU8-215	Wed	Jun 12-Jul 31	7:05PM-7:35PM
SU8-216	Wed	Jun 12-Jul 31	7:40PM-8:10PM
SU8-219	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-220	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-221	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-222	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-223	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-224	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-225	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-226	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-227	Sun	Jun 16-Aug 04	2:30PM-3:00PM
SU8-228	Sun	Jun 16-Aug 04	3:05PM-3:35PM
SU8-229	Sun	Jun 16-Aug 04	3:50PM-4:20PM
SU8-230	Sun	Jun 16-Aug 04	4:25PM-4:55PM

Daily Beginners #1

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/14, 6/21**

COURSE #	DAY	DATE	TIME
SU8-231	M-F	Jun 10-Jun 20	8:30AM-9:00AM
SU8-232	M-F	Jun 10-Jun 20	8:30AM-9:00AM
SU8-233	M-F	Jun 10-Jun 20	9:05AM-9:35AM
SU8-234	M-F	Jun 10-Jun 20	9:05AM-9:35AM
SU8-235	M-F	Jun 10-Jun 20	9:40AM-10:10AM
SU8-236	M-F	Jun 10-Jun 20	9:40AM-10:10AM

Daily Beginners #2

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/26, 7/4**

COURSE #	DAY	DATE	TIME
SU8-237	M-F	Jun 24-Jul 05	8:30AM-9:00AM
SU8-238	M-F	Jun 24-Jul 05	8:30AM-9:00AM
SU8-239	M-F	Jun 24-Jul 05	9:05AM-9:35AM
SU8-240	M-F	Jun 24-Jul 05	9:05AM-9:35AM
SU8-241	M-F	Jun 24-Jul 05	9:40AM-10:10AM
SU8-242	M-F	Jun 24-Jul 05	9:40AM-10:10AM

Daily Beginners #3

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/12, 7/19**

COURSE #	DAY	DATE	TIME
SU8-243	M-F	Jul 08-Jul 18	8:30AM-9:00AM
SU8-244	M-F	Jul 08-Jul 18	8:30AM-9:00AM
SU8-245	M-F	Jul 08-Jul 18	9:05AM-9:35AM
SU8-246	M-F	Jul 08-Jul 18	9:05AM-9:35AM
SU8-247	M-F	Jul 08-Jul 18	9:40AM-10:10AM
SU8-248	M-F	Jul 08-Jul 18	9:40AM-10:10AM

Daily Beginners #4

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/26, 8/1**

COURSE #	DAY	DATE	TIME
SU8-249	M-F	Jul 22-Aug 02	8:30AM-9:00AM
SU8-250	M-F	Jul 22-Aug 02	8:30AM-9:00AM
SU8-251	M-F	Jul 22-Aug 02	9:05AM-9:35AM
SU8-252	M-F	Jul 22-Aug 02	9:05AM-9:35AM
SU8-253	M-F	Jul 22-Aug 02	9:40AM-10:10AM
SU8-254	M-F	Jul 22-Aug 02	9:40AM-10:10AM

Level 3: Advanced Beginners

Age: 5Y - 15Y

Prerequisites: The ability to swim 15 yards crawl stroke with breathing, 15 yards of back stroke, and treading water for 30 seconds. 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.

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-317	Mon	Jun 10-Jul 29	6:30PM-7:00PM
SU8-318	Mon	Jun 10-Jul 29	7:40PM-8:10PM
SU8-319	Wed	Jun 12-Jul 31	6:30PM-7:00PM
SU8-320	Wed	Jun 12-Jul 31	7:40PM-8:10PM
SU8-321	Fri	Jun 14-Aug 02	2:35PM-3:05PM
SU8-322	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-323	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-324	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-325	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-326	Sun	Jun 16-Aug 04	2:30PM-3:00PM
SU8-327	Sun	Jun 16-Aug 04	3:50PM-4:20PM

Daily Advanced Beginners #1

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/14, 6/21**

COURSE #	DAY	DATE	TIME
SU8-328	M-F	Jun 10-Jun 20	8:30AM-9:00AM
SU8-329	M-F	Jun 10-Jun 20	9:40AM-10:10AM

Daily Advanced Beginners #2

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/26, 7/4**

COURSE #	DAY	DATE	TIME
SU8-330	M-F	Jun 24-Jul 05	8:30AM-9:00AM
SU8-331	M-F	Jun 24-Jul 05	9:40AM-10:10AM

Daily Advanced Beginners #3

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/12, 7/19**

COURSE #	DAY	DATE	TIME
SU8-332	M-F	Jul 08-Jul 18	8:30AM-9:00AM
SU8-333	M-F	Jul 08-Jul 18	9:40AM-10:10AM

Daily Advanced Beginners #4

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/26, 8/1**

COURSE #	DAY	DATE	TIME
SU8-334	M-F	Jul 22-Aug 02	8:30AM-9:00AM
SU8-335	M-F	Jul 22-Aug 02	9:40AM-10:10AM

AQUATICS CLASSES

Level 4: Intermediates

Age: 5Y - 15Y

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

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-412	Thu	Jun 13-Aug 01	6:30PM-7:00PM

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-410	Mon	Jun 10-Jul 29	7:05PM-7:35PM
SU8-411	Wed	Jun 12-Jul 31	7:05PM-7:35PM
SU8-413	Fri	Jun 14-Aug 02	3:45PM-4:15PM
SU8-414	Sat	Jun 15-Aug 03	9:00AM-9:30AM
SU8-415	Sat	Jun 15-Aug 03	10:10AM-10:40AM
SU8-416	Sun	Jun 16-Aug 04	3:05PM-3:35PM

Daily Intermediates #1

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/14, 6/21**

COURSE #	DAY	DATE	TIME
SU8-417	M-F	Jun 10-Jun 20	9:05AM-9:35AM

Daily Intermediates #2

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 6/26, 7/4**

COURSE #	DAY	DATE	TIME
SU8-418	M-F	Jun 24-Jul 05	9:05AM-9:35AM

Daily Intermediates #3

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/12, 7/19**

COURSE #	DAY	DATE	TIME
SU8-419	M-F	Jul 08-Jul 18	9:05AM-9:35AM

Daily Intermediates #4

Classes: 8 Fee: \$52.00(R)/\$56.00(N) **No class: 7/26, 8/1**

COURSE #	DAY	DATE	TIME
SU8-420	M-F	Jul 22-Aug 02	9:05AM-9:35AM

Level 5: Swimmers

Age: 5Y - 15Y

Prerequisites: The ability to swim 50 yards of crawl stroke and back stroke, 15 yards of elementary back stroke, side stroke and breast stroke, and tread water for 2 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.

Classes: 7 Fee: \$45.00(R)/\$49.00(N) **No class: 7/4**

COURSE #	DAY	DATE	TIME
SU8-500	Thu	Jun 13-Aug 01	7:05PM-7:35PM

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-501	Fri	Jun 14-Aug 02	3:10PM-3:40PM
SU8-502	Sat	Jun 15-Aug 03	9:35AM-10:05AM
SU8-503	Sat	Jun 15-Aug 03	10:45AM-11:15AM
SU8-504	Sun	Jun 16-Aug 04	4:25PM-4:55PM

SEMI-PRIVATE

Semi-Private, Level 1: Basic Beginners

Age: 5Y and up

This class is intended for the first time student. We will be primarily focusing 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.

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-163	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-164	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-165	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-166	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-167	Sat	Jun 15-Aug 03	12:30PM-1:00PM
SU8-168	Sat	Jun 15-Aug 03	12:30PM-1:00PM

M/W Semi-Private Basic Beginners #1

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-169	M/W	Jun 10-Jul 03	2:40PM-3:10PM
SU8-170	M/W	Jun 10-Jul 03	3:15PM-3:45PM
SU8-171	M/W	Jun 10-Jul 03	3:50PM-4:20PM

Tu/Th Semi-Private Basic Beginners #1

Classes: 7 Fee: \$70.00(R)/\$74.00(N)

COURSE #	DAY	DATE	TIME
SU8-172	Tu/Th	Jun 11-Jul 02	2:40PM-3:10PM
SU8-173	Tu/Th	Jun 11-Jul 02	3:15PM-3:45PM
SU8-174	Tu/Th	Jun 11-Jul 02	3:50PM-4:20PM

M/W Semi-Private Basic Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-175	M/W	Jul 08-Jul 31	2:40PM-3:10PM
SU8-176	M/W	Jul 08-Jul 31	3:15PM-3:45PM
SU8-177	M/W	Jul 08-Jul 31	3:50PM-4:20PM

Tu/Th Semi-Private Basic Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-178	Tu/Th	Jul 09-Aug 01	2:40PM-3:10PM
SU8-179	Tu/Th	Jul 09-Aug 01	3:15PM-3:45PM
SU8-180	Tu/Th	Jul 09-Aug 01	3:50PM-4:20PM

AQUATICS CLASSES

Semi-Private, Level 2: Beginners

Age: 5Y and up

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.

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-255	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-256	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-257	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-258	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-259	Sat	Jun 15-Aug 03	12:30PM-1:00PM
SU8-260	Sat	Jun 15-Aug 03	12:30PM-1:00PM

M/W Semi-Private Beginners #1

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-261	M/W	Jun 10-Jul 03	2:40PM-3:10PM
SU8-262	M/W	Jun 10-Jul 03	3:15PM-3:45PM
SU8-263	M/W	Jun 10-Jul 03	3:50PM-4:20PM

Tu/Th Semi-Private Beginners #1

Classes: 7 Fee: \$70.00(R)/\$74.00(N)

COURSE #	DAY	DATE	TIME
SU8-264	Tu/Th	Jun 11-Jul 02	2:40PM-3:10PM
SU8-265	Tu/Th	Jun 11-Jul 02	3:15PM-3:45PM
SU8-266	Tu/Th	Jun 11-Jul 02	3:50PM-4:20PM

M/W Semi-Private Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-267	M/W	Jul 08-Jul 31	2:40PM-3:10PM
SU8-268	M/W	Jul 08-Jul 31	3:15PM-3:45PM
SU8-269	M/W	Jul 08-Jul 31	3:50PM-4:20PM

Tu/Th Semi-Private Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-270	Tu/Th	Jul 09-Aug 01	2:40PM-3:10PM
SU8-271	Tu/Th	Jul 09-Aug 01	3:15PM-3:45PM
SU8-272	Tu/Th	Jul 09-Aug 01	3:50PM-4:20PM

Semi-Private, Level 3: Advanced Beginners

Age: 5Y and up

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.

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-336	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-337	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-338	Sat	Jun 15-Aug 03	12:30PM-1:00PM

M/W Semi-Private Advanced Beginners #1

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-339	M/W	Jun 10-Jul 03	2:40PM-3:10PM
SU8-340	M/W	Jun 10-Jul 03	3:15PM-3:45PM
SU8-341	M/W	Jun 10-Jul 03	3:50PM-4:20PM

Tu/Th Semi-Private Advanced Beginners #1

Classes: 7 Fee: \$70.00(R)/\$74.00(N)

COURSE #	DAY	DATE	TIME
SU8-342	Tu/Th	Jun 11-Jul 02	2:40PM-3:10PM
SU8-343	Tu/Th	Jun 11-Jul 02	3:15PM-3:45PM
SU8-344	Tu/Th	Jun 11-Jul 02	3:50PM-4:20PM

M/W Semi-Private Advanced Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-345	M/W	Jul 08-Jul 31	2:40PM-3:10PM
SU8-346	M/W	Jul 08-Jul 31	3:15PM-3:45PM
SU8-347	M/W	Jul 08-Jul 31	3:50PM-4:20PM

Tu/Th Semi-Private Advanced Beginners #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-348	Tu/Th	Jul 09-Aug 01	2:40PM-3:10PM
SU8-349	Tu/Th	Jul 09-Aug 01	3:15PM-3:45PM
SU8-350	Tu/Th	Jul 09-Aug 01	3:50PM-4:20PM

AQUATICS CLASSES

Semi-Private, Level 4: Intermediates

Age: 5Y and up

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.

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-421	Sat	Jun 15-Aug 03	11:30AM-12:00PM
SU8-422	Sat	Jun 15-Aug 03	12:00PM-12:30PM
SU8-423	Sat	Jun 15-Aug 03	12:30PM-1:00PM

M/W Semi-Private Intermediates #1

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-424	M/W	Jun 10-Jul 03	2:40PM-3:10PM
SU8-425	M/W	Jun 10-Jul 03	3:15PM-3:45PM
SU8-426	M/W	Jun 10-Jul 03	3:50PM-4:20PM

Tu/Th Semi-Private Intermediates #1

Classes: 7 Fee: \$70.00(R)/\$74.00(N)

COURSE #	DAY	DATE	TIME
SU8-427	Tu/Th	Jun 11-Jul 02	2:40PM-3:10PM
SU8-428	Tu/Th	Jun 11-Jul 02	3:15PM-3:45PM
SU8-429	Tu/Th	Jun 11-Jul 02	3:50PM-4:20PM

M/W Semi-Private Intermediates #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-430	M/W	Jul 08-Jul 31	2:40PM-3:10PM
SU8-431	M/W	Jul 08-Jul 31	3:15PM-3:45PM
SU8-432	M/W	Jul 08-Jul 31	3:50PM-4:20PM

Tu/Th Semi-Private Intermediates #2

Classes: 8 Fee: \$80.00(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
SU8-433	Tu/Th	Jul 09-Aug 01	2:40PM-3:10PM
SU8-434	Tu/Th	Jul 09-Aug 01	3:15PM-3:45PM
SU8-435	Tu/Th	Jul 09-Aug 01	3:50PM-4:20PM

Private Swim Lessons

Age: 5Y and up

The amount of sessions are limited. Private lessons are now available during Open Rec swim times (Fridays, Saturdays and Sundays). As with all classes, these sessions can be subject to cancellation due to instructor unavailability. Classes are expected to fill quickly so alternative plans to register for a group or semi-private lesson is highly recommended. Registration for private lessons can only be accepted in-person at Orange Pool.

Private Lesson #1

Classes: 4 Fee: \$76.00(R)/\$80.00(N)

COURSE #	DAY	DATE	TIME
SU8-903	Sat	Jun 15-Jul 06	1:15PM-1:45PM
SU8-904	Sat	Jun 15-Jul 06	1:45PM-2:15PM
SU8-905	Sat	Jun 15-Jul 06	2:15PM-2:45PM
SU8-906	Sun	Jun 16-Jul 07	12:45PM-1:15PM
SU8-907	Sun	Jun 16-Jul 07	1:15PM-1:45PM
SU8-908	Sun	Jun 16-Jul 07	1:45PM-2:15PM

Private Lesson #2

Classes: 4 Fee: \$76.00(R)/\$80.00(N)

COURSE #	DAY	DATE	TIME
SU8-912	Sat	Jul 13-Aug 03	1:15PM-1:45PM
SU8-913	Sat	Jul 13-Aug 03	1:45PM-2:15PM
SU8-914	Sat	Jul 13-Aug 03	2:15PM-2:45PM
SU8-915	Sun	Jul 14-Aug 04	12:45PM-1:15PM
SU8-916	Sun	Jul 14-Aug 04	1:15PM-1:45PM
SU8-917	Sun	Jul 14-Aug 04	1:45PM-2:15PM

AQUATICS CLASSES

TEENS

Junior Lifeguard Camp

Age: 11Y - 15Y

Junior Lifeguarding involves a significant amount of physical activity. This camp will cover basic water safety skills, rescue skills, teamwork and an introduction to First Aid and CPR (do not receive certification in this course). This is an excellent course for a teen to take if interested in future Lifeguard Certification. *Course prerequisites (at the first Junior Lifeguarding Class, participants must demonstrate the following skills): Swim the front crawl for 25 yards continuously while breathing to the front or side, Tread water for 1 minute using arms and legs, show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl, Submerge and swim a distance of 10 feet under water. Please bring a lunch and/or snack, and bottled water. Fee will include course materials, completion certificate and a T-Shirt.*

Classes: 5 Fee: \$105.00(R)/\$120.00(N)

COURSE #	DAY	DATE	TIME
SU8-612	M-F	Jun 03-Jun 07	8:00AM-1:00PM

Swim Aid Program

Age: 13Y and up

The swim aid program is a volunteer position for those who wish to assist our lesson program as Instructor Aids. The candidate will be instructed in beginning Water Safety and how to teach beginning swimming. This program is ideal for those who wish to become future swimming instructors. Requirements: Passed Intermediates or the pretest and be at least 13 years old. Swim aids may qualify for free Script cards. Call (650) 875-6959 for details.

No class: 6/26, 7/4, 8/1

Classes: - Fee: \$.00(R)/\$.00(N)

COURSE #	DAY	DATE	TIME
SU8-700	Mon	Jun 10-Jul 29	6:30PM-8:10PM
SU8-701	Wed	Jun 12-Jul 31	6:30PM-8:10PM
SU8-702	Thu	Jun 13-Aug 01	6:30PM-7:35PM
SU8-703	Sat	Jun 15-Aug 03	9:00AM-1:00PM
SU8-704	Sun	Jun 16-Aug 04	2:30PM-4:45PM
SU8-705	M-Th	Jun 10-Jun 20	8:30AM-10:10AM
SU8-706	M-Th	Jun 24-Jul 05	8:30AM-10:10AM
SU8-707	M-Th	Jul 08-Jul 18	8:30AM-10:10AM
SU8-708	M-Th	Jul 22-Aug 02	8:30AM-10:10AM

ADULT

Level 1: Adult Basic Beginners

Age: 16Y and up

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

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-100	Tue	Jun 11-Jul 30	6:30PM-7:00PM
SU8-101	Tue	Jun 11-Jul 30	7:05PM-7:35PM

Level 2: Adult Beginners

Age: 16Y and up

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

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-200	Tue	Jun 11-Jul 30	6:30PM-7:00PM
SU8-201	Tue	Jun 11-Jul 30	7:05PM-7:35PM

Level 3: Adult Advanced Beginners

Age: 16Y and up

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

Classes: 8 Fee: \$52.00(R)/\$56.00(N)

COURSE #	DAY	DATE	TIME
SU8-300	Tue	Jun 11-Jul 30	6:30PM-7:00PM
SU8-301	Tue	Jun 11-Jul 30	7:05PM-7:35PM

Level 4: Adult Swimmer

Age: 16Y and up

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

Classes: 8 Fee: \$52.00(R)/\$67.00(N)

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

AQUATICS CLASSES

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

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

Classes: 7 Fee: \$30.00(R)/\$45.00(N)

COURSE #	DAY	DATE	TIME
SU8-602	Tu/Th	Jun 11-Jul 02	12:15PM-1:00PM

Classes: 8 Fee: \$34.00(R)/\$38.00(N)

COURSE #	DAY	DATE	TIME
SU8-603	Tu/Th	Jul 09-Aug 01	12:15PM-1:00PM
SU8-604	Tu/Th	Aug 13-Sep 05	1:00PM-2:00PM
SU8-605	Tu/Th	Aug 13-Sep 05	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.

Classes: 7 Fee: \$30.00(R)/\$45.00(N)

COURSE #	DAY	DATE	TIME
SU8-606	Tu/Th	Jun 11-Jul 02	7:40PM-8:25PM
SU8-607	Tu/Th	Jun 11-Jul 02	8:30PM-9:15PM

Classes: 8 Fee: \$34.00(R)/\$49.00(N)

COURSE #	DAY	DATE	TIME
SU8-608	Tu/Th	Jul 09-Aug 01	7:40PM-8:25PM
SU8-609	Tu/Th	Jul 09-Aug 01	8:30PM-9:15PM
SU8-610	Tu/Th	Aug 13-Sep 05	7:40PM-8:25PM
SU8-611	Tu/Th	Aug 13-Sep 05	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

Instructor: Stephanie King

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

COURSE #	DAY	DATE	TIME
SU8-601	Sun	Jun 16-Aug 04	11:30AM-12:30PM

Aqua Zumba Daytime Class (Drop-In)

Age: 16Y and up

Instructor: Stephanie King

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

COURSE #	DAY	DATE	TIME
SU8-600	Wed	Jun 12-Sep 04	12:15PM-1:00PM



SENIOR SERVICES

Magnolia Center

601 Grand Avenue (650) 829-3820
Monday – Saturday 9:00am – 3:00pm
Sunday 12:00pm – 3:00pm

Adult Day Care Center

Since 1986, the program has helped older adults with disabilities—such as Alzheimer’s, Parkinson’s or complications from stroke—remain in the community. Too often, overwhelmed caregivers believe that nursing home placement is the only option available. The Adult Day Care Program offers a structured activity program to help participants overcome the isolation of physical and/or emotional disability and to socialize with their peers. A nutritionally balanced hot lunch is served daily. Transportation options are available.

Location: Magnolia Center, 601 Grand Avenue, Second Floor
Cost: \$60.00/day with sliding scale available.
Fee subject to change.
Contact: (650) 829-3824

Senior Lunch Program

Come try our new menu (provided by a local caterer, Food Service Partners) which includes tasty, healthier, lighter lunches! Great variety for a great price! Cost of meal is \$6.00 for seniors. Advance reservations are highly encouraged. For information, please call Magnolia Center at (650) 829-3820. Meals served Monday through Friday.

Alzheimer Support Group

Meets the first and third Friday of each month from 10:00am to 12:00pm at the Magnolia Center. No charge.

Information and Referral

Information and Referral is available for health insurance, Veterans, Social Security, personal and/or alcohol problems. Call Magnolia Center (650) 829-3820.

Age Well – Drive Smart Seminar

Age Well – Drive Smart Seminar presented by The California Highway Patrol, in conjunction with the San Mateo County Commission on Aging and San Mateo County Supervisor Warren Slocum, is a seminar for older drivers to improve driver safety. Topics covered during the seminar will be: myths about older drivers, a confidential self-evaluation, compensating for age related changes, safe driving tips and more. Free admission for seniors. Box lunch will be served. Space is limited to the first 40 registrants. Registration required.

Seminar date/time: Tuesday, August 13, 2019 from 9:00am to 12:30pm.

Location: Magnolia Center – Social Hall, 3rd floor at 601 Grand Avenue, SSF.

To register or for more information:

The Office of Supervisor Warren Slocum - (650) 363-4570 or mdragun@smcgov.org

Transportation

Limited transportation is available to the Magnolia Center. Space permitted. For information call (650) 829-3820. A \$6.00 roundtrip contribution is suggested.

AARP Driver Safety Program

DMV Approved Mature Driving class by AARP. This is an interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age related changes in vision, hearing and reaction time. Must attend full eight hours to receive certificate of completion needed for insurance discount. The \$15.00 fee includes workbook and DMV certificate. Must pre-register with payment payable to AARP. Class size is limited.

Instructor: Rob Grialou

2019 class dates are as follows: May 20-21, Jul 15-16,

Sep 16-17, Nov 18-19. Registration is at Magnolia Center.

All classes are held from 9:00am – 1:00pm at the Municipal Services Building/Council Chambers, 33 Arroyo Drive.

Call (650) 829-3820 for registration information.

Senior Connection Newsletter

Stay up to date on all the fun activities and programs at Magnolia Center.

For more information call (650) 829-3820.

SENIOR CLASSES

Municipal Services Building

CLASS	DAYS	TIME
Jewelry Making	Wed	1:00PM-3:00PM
AARP Driver Safety Program	M/Tu (Bi-monthly)	9:00AM-1:00PM
*(Please register at Magnolia Center – Classes held at 33 Arroyo Dr.)		
Social Dance*	Tu/F	10:00AM-1:00PM
Social Dance*	Thu	9:00AM-12:00PM
Tai Chi (Advanced Beginners)	Thu	10:00AM-11:00PM
Tai Chi (Beginners)	Thu	11:00AM-12:00PM
Tai Chi (Advanced)	Mon	9:30AM-10:30AM



Magnolia Center

CLASS	DAYS	TIME
Alzheimer Support Group	Fri (1st & 3rd of each month)	10:00AM-12:00PM
Line Dancing*	Thu	9:00AM-10:00AM
Bingo*	Sun	12:00PM-2:30PM
English as a Second Language	M/W (Jan 07-May 24)	1:00PM-2:45PM
Knitting	M/W	12:30PM-2:30PM
Mahjong	Fri (except 3rd)	10:00AM-1:00PM
Movies	Mon (2nd of each month)	11:00AM-1:30PM
Movies	Sat	12:30PM-2:30PM
<i>We now have movies on Monday (2nd week of each month) and every Saturday. The focus on Saturdays will be 50's: slapstick, cowboys, intrigue and maybe even Humphrey Bogart</i>		
Ping Pong	Mon	12:30PM-2:30PM
Ping Pong	Wed	10:00AM-2:00PM
Tai Chi (Beginners)	Fri	11:00AM-12:00PM
Tai Chi (Advanced Beginners)	Fri	10:00AM-11:00AM
Yoga	Mon	9:30AM
Yoga	Fri (3rd week of each month)	9:30AM
Yoga	Sat (except 3rd week of each month)	9:15AM & 11:00AM
Zumba Gold Tone*	Thu	11:00AM-12:00PM



Refer to the Senior Center Newsletter available at the Magnolia Center for more detailed information on classes and services. Classes marked with an (*) are fee based. A \$5.00 donation is suggested for Ping Pong and Yoga. Call (650) 829-3820 for fee information.

Classes subject to change without notice.



PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

Community parks and facilities are operated and programmed by the Parks and Recreation Department for maximum benefit to the community. They are also available for private use for weddings, parties, meetings, exhibits, craft shows, and other rentals on an hourly basis, when available.

Facilities are available at:

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

THE MUNICIPAL SERVICES BUILDING is a highly adaptable facility just right for wedding receptions, meetings, seminars, private parties and special events. Areas include: the large auditorium/conference Community Room, the garden style Atrium area, a smaller private party/meeting room and the elegant Social Hall.

THE JOSEPH A. 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, two large meeting rooms, one with a commercial kitchen.

For further information on fees and availability, please call (650) 829-3800.

ORANGE POOL is available for private parties on Saturday afternoon from 3:00pm – 4:30pm or 4:30pm – 6:00pm. For further information on fees and availability please call (650) 875-6973.

ATHLETIC FIELDS when not scheduled for recreation department activities or co-sponsored leagues, are available on a permit basis. For information on fees and availability, please call (650) 829-4680.

General information on picnic rentals:

Designated group picnic areas in specific parks may be reserved from March to November. The Parks & Recreation office begins accepting reservations for picnic areas the first of the year. Interested parties are required to apply for a permit and pay applicable fees. For further information, please call (650) 829-3800.

Picnic facilities are available by reservation at:

PARK	AREA #	CAPACITY	RESIDENT FEE
Orange Park	Shelter	150	\$345 (plus \$200 deposit)
Orange Park	2	20	\$69
Orange Park	3	30	\$84
Orange Park	4	40	\$101
Orange Park	5	50	\$118
Westborough Park	Shelter*	120	\$365 (plus \$200 deposit)
Westborough Park	2	40	\$155
Buri Buri Park	1	70	\$135
Buri Buri Park	2	20	\$69
Buri Buri Park	3	30	\$84
Buri Buri Park	4	30	\$84
Sellick Park	-	50	\$118
Alta Loma Park	1	60	\$135
Alta Loma Park	2	20	\$69
Alta Loma Park	3	20	\$69
Avalon Park	-	50	\$96

*includes 8ft gas grill

Additional Fees: \$35 per hour for extended use if request made at time of reservation. Otherwise, \$50 per hour if request made only 10 days prior to event.

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, 33 Arroyo Drive.

Bocce Courts at Orange Memorial Park

A pair of bocce courts and an attractive sheltered area are located at 783 Tennis Drive, near the award-winning sculpture garden and tennis courts at Orange Memorial Park. The courts are owned by the city, and operated by the South San Francisco Italian American Citizen's Club, a co-sponsored group of the Parks and Recreation Department. The Club also sponsors several tournaments and league play at this location throughout the year. For more information, please call (650) 829-3800. Court Hours: The courts are open to the public, Monday through Saturday from 1:00pm – 4:00pm.

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) 829-4336. Pre-registration is required. Fee: \$20.00(R)/\$80.00(N)

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

Historical Society of South San Francisco

Organized in 1980, the Historical Society operates two museums. The **South San Francisco Historical Society Museum**, at 80 Chestnut Avenue, is open each Tuesday and Thursday, 2–4pm, and the second and fourth Saturday of each month from 1–3pm. The Museum displays vintage clothing, a tea cup collection, historic photos and artifacts, oral history tapes, historic school yearbooks, and more. For further information, call (650) 829-3825. The **Plymire Schwarz House**, located at 519 Grand Avenue, is open each Wednesday, 2–4 pm, or by appointment. This historic home reflects life in early SSF and is furnished with period pieces from the early 1900s. For further information, call (650) 875-6988. ssfhistorical@gmail.com

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 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 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

Watch Me Grow

Watch Me Grow offers free developmental screening for children 0-5 and their families to promote the health and well-being of children in these important early learning years. Through screening you can learn useful important information about your child's individual strengths and needs, have the opportunity to talk about your child's development with a child development specialist and to learn about services or resources in the community for your child and family. Watch Me Grow is funded by *First 5 San Mateo County*. Services are available in English and Spanish. For more information, please call (650) 652-0659. 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*: <http://www.gatepath.org/watchmegrow/screening.html>

South San Francisco Public Library

MAIN LIBRARY

840 West Orange Avenue
(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, etc. 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.

Makerspace: Now at Main and Grand Library. Come design, tinker, code, build, and more! Learn, explore, and spark your curiosity with 3D printers, create paper crafts with the Silhouette Cameo, or gain skills at one of our workshops. The Makerspace is always open during the library's normal hours. For reservations, call us or visit <http://libcal.ssf.net>.

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, big book sales in May and September.

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

DEPARTMENT INFORMATION

City of South San Francisco Tree Preservation Ordinance

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

What 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 \$100.00 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.

South San Francisco Friends of Parks and Recreation

The SSF Friends of Parks & Recreation are a non-profit volunteer citizens group organized to support programs and facilities. The Friends raise funds through memberships and programs to help develop the Parks and Recreation Department resources beyond what is provided through the City's budget. Friends also help with many of the activities sponsored by the Department and participate in fun and worthwhile projects. New friends are always welcome! For further information, please call 650 829-3800.

Special thanks to our Corporate Friends:

- Garden Chapel, Inc.
- Dan & Ruth DeNardi – in Memory of Mike Callero
- Ray & Caroline DeNardi – in Memory of Joe & Louise DeNardi
- Catherine Rancatore

South San Francisco Improving Public Places

Do you enjoy gardening? Do you feel pride in your community? Would you like to give back to your community through volunteerism? The **Improving Public Places Committee** is a group of people sharing a common vision of beautifying various sites in South San Francisco. In order to fulfill that vision they need volunteers like you, whether you can donate your time for one day, for an entire project, or for upkeep of an area after completion of the project. You will receive one-on-one coaching before any project begins. Volunteers will assist with tasks such as: planting new color spots, adding mulch, raking, weeding, trimming, watering, and general maintenance of an established public area. Past projects include; Joann's Triangle, Sellick Park, Buri Buri Park, Avalon Park, Orange Park Sculpture Garden, Del Paso Street Triangle Island, and various green spots. You can choose an area close to where you live. For more information on future projects, please call the SSF Parks Division at (650) 829-3837.

CO-SPONSORED & NON-PROFIT 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:



AARP #3156

Dave Souza (650) 991-4111

AARP hosts monthly chapter meetings at the Magnolia Center and bi-monthly Safe Driving classes for seniors at the Municipal Services Building. AARP also sponsors a tax assistance program at the Magnolia Center.



Historical Society of South San Francisco

www.ssfhistorical@gmail.com | (650) 829-3825

The Historical Society of South San Francisco's purpose is to preserve and make available to the community information and artifacts from South San Francisco's past.



Ballet Folklorico of SSF

www.balletfolkloricossf.com

Ballet Folklorico of SSF provides instruction and performance opportunities in the community.



South San Francisco Aquatics Club

www.ssfswim.org

SSFAC is a USS year round competitive swim team offering high quality professional coaching and technique instruction or all ages and abilities.



South San Francisco Youth Baseball Shetland/Pinto/ Mustang Baseball/Pee Wee League/

South San Francisco Youth Baseball Association

www.ssfbaseball.org

SSF baseball is a non-profit organization for boys and girls baseball in South San Francisco. We believe in teaching the children the fundamentals of the game through good sportsmanship.



Improving Public Places

www.ssf.net/856/improving-public-places

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



South San Francisco Italian American Citizen's Club

Dan McGough (650) 754-0677

iaccssf@gmail.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.



S.S.F. United Youth Soccer League

ssfsoccer@gmail.com

<http://ssfsoccer.net> | (650) 741-3280

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.



SSF Friends of Parks & Recreation

(650) 829-3800

The South San Francisco Friends of Parks and Recreation is a non-profit volunteer citizen's group organized to support parks, programs and facilities.

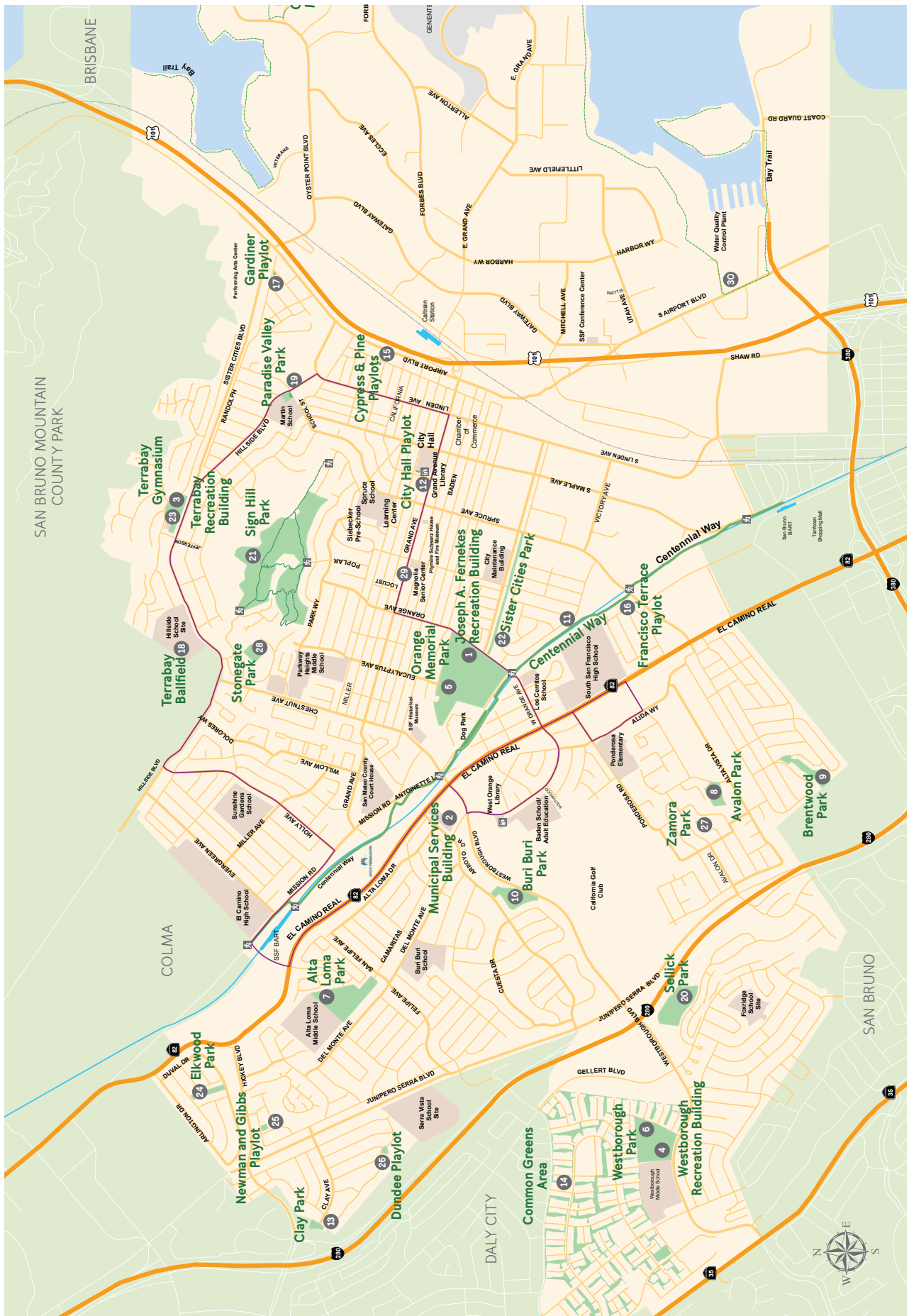


South San Francisco Mothers Club

www.ssfmothersclub.org

info@ssfmothersclub.org

The South San Francisco Mothers Club offers support, encouragement, resources, fun and friendship for parents and expectant parents living in or around South San Francisco.






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 Stand	Soccer Field
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						●				●		

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

Recreation Facility Sites

- 1 **Joseph A. Fernekes Rec Building** 781 Tennis Drive
- 2 **Municipal Services Building** 33 Arroyo Drive
- 3 **Terrabay Rec Building** 1121 South San Francisco Drive
- 4 **Westborough Rec Building** 2380 Galway
- 29 **Magnolia Center** 601 Grand Ave

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
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
					+\$2.00
<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 of the participant taken during Program for promotional purposes. **I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY SIGNING BELOW, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.** I understand that refunds must be requested one (1) week prior to the class start date and no refunds will be given after the first class meeting, unless class(es) are full or canceled by the Recreation Department. A service charge of \$10.00 PER CLASS will be made for all refunds requested by the participant.

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 _____

Cardholder's Name _____

Signature _____

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Residents: Begins MONDAY, May 6, 2019 at 6:00am.
Non-Residents: MONDAY, May 20, 2019 at 6:00am.

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



MAIL-IN

Residents: MONDAY, May 6, 2019
Non-Residents: MONDAY, May 20, 2019

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

*Please do not send cash

Parks & Recreation Administration Office
33 Arroyo Drive
South San Francisco, CA 94080



FAX-IN

Residents: MONDAY, May 6, 2019
Starting Non-Residents: MONDAY, May 20, 2019

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

Parks & Recreation Department Fax # 650 877-5378
or 650 877-8678



WALK-IN

Residents: MONDAY, May 6, 2019
Non-Residents: MONDAY, May 20, 2019

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

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

REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- For registration information, call (650) 829-3800.

- **Register early!** Many classes fill before their start dates, so enroll early!
- Make checks payable to:
South San Francisco Parks & Recreation
- There is a \$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 mailed. We will not call you to confirm registrations.
- Waiting Lists will be established if the program is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.
- A 20% senior discount off the resident rate applies to most special classes.

CLASS LOCATIONS

See page 1.

REFUND AND CREDIT POLICY – CLASSES ONLY

- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- Refund requests are subject to a \$10.00 processing fee, if requested within one week of classes starting.
- Please allow 5 weeks for any refund to be processed.

RESIDENT STATUS

Any person who lives within the South San Francisco Unified School District is considered a resident for our classes and programs. Please note on registration form. A business address will not be taken as proof of residency.

YOUTH SCHOLARSHIP FUND

The Parks & Recreation Department is now accepting donations for our Youth Scholarship Fund. This fund will help assist SSF community members ages 17 and younger in enrolling in our programs and classes. Applications are available at the Parks & Recreation Office, 33 Arroyo Drive. Applicants are required to produce documentation such as qualification for free or reduced meal programs. Please call (650) 829-3800 for further information.



DEPARTMENT OF PARKS & RECREATION

33 Arroyo Drive
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

STREETS ALIVE! PARKS ALIVE!

Saturday, May 4, 2019 | 9:00am - 1:00pm

Orange Memorial Park,
Joseph A. Fernekes Building
Free Admission

The South San Francisco Parks and Recreation Department invites members of the community to join us for the ninth annual "Streets Alive! Parks Alive!" event held at Orange Memorial Park on Saturday, May 4, 2019 from 9:00am - 1:00pm. This annual event celebrates parks, vibrant public spaces, and being active. Streets Alive! Parks Alive! is a county-wide program to transform streets and parks into safe destinations where people can play, spend quality time with their family and neighbors, and rediscover their neighborhoods.

39TH ANNUAL SSF POLICE ASSOCIATION SENIOR PANCAKE BREAKFAST

Sunday, May 19, 2019

Magnolia Senior Center, 601 Grand Avenue, 3rd Floor
Free Admission

Breakfast seating times are 9:00am, 10:00am, and 11:00am.
For more information call (650) 829-3820.

MOVIE NIGHT IN THE PARK

Orange Memorial Park
Free Admission

On the field area behind the Joseph A. Fernekes Recreation Building. Lights snacks and refreshments will be sold along with pre-movie entertainment. Movies start at sundown.

Friday, July 19 - **SPIDER-MAN: INTO THE SPIDER-VERSE**
Friday, August 9 - **THE LEGO MOVIE 2**

23RD ANNUAL SSF FIRE DEPARTMENT SENIOR PICNIC

Friday, August 16, 2019 | 10:00am - 1:00pm

Orange Memorial Park/Joseph A. Fernekes Building
Cost: \$10.00 for Seniors 50+

Join the SSF Fire Department and the Parks and Recreation Department for the 23rd Annual Senior Picnic at Orange Memorial Park, Joseph A. Fernekes Building. A delicious picnic lunch will be served to seniors 50 and over. Advanced reservations are required. Call (650) 829-3820 for more information.

FLORAL MANIA - A QUILTING EXHIBIT

Friday, May 10, 2019 | 6:30pm - 8:30pm

Saturday, May 11, 2019 | 10:00am - 4:00pm
Municipal Services Building, 33 Arroyo Drive

Free Admission

Celebrate the magic of spring by attending "Floral Mania - A Quilting Exhibit," featuring breath-taking handcrafted artistic quilts. Highlights include a colorful boutique with unique gifts available for purchase, and exciting door prize opportunities. Don't miss the always anticipated drawing for the hand crafted, grand prize opportunity quilt. For information, visit www.ssf.net/culturalarts, or contact the SSF Parks and Recreation Department at (650) 829-3800.



Cultural Arts Barbeque

Sunday, August 25, 2019 | 12:30pm - 2:30pm

Orange Memorial Park/Fernekes Building

Cost: Adults \$15.00, children (16 & under) \$5.00

Sponsored by the SSF Cultural Arts Commission

For information contact SSF Parks & Recreation Department at (650) 829-3800.

(Proceeds will benefit South San Francisco cultural arts programs. Check the "Cultural Arts News & Events" webpage at www.ssf.net/culturalarts for updated information.)

Revel in summertime fun with your friends at the **Cultural Arts Barbeque!** Admission includes a delicious grilled lunch, tasty dessert treats, fun activities for all and a silent auction for a marvelous array of gift items, including tickets to a SF Giants game. Only service animals are allowed to enter the facility. Tickets will be available for online purchase at SSF Web Registration on Wednesday, June 19th, and by visiting the Parks and Recreation Department office at 33 Arroyo Drive (650) 829-3800 or Public Works office at 550 North Canal (650) 829-3837.