MOVIE NIGHT
San Carlos Parks & Recreation
Movies begin at sunset, approximately 8:30 p.m.
JUNE 22 Field of Dreams
JULY 20 Top Gun: Maverick
AUGUST 24 Barbie
BURTON PARK
SPONSORED BY SAN CARLOS PARKS & RECREATION AND PARKS & RECREATION FOUNDATION OF SAN CARLOS

MUSIC IN THE PARK
June 14 – August 2
Fridays, 6:00 p.m. – 8:00 p.m., Burton Park
cityofsancarlos.org/music
Sponsored by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos

Pride in the Park!
June 15
11:00 a.m. to 2:00 p.m.
Burton Park
cityofsancarlos.org/events
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**YOUTH SUMMER CAMPS**

See the camp pull-out section at the center of this guide for details!
CITY OF SAN CARLOS
Serving you at cityofsancarlos.org/pr.

Recreation Facilities
Registration Office
(650) 802-4382
Located at the Adult Community Center
601 Chestnut Street, San Carlos
Monday-Thursday, 9:00 a.m. – 5:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.

Youth Center
(650) 802-4120
1001 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.
Saturday and Sunday, Closed
See page 24 for Youth Center drop-in
and extended hours schedule.

Adult Community Center
(650) 802-4384
601 Chestnut Street, San Carlos
Monday-Thursday, 9:00 a.m. – 5:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.
Open evenings for classes as scheduled.

Athletics Office
(650) 802-4124
Located at the Youth Center
1001 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.

Parks & Recreation Administration Office
(650) 802-4109

Field Conditions Hotline
(650) 802-4333

Parks & Recreation Staff
Recreation Staff
Amy Newby, Parks & Recreation Director
Tyler Muela, Recreation Manager
Hilda Pacheco, Administrative Assistant
Caitlyn Matoso, Recreation Supervisor
Wendy Schettino, Recreation Supervisor
Holly Gonzales, Recreation Coordinator
Janet Guerry, Recreation Coordinator
Emma Licko, Recreation Coordinator
Matt Okada, Recreation Coordinator
Lauren Burd, Recreation Coordinator
George Holland, Sr. Admin. Clerk
Tracie Neizman, Sr. Facility Attendant
Brenda Sullivan, Cook

Public Works
Parks Maintenance Staff
Lou Duran, Superintendent
Angel Noriega, Assistant Superintendent
Arturo Burgueno, Sr. Maintenance Worker
Damian Chen, Sr. Maintenance Worker
Dempsey Davis, Sr. Maintenance Worker
Luis Estrada, Sr. Maintenance Worker
Venne Forks, Sr. Maintenance Worker
Ruben Ramirez, Sr. Maintenance Worker
Matthew Richards, Sr. Maintenance Worker
Rick Viles, Sr. Maintenance Worker
Mia Muegge, Sr. Administrative Clerk

San Carlos City Council
Meets the 2nd & 4th Monday of each
month at 7:00 p.m. See meeting agenda on
City website for details on how to participate.

John Dugan, Mayor
Sara McDowell, Vice Mayor
Ron Collins
Adam Rak
Pranita Venkatesh
Jeff Maltbie, City Manager

Parks, Recreation, & Culture
Commission
Meets the first Wednesday, every even month
at 7:00 p.m. See meeting agenda on City
website for details on how to participate.

Robert Bollier, Chair
Cecile Lee, Vice Chair
Tony Chao
John Durkin
Mark Maxwell
Julie Lubetkin, Alternate
Youth Advisory Council

Meets the second Wednesday of each month during the school year from 7:00 p.m. – 8:30 p.m.

Ava Stathacopoulos
Eva McLinden
Ellora Mehta
Annika Gupta
Cecily Mock
Sufiya Kaul
Hannah Delizo
Samina Ginwalla
Dylan Karmin
Zuri Kadiwar
Connor Huh
Maya Kacholiya, Alternate
Michael Sandoval, Alternate

Fee Assistance Program

A Fee Assistance Program, funded in partnership with the Parks and Recreation Foundation of San Carlos and City of San Carlos, is available to help San Carlos residents participate in San Carlos Parks & Recreation classes and programs. Requests must be submitted with completed application. For more information and to request an application, please call the Recreation Department at (650) 802-4382 or visit cityofsancarlos.org/feeassistance.

Americans with Disabilities Act

The City of San Carlos Parks & Recreation Department is committed to implementing the intent and spirit of the Americans With Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs and activities. If you have special needs that require specific accommodations to enjoy one of our classes or facilities, please contact us at (650) 802-4382.

Your Support Makes it Possible!

In 2023 your donations helped 28 San Carlos families attend camps and other Parks and Recreation programs!

Won't you Join Us?

Consider supporting the Parks and Recreation Foundation! Donations are tax-deductible and go directly to funding San Carlos Parks and Programs.

Donate Today!

www.prfsancarlos.org/donate

"Supporting the Parks and Recreation Foundation ensures quality San Carlos Parks for generations to come.

- Linda Teutschel, San Carlos

The Parks and Recreation Foundation of San Carlos Foundation is a registered 501(c) non-profit organization. Donations are tax-deductible to the fullest extent of the law. Federal Tax ID# 94-3203214
April

April 6
Pedro Tournament
11:00 a.m. – 4:00 p.m.
Adult Community Center
friendsoftheacc.org

April 6
No Foolin’ Foot Race
Big Canyon & Eaton Parks
prfsancarlos.org

April 12
Spring Luncheon
12:00 p.m. – 1:30 p.m.
Adult Community Center
cityofsancarlos.org/acc

April 20
Teen Wellness Retreat
9:00 a.m. – 2:00 p.m.
cityofsancarlos.org/scyc

May

May 4
Revel @ Devil’s
scefkids.org/events

May 10
Mother’s Day Luncheon
12:00 p.m. – 1:30 p.m.
Adult Community Center
cityofsancarlos.org/acc

May 11
Blood Drive
10:00 a.m. – 3:00 p.m.
Youth Center
cityofsancarlos.org/events

May 17-19
Hometown Days
Burton Park
sancarlosshometowndays.com

June

June 1
Pasta Bingo Night
5:00 p.m. – 8:00 p.m.
Adult Community Center
cityofsancarlos.org/acc

June 8
Free Fitness in the Park
9:00 a.m. – 10:00 a.m.
cityofsancarlos.org/events

June 14
Father’s Day Luncheon
12:00 p.m. – 1:30 p.m.
Adult Community Center
cityofsancarlos.org/acc

June 14
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music

June 15
Pride in the Park
11:00 a.m. – 2:00 p.m.
Burton Park
cityofsancarlos.org/events

June 21
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music

June 22
Community Movie Night
Sunset approximately 8:30 p.m.
Burton Park
cityofsancarlos.org/events

June 22
Free Fitness in the Park
9:00 a.m. – 10:00 a.m.
cityofsancarlos.org/events

June 28
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music
July

July 5
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music

July 12
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/events

July 12
Red, White & Blue Luncheon
12:00 p.m. – 1:30 p.m.
Adult Community Center
cityofsancarlos.org/acc

July 19
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music

July 20
Free Fitness in the Park
9:00 a.m. – 10:00 a.m.
cityofsancarlos.org/events

July 20
Community Movie Night
Sunset approximately 8:30 p.m.
Burton Park
cityofsancarlos.org/events

August

August 2
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/music

August 2
Luau Luncheon
12:00 p.m. – 1:30 p.m.
Adult Community Center
cityofsancarlos.org/acc

August 9-10
Family Campout
Burton Park
cityofsancarlos.org/events

August 17
Blood Drive
10:00 a.m. – 3:00 p.m.
Youth Center
cityofsancarlos.org/events

August 21
After School Drop-In Open House
9:00 p.m. – 7:00 p.m.
Youth Center
cityofsancarlos.org/scyc

August 24
Community Movie Night
Sunset approximately 8:30 p.m.
Burton Park
cityofsancarlos.org/events

August 25
Harringtones Block Party
12:00 p.m. – 2:00 p.m.
Frank D. Harrington Park
cityofsancarlos.org/events

City Facility Closures

May 27
June 19
Memorial Day
Juneteenth Day

July 4
Fourth of July

Thanks to Parks & Recreation Foundation of San Carlos for their generous support of our community events!
prfsancarlos.org
### TOT/ PRESCHOOL ACTIVITIES

#### Arts & Music

**Little Musicians – Music Together**  
(Ages 5 and under)

Little Musicians is excited to offer nationally acclaimed Music Together, a parent-child music and movement program. During class, you will sing, dance, and play instruments to songs. These fun activities are developmentally appropriate for children and easy for parents and caregivers to participate in regardless of their own musical ability. Tuition includes our Music Together Spring Triangle/Summer Harmonica collection, a professionally recorded CD, as well as digital access to the music, and a beautifully illustrated songbook so you can continue making music at home. Infant siblings under 8 months may attend for free. Siblings 8 months and over are offered a registration discount at $150 per additional sibling for the 10-week session, $138 for the 9-week session, $126 for the 8-week session, and $113 for the 7-week session. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382.

**Spring Instructors:** Steven (M/F), Gaby (T/Su), Amy (Sa)
**Summer Instructors:** Amy (M morning), Bara (M afternoon), Gaby (T/F/Su), Amy (Sa)

#### Spring Session

*Dance Studio at Youth Center*

**Resident:** $277  **Non-resident:** $297

<table>
<thead>
<tr>
<th>Code</th>
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<th>Weeks</th>
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<td>4/1 – 6/3</td>
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<td>19645</td>
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<td>4/7 – 6/9</td>
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**Resident:** $252  **Non-resident:** $272

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<td>Sa</td>
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<td>4/6 – 6/8</td>
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<td>19643</td>
<td>Sa</td>
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**Resident:** $302  **Non-resident:** $322

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<td>4/2 – 6/4</td>
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<td>4/2 – 6/4</td>
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<td>4/2 – 6/4</td>
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<td>10 classes</td>
<td>4/5 – 6/7</td>
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<td>10 classes</td>
<td>4/5 – 6/7</td>
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<tr>
<td>19641</td>
<td>F</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>10 classes</td>
<td>4/5 – 6/7</td>
</tr>
</tbody>
</table>

#### Performing Arts

**Baby Play – Caregiver & Me**  
(Ages 4-12 months)

In this lively 50-minute class, you’ll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we’ll check out different props, sing, dance, and read stories to engage and delight your baby’s growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home.

**San Carlos Children’s Theater Instructors**  
*Dance Studio at Youth Center*

**Resident:** $187  **Non-resident:** $207

<table>
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<th>Code</th>
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<th>Time</th>
<th>Weeks</th>
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<tr>
<td>19588</td>
<td>W</td>
<td>9:00 a.m. – 9:50 a.m.</td>
<td>8 classes</td>
<td>4/17 – 6/5</td>
</tr>
</tbody>
</table>
NEW Preschool Musical Theater – Hakuna Matata (Ages 3-5 years)

Does your child love to sing and dance? Through fun, imaginative activities inspired by songs from *The Lion King*, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. Using creative movement, music and imaginative games, this class helps children discover their “inner star” as they build a performing arts foundation.

**San Carlos Children’s Theater Instructors**  
SCCT Studio, 1314 Old Country Road, Belmont

Resident: $187 Non-resident: $207

<table>
<thead>
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<th>Course Code</th>
<th>Days</th>
<th>Time</th>
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<th>Dates</th>
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<tr>
<td>19591</td>
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<td>2:30 p.m. – 3:30 p.m.</td>
<td>8 classes</td>
<td>4/18 – 6/6</td>
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</table>

Tiny Spotlight in Spring – Caregiver & Me (Ages 1-3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We’ll explore sound and rhythm as we sing and dance to popular children’s songs. And we’ll stretch our imaginations as we read storybooks and play make believe together. If you don’t know the songs or stories, don’t worry! We’re here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn.

**San Carlos Children’s Theater Instructors**  
SCCT Studio, 1314 Old Country Road, Belmont

Resident: $187 Non-resident: $207

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>19589</td>
<td>Th</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>8 classes</td>
<td>4/18 – 6/6</td>
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</tbody>
</table>

Family Campout

August 9 & 10 at Burton Park

Camp under the stars at Burton Park! Enjoy a variety of activities including crafts, field games, s’more roasting, and a movie at dusk! BBQ dinner and continental breakfast is included.

Check in – Begins Friday at 4:00 p.m.  
Check out – Saturday at 10:00 a.m.

<table>
<thead>
<tr>
<th>Family Type</th>
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<td>$75</td>
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<td>Family of 4</td>
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<td>$100</td>
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<td>Family of 6</td>
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<td>$200</td>
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</table>

cityofsancarlos.org/register

Sponsored by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos

Spring/Summer 2024 | Register online at cityofsancarlos.org/register
Arts & Music

Comic Creations (Ages 7–12 years)
Comics are one of the most popular and exciting ways to tell a story. Students learn to create a genre of comic strips, draw characters developed through their imagination, and plot a storyline for their comic creation. Whether students have tried their hand at comics before or are simply interested in investigating how comics work, this course will provide insights to help storytellers make the most of every page. A step-by-step process will be adopted to guide and coach the students through this creative and artistic program. $50 material fee is payable to instructor at the first class.

EASE Instructors
Arts and Crafts Room at Youth Center
Resident: $335  Non-resident: $355

Da Vinci’s Workshop (Ages 6–12 years)
Our Renaissance instructors will guide your child through exciting new lessons every class. Students will learn fundamental artistic skills in a variety of mediums including acrylic painting, watercolors, clay sculptures, cartoons, anime, manga, sketching and drawing. Students will have a blast and will bring home tons of new artwork. No class 4/11.

Athena Coding Instructors
Arts and Crafts Room at Youth Center
Resident: $195  Non-resident: $215

Draw with Us (Ages 5–12 years)
This course focuses on building fundamental drawing skills. Students will learn basic techniques such as shading, controlling tones, composition, and drawing methods. Additionally, we teach how to see with an artist’s eye while exploring different art mediums from oil pastels, chalk pastels, paints and markers. This course is designed for beginner artists who have an interest in learning how to draw or sketch, or simply want to improve their skills. It will cover the tools you’ll need and give you plenty of chances to practice drawing different things, from people, places, things, and then beyond. No class 5/18.

Out Of The Box Kids Instructors
Arts and Crafts Room at Youth Center
Resident: $250  Non-resident: $270

Learn to Sew for Kids (Ages 8–12 years)
Learn how to sew with a sewing machine. We will layout cut and sew a pillowcase and a pair of pajama pants. Each child will work at their own pace and get 1:1 instruction. This is a fun, no pressure class where everyone can have fun sewing and finishing great projects! Materials list will be sent out approximately one week prior to start date. Sewing machine required. Sewing machines available for use during class for an additional one-time payment of $25 payable to instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com.

Christine Hopkins
Loft Room at Adult Community Center
Resident: $135  Non-resident: $155

Little Musicians – Rhythm Kids (Ages 4–8 years)
Little Musicians is excited to offer Rhythm Kids, an exciting music, movement, and drumming class for children ages 4 through 8. During class your child will sing, dance, move, drum, and play to songs and beats from around the world. Rhythm Kids is proud to be a part of Music Together, the internationally recognized early childhood music education program. Tuition includes a Djembe drum, a Rhythm Kids Spring/Summer collection, a professionally recorded CD, as well as digital access to the music, and a songbook with music/drumming activity ideas. Siblings are offered a registration discount at $151 for the 7-week session and $176 for the 9-week session per additional siblings. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. No class 5/19.

Gaby Rojas
Dance Studio at Youth Center
Resident: $315  Non-resident: $335

San Carlos Parks & Recreation | (650) 802-4382
Sea Stars Children’s Choir — Singing and Music Basics (Ages 6-8 years)
In this lively group, your child will sing and play while learning the basics of musicianship and singing together. We learn about beat, rhythm, movable do solfège and music notation, and sing songs kids love. The last class is a mini-recital for friends and family. No class 4/11.
Emily Bender
Activity Room at Laureola Park
Resident: $390  Non-resident: $410

Sound Waves Children’s Choir A Cappella — Signing In Harmony (Ages 9-12 years)
Singers in the Sound Waves focus on the fun and satisfying art of a cappella harmony singing. They will learn to follow musical scores, hold their own part, listen to their fellow singers, and sing with confidence. This class is great preparation for singing in middle and high school choirs, a cappella groups, and musical theater productions. The last class will be a mini-recital for friends and family. No class 4/11.
Emily Bender
Activity Room at Laureola Park
Resident: $390  Non-resident: $410

Dance
Irish Step Dancing (Ages 5-17 years)
Students are introduced to traditional Irish step dances while being instructed on proper posture, foot placement, timing and stage presence. Students will develop self-confidence, enhance physical agility and discipline, and gain new friendships through dance. They will become familiar with Irish music and will be able to perform in various events. Mary Jo Feeney, the director and prime teacher, is a licensed teacher and adjudicator of Irish dance with An Coimisium Le Rinci Gaelacha (The Irish Dancing Commission) in Dublin, Ireland. The Murphy Irish Dance Co. has Regional, National and World champions.
Mary Jo Feeney
San Carlos Room at Adult Community Center
New Beginner
Resident: $310  Non-resident: $330

Fitness & Wellness
NEW LaBlast Kids Fitness (Ages 7-11 years)
LaBlast®️ Kids Fitness is a dance fitness program based on all the ballroom dances you’ve seen on “Dancing with the Stars” (Cha Cha, Salsa, Waltz, etc). It is partner-free and includes all the components of fitness and uses a wide variety of music, suitable for the absolute beginner to the experienced dancer. LaBlast®️ Kids Fitness is an accessible dance fitness program that inspires the mind and improves health and well-being while teaching the true skill of dance.
Sandra Frojelin
Dance Studio at Youth Center
Resident: $106  Non-resident: $116

NEW Boost Camp for Youth Athletes (Ages 9-12 years)
This high performance strength and conditioning training program is designed specifically for youth athletes, ages 9-12 years old. Led by professional coaches, your child will improve their overall strength and conditioning, prevent injuries and improve performance. Athletes that play sports such as basketball, flag football, soccer, volleyball or tennis, will build strength and endurance, improve balance and mobility, and develop healthy habits that will benefit them for life. By the end of the session, your athlete will learn to take ownership of their own fitness and level up their game! (Note: Some classes may be held outdoors if weather permits.)
SpringSpot Inc Instructors
Dance Studio at Youth Center
Resident: $475. Non-resident: $495
School Break Camps

Adorable Baby Animal Science Camp
(Ages 5-11 years)
Celebrate the springtime while learning all about baby animals. We will explore the life cycles of a number of domestic animals including rabbits, chickens, and sheep. We will also explore the life cycles of some local wildlife such as deer, squirrels and a California favorite, the Banana Slug. Filled with many of Robin’s wonderful live animals this camp promises to be unforgettable. We will do 10 different projects and experiments to examine how parents care for their young and how these baby animals grow. Kids will also get to interact with and touch the animals. Bring a packed lunch and water bottle. Material fee of $50 payable to instructor at first class.
Robin Lise-Nielsen
Activity Room at Laureola Park
Resident: $185  Non-resident: $205

Encore Junior Volleyball
Spring Break Camp (Grades 2–8)
Encore Juniors is a program for aspiring volleyball players to learn the basic skills and fundamentals of volleyball at an introductory level- yet competitive level. All sessions will consist of high-instruction teaching of the fundamentals of being a volleyball student-athlete on and off the court. All sessions will consist of volleyball specific sports performance training, volleyball skill work, and fun competitive games.
LEMO Instructors
2575 Bayshore Road, Redwood City
Resident: $575  Non-resident: $595

Compete Camp
19757  M-F  8:30 a.m. – 4:30 p.m.  5 classes  4/8 – 4/12

Development Camp
19758  M-F  8:30 a.m. – 4:30 p.m.  5 classes  4/8 – 4/12

Super Mario STEM Engineering using LEGO® Material (Ages 5-10 years)
Bring the world of Super Mario to life with Brick Tech as we build LEGO® projects inspired by the video games and the movie! Participants in this camp will learn about the real-world Stem concepts involved in games such as Mario Kart, Mario Party, and Mario Odyssey. Get ready to power up and help Mario to save the day and rescue Peach from Bowser in this video game themed camp!
Brick Tech
Homework Room at Youth Center
Resident: $259  Non-resident: $279

NEW Basketball Camp (Ages 5–8 years)
Basketball Camp emphasizes skills through fun activities as well as games at the end of the day. Please be sure your child wears proper sport clothes and shoes, brings a snack and water bottle. Fee includes a Ribbon award at the end of the program.
Manuel Minzer
Gymnasium at Youth Center
Resident: $275  Non-resident: $295

Special Interest

Kids Carpentry (Ages 5–10 years)
Students are encouraged to develop problem-solving skills while building their own cool projects using applied math and fractions. Kids are introduced to a wide range of hand tools, safety, and craftsmanship. Projects include super tops, boats, clocks, games, doll furniture, bird feeders, and more. Our goal is to empower the students to become independent thinkers. For more information and to watch our fun 8 minute video, visit kidscarpentry.net. $45 material fee payable to the instructor at first class. No class 4/10.
John McGovern
Activity Room at Laureola Park
Resident: $310  Non-resident: $330
AI Adventures (Ages 6-12 years)
Our course is thoughtfully designed to introduce your child to the dynamic world of Artificial Intelligence, igniting creativity and curiosity. In this class, students interact with cutting-edge AI technologies like ChatGPT, Stable Diffusion, DALL-E, and Novel.ai. They'll create chatbots, animations, stories, and films, gaining hands-on experience. Through projects, they'll delve into AI’s inner workings and its problem-solving potential. This journey fosters critical thinking and collaboration with peers. Exciting activities include AI-enhanced short stories, art with DALL-E and Stable Diffusion, and collaborative chatbot programming. Our expert instructors will guide them, nurturing curiosity and exploring AI’s possibilities. Bring own laptop, Chromebook, or tablet, rent one for use during class for an additional one-time payment of $40 payable to instructor. No class 4/12.

Athena’s Architects: LEGO® Design (Ages 6-12 years)
Athena’s Architects takes LEGO® play to a higher plane, combining architecture, STEM learning, and storytelling. In our engaging environment, children explore structural design, balance, and aesthetics through weekly themes and collaborative projects. Our unique STEM LEGO® Challenges allow students to illustrate fundamental principles of physics and engineering, while nurturing problem-solving and literacy skills by crafting narratives around their models. Serving all skill levels, Athena’s Architects isn’t just a class, it’s a community encouraging confidence, friendships, and lifelong skills through the creativity of LEGO®. No class 4/9.

Athena Coding Instructors
Arts and Crafts Room at Youth Center
Resident: $190  Non-resident: $210

LEMO Kids Night Out – Summer Kick Off with BBQ & Games (Ages 5-12 years)
Join us for a Kids Night Out at LEMO U! Parents, load up your kiddos, drop them off with us, and enjoy a night to yourself. Whether you are planning a night out on the town or want to enjoy a quiet night at home; we’ve got you covered. Kids Night Out will include food, fun activities, games, sports, and more!

LEMO Instructors
2575 East Bayshore Road, Redwood City
Resident: $60  Non-resident: $70

Spring Baking with Junior Chef Stars (Ages 7-13 years)
Looking for a hands on, tasty activity for your Jr. Chef? Join us as we provide junior chefs with the tools necessary to create, cook, and learn. Have your junior chef expand on their cooking knowledge as our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food all while having a blast and making new friends. Every season has new and exciting recipes so feel free to sign up if this is your first time or you are a seasoned junior chef! Material fee of $80 payable to instructor at first class. No class 4/9.

Junior Chef Stars Instructors
Kitchen at Youth Center
Resident: $330  Non-resident: $350

Scratch Computer Coding (Ages 5-12 years)
Technology has entered our day-to-day lifestyle. Even if your child is not interested in learning to code as a future career, understanding the digital processes that make up their everyday life will help them to see the world through a new perspective. Scratch is the first step for kids to learn coding. Scratch Programming for Kids focuses on making sure children understand the foundational computer programming (coding) concepts such as sequencing, branching, looping and variables. They will learn it in a fun way by making animations, dialogues, games, simulations, etc. Completion of this program gives them a very good foundation to start with other Programming languages. You are welcome to bring your own laptop, or we can always provide one.

Out Of The Box Kids Instructors
Dance Studio at Youth Center
Resident: $250  Non-resident: $270

Register online at cityofsancarlos.org/register
San Carlos Children’s Theater

For questions regarding San Carlos Children’s Theater, please call Donna Avanzino, Executive Operations Director, at (650) 594-2730, or email info@sancarloschildrenstheater.com. San Carlos Children's Theater Instructors. Unless otherwise noted, all classes are held at the SCCT Studio, 1314 Old Country Road, Belmont.

Baby Play – Caregiver & Me (Ages 4-12 months)
In this lively 50-minute class, you’ll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we’ll check out different props, sing, dance, and read stories to engage and delight your baby’s growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home.
Resident: $187  Non-resident: $207
19588  W  9:00 a.m. – 9:50 a.m.  8 classes  4/17 – 6/5

NEW Preschool Musical Theater – Hakuna Matata (Ages 3-5 years)
Does your child love to sing and dance? Through fun, imaginative activities inspired by songs from The Lion King, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. Using creative movement, music and imaginative games, this class helps children discover their “inner star” as they build a performing arts foundation.
Resident: $187  Non-resident: $207
19591  Th  2:30 p.m. – 3:30 p.m.  8 classes  4/18 – 6/6

Tiny Spotlight in Spring – Caregiver & Me (Ages 1-3 years)
You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We’ll explore sound and rhythm as we sing and dance to popular children’s songs. And we’ll stretch our imaginations as we read storybooks and play make believe together. If you don’t know the songs or stories, don’t worry! We’re here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn.
Resident: $187  Non-resident: $207
19589  Th  10:00 a.m. – 11:00 a.m.  8 classes  4/18 – 6/6

NEW Storybook Theater – Magic & Mischief (Ages 5-7 years)
This storybook class is truly magical! Young performers stretch their imaginations and explore their creative side as they act out some of their favorite stories featuring magical themes. Working as a team in a warm, supportive environment, students gain self-confidence as they learn the fundamentals of theater using movement and theater games that encourage self-expression. Families will be treated to a magical student showcase on the final day of class.

Dance Studio at Youth Center
Resident: $264  Non-resident: $284
19599  T  3:30 p.m. – 5:00 p.m.  8 classes  4/16 – 6/4

Broadway Rising Stars I – Little Mermaid (Ages 5-7 years)
This show choir class is a wonderful opportunity for young performers interested in learning how to sing and dance for an audience. Working in a fun, relaxed environment, students will learn basic voice, dance and group performance techniques as they prepare 1-2 popular songs from Little Mermaid. Final day of class features a showcase for family. No class 5/26.
Resident: $297  Non-resident: $317
19594  Su  9:00 a.m. – 10:30 a.m.  8 classes  4/14 – 6/9
19595  Su  11:00 a.m. – 12:30 p.m.  8 classes  4/14 – 6/9
NEW Broadway Rising Stars II – Matilda  
(Ages 8-10 years)
Students explore Broadway song and dance styles and develop valuable group performance skills as they work together to prepare a fun musical revue using 1-2 songs from the popular Broadway show Matilda. Final day of class features a musical showcase for family. No class 5/26.
Resident: $297  Non-resident: $317

Friends Play Group – A Theater Based Social Skills Workshop  
(Ages 6-9 years)
This fun social skills workshop is designed for small groups of neurodivergent children. Using drama, pretend play and role-playing, students actively participate in creating new skills that help them become better social thinkers. Skills taught include friendly greetings, self-calming strategies, sharing, collaborative play, flexible thinking, teamwork, and much more.
Resident: $325  Non-resident: $345

Theater Games  
(Ages 7-10 years)
Theater games are a fun and very important element of every actor’s education. This spirited drama games class gives students the opportunity to “just play” and enjoy stress-free activities with new friends while still developing dozens of fundamental performance skills. Theater games increase creativity by encouraging students to be resourceful and find innovative solutions to problems. We’ll play games like Zip Zap Zap, Celebrity, and Alibi that develop acting skills as well as practical life skills like teamwork, quick thinking, and communication. Students will leave class happy, self-confident and with lots of creative, new ideas for your next family game night! No class 5/27.
Resident: $264  Non-resident: $284
Mini Musical — Leap Day (Ages 7-12 years)
Leap into fun this spring with the wacky new mini musical — LEAP DAY! Every Leap Day, the Days of the Week have a day off and celebrate with a huge party at the House of Father Time. However, this Leap Day, nothing goes as planned. The Days feel overworked, demanding an 8th day be added to the week. Tuesday and Fridays friendship is not what it used to be. And Mother Nature makes a surprising appearance which puts everyone on edge! No prior performance experience required to participate. Students will create a lively musical performance to be presented to the community on the last day of class at Burton Park.
Resident: $350  Non-resident: $370
19618  T,Th  3:30 p.m. – 5:30 p.m.  16 classes  4/16 – 6/6

Jazz, Tap, Razzle Dazzle — Intro to Musical Theater Dance (Ages 8-11 years)
Musical theatre dance encompasses the best of all dance styles, from the pulsing street dance rhythms of Hamilton to the effortless Waltzes in Cinderella to the amazing heel clicks of chimney sweeps in Mary Poppins. In this class, students will learn a variety of basic dance techniques featured on Broadway, including jazz and tap. Curriculum will also explore storytelling through dance and how to connect with the audience. If your child has ever dreamed of starring in a musical, this class will help get them closer to that dream! Students will showcase their dance moves on the final day of class.
Resident: $180  Non-resident: $200
19619  T  3:30 p.m. – 4:30 p.m.  8 classes  4/16 – 6/4

NEW Theater Prop Workshop (Ages 9-14 years)
Learn the art of prop-making for theater. Props are an important part of stage performances — telephones, faux birthday cakes, and old-fashioned scrolls all help set the scene for the audience. In this hands-on class students will learn various prop-making strategies, including papier mâché cardboard engineering and how to create moving pieces. We’ll even touch on puppet making, too! Students will build props to take home, as well as create props that will be showcased on stage in SCCT’s mainstage summer productions! No class 5/26.
Resident: $264  Non-resident: $284
19620  Su  10:45 a.m. – 12:15 p.m.  8 classes  4/14 – 6/9

FUN-damentals of Improv (Ages 10-14 years)
Learn how to perform scenes and invent fascinating characters without a script. Using fun theater games and improv activities, students discover how to think quickly on their feet and create hilarious scenes without props, costumes or scripts. Sometimes silly, sometimes outrageous, this fast-paced class is all about thinking outside the box and freeing your imagination on stage. Jump in and join the fun! Final class features a unique improv showcase for family and friends.
Resident: $264  Non-resident: $284
19621  Th  5:30 p.m. – 7:00 p.m.  8 classes  4/18 – 6/6

NEW Ghostlight Conservatory: Iconic Musical Numbers (Ages 12-18 years)
Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. In our spring session, we’ll examine the world of classic and contemporary musicals and mastering the art of performing iconic songs. Program will include intensive training in vocal techniques, stage presence, advanced dance technique and acting through song to help elevate each student’s performance skills to new heights. Final class will feature an amazing showcase performance. Students must audition to be accepted into this Conservatory class or have attended the winter 2024. Conservatory session: Audition with 1 min monologue & 32 bars song (no dance) on Monday April 1, 3:30 – 5:30 pm. No class 4/13 & 5/25.
Resident: $650  Non-resident: $670
19622  Sa  1:00 p.m. – 5:00 p.m.  7 classes  4/6 – 6/1
**Dungeons and Dragons** (Ages 7-12 years)

Our exciting and imaginative program provides a fun and engaging way for students to develop their social, problem-solving, and teamwork skills while exploring the thrilling world of D&D. Dungeon Masters will guide students through a fantastical world filled with monsters, treasure, and challenges, while they work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork that will serve them well in all areas of life. Join us on an epic adventure that will leave you with memories to last a lifetime! No class 4/10.

**Athena Coding Instructors**  
**Arts and Crafts Room at Youth Center**  
Resident: $190  Non-resident: $210  
19525  W  4:35 p.m. – 5:35 p.m.  8 classes  4/3 – 5/29

**Game Design and Animation with Scratch and Python** (Ages 7-12 years)

Our unique project-based class is designed to allow young students to develop their creative storytelling and game designing abilities, and then gives them the opportunity to bring their ideas to life through Scratch and Python. Bring own laptop, chrome book, or iPad or rent one for use during class for an additional one-time payment of $40 payable to instructor. No class 4/10.

**Athena Coding Instructors**  
**Arts and Crafts Room at Youth Center**  
Resident: $195  Non-resident: $215  
19521  M  4:35 p.m. – 5:35 p.m.  8 classes  4/1 – 6/3

**Python for Kids** (Ages 8-13 years)

Awaken your child’s love for STEM activities by learning Python Programming. Python is a powerful and expressive programming language that’s easy and fun to use. Kids start by learning about coding fundamentals such as variables, loops, and statements. Then they progress to working with graphics and eventually to building games. We give a playful introduction to programming language using fun examples and colorful illustrations. This is a great tool for kids to express their ideas using technology. Our experienced and passionate instructors provide a fun and supportive environment that encourages your child to do their best.

**Out of the Box Kids Instructors**  
**Dance Studio at Youth Center**  
Resident: $250  Non-resident: $270  
19512  Th  4:45 p.m. – 5:45 p.m.  6 classes  4/25 – 5/30

**Hollywood Filmmaking** (Ages 7-12 years)

From the writer’s room to the silver screen, we’ll guide you as you turn your idea into an amazing script, and then we’ll help you bring it to life! All students are divided into production teams; together, they’ll brainstorm their ideas, and then collaboratively draft a script with a part for everyone. As students work, we’ll hold group workshops, where we help them with their script formatting, character design, dialogue and more! Then we move onto filming! Students will act out their own scripts, starring in the parts they themselves wrote. They’ll also take turns behind the camera, shooting with iPads. We’ll give guidance to students as they star in, film, and edit their movies with experienced advice on special effects and green-screen editing, shot composition and panning, lighting and sound effects. Each movie will be shown at the end of the class. Please bring in an iPad if you own one. No class 4/8 & 5/27.

**Athena Coding Instructors**  
**Arts and Crafts Room at Youth Center**  
Resident: $195  Non-resident: $215  
19521  M  4:35 p.m. – 5:35 p.m.  8 classes  4/1 – 6/3

**LEGO® Ultimate Train Workshop**  
(Ages 5-10 years)

Join Brick Tech this spring as we plan, build, create and test LEGO® projects with working trains! In this new offering we will explore STEM concepts relevant to all things locomotive in nature. Participants will build guided projects such as a train station, mail hook and a manual track switch. All projects will interact with the Train while providing an opportunity for hands on learning and learning through play, as well as peer interaction. Don’t miss this opportunity to get your LEGO® lover on the right track to speed ahead in this new offering from Brick Tech.

**Brick Tech Instructors**  
**Homework Room at Youth Center**  
Resident: $70  Non-resident: $82  
19514  Sa  9:00 a.m. – 12:00 p.m.  1 class  4/27

**Let’s Build the Best Day Ever! LEGO® Friends Workshop**  
(Ages 5-10 years)

Let’s work together, using LEGO® friends, to build the greatest motorized carnival and amusement park ever! In this workshop, participants will be introduced to STEM concepts and invited to make friends while playing with LEGO® friends. Join the fun as we collaborate to build and create an amazing amusement park!

**Brick Tech Instructors**  
**Homework Room at Youth Center**  
Resident: $65  Non-resident: $76  
19515  Sa  9:00 a.m. – 12:00 p.m.  1 class  5/11
Super Mario STEM Engineering using LEGO® Material (Ages 5-10 years)

Bring the world of Super Mario to life with Brick Tech as we build LEGO® projects inspired by the video games and the movie! Participants in this camp will learn about the real-world STEM concepts involved in games such as Mario Kart, Mario Party, and Mario Odyssey. Get ready to power up and help Mario to save the day and rescue Peach from Bowser in this video game themed camp!

Brick Tech
*Homework Room at Youth Center*

Resident: $259  Non-resident: $279

M-F 9:00 a.m. – 12:00 p.m. 5 classes 4/8 – 4/12

MineCraft Coding and Design Studio

(Ages 6-12 years)

Minecraft isn’t just the world’s most popular game; it’s also an excellent tool for teaching a wide array of subjects. At Athena, we’ve developed a project-based approach to a variety of important topics using Minecraft Educational; our course will cover personalized game design, animation, and storytelling, programming in Python, JavaScript, architecture and design. Students will learn the fundamentals of electrical circuitry using Minecraft’s patented Redstone circuit system, logic gates, multi-system mechanisms, modding and more. At the end of each class, students take home a freshly minted 3D-printed model of one of their designs. Bring own laptop, chrome book, or iPad or rent one for a one-time payment for $40 for the session. No class 4/9.

Athena Coding Instructors
*Arts and Crafts Room at Youth Center*

Resident: $140  Non-resident: $160

M 3:30 p.m. – 4:30 p.m. 6 classes 4/1 – 5/13

Robotics & Engineering (Ages 7-12 years)

EASE Education offers a stimulating robotics program for young engineers. Utilizing Artificial Intelligence (A.I.) concepts and Machine Learning algorithm as theoretical foundation, students work in teams to plan, build, test, and modify their own robotic creations! We use the VEX123 & VEX GO construction system that teaches the fundamentals of STEM through fun, hands-on activities that help young students perceive coding and engineering in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork. $50 material fee payable to instructor at first class.

EASE Instructors
*Arts and Crafts Room at Youth Center*

Resident: $365  Non-resident: $385

Th 5:00 p.m. – 6:00 p.m. 7 classes 4/18 – 5/30

Create-A-Book (Ages 7-12 years)

The art of bookmaking and illustrating will be the focus of this week. Students will create different types of books, including shape books and pop-up books. They will infuse their stories with descriptive language, creating vibrant pictures in the reader’s mind. Material fee of $20 is payable to instructor at first class.

Lekha Ink Instructors
*Loft Room at Adult Community Center*

Resident: $105  Non-resident: $125

W 5:00 p.m. – 6:00 p.m. 6 classes 4/17 – 5/22

NEW Puppets & Storytelling (Ages 7-12 years)

Participants will make puppets to tell some fantastic stories that they write! Puppets are an extension of the self as well as a character. Using puppets while writing stories helps understand how a character in a story thinks and behaves in any situation. Material fee of $20 is payable to instructor at first class.

Lekha Ink Instructors
*Loft Room at Adult Community Center*

Resident: $105  Non-resident: $125

W 6:15 p.m. – 7:15 p.m. 6 classes 4/17 – 5/22

Olympic Chess (Ages 6-12 years)

Come play the world’s oldest game! Students will play against each other and challenge themselves with fun puzzles. Whether they can’t tell the bishop from the rook, or are ready to master the London System, students will learn a lot, have a ton of fun, and finish the camp with a tournament. No class 4/9.

Athena Coding Instructors
*Arts and Crafts Room at Youth Center*

Resident: $150  Non-resident: $170

T 3:30 p.m. – 4:30 p.m. 8 classes 4/2 – 5/28

Checkmate Chess (Ages 5-12 years)

This class is a great way to sprinkle a little intellectual stimulation into your after-school activities. This class covers a complete introduction to the chess pieces. The focus is to teach kids the different moves and values, to understanding and strategizing on good trades versus bad trades, to ending the game with a checkmate. Everyone’s skill level is considered, as our coaches provide the most rewarding experience for your child. Our Chess class has a fun and friendly spirit while having a real blast. No class 5/18.

Out Of The Box Kids Instructors
*Arts and Crafts Room at Youth Center*

Resident: $250  Non-resident: $270

Sa 10:00 a.m. – 11:00 a.m. 6 classes 4/27 – 6/8
### Adorable Baby Animal Science Camp
(Ages 5-11 years)

Celebrate the springtime while learning all about baby animals. We will explore the life cycles of a number of domestic animals including rabbits, chickens, and sheep. We will also explore the life cycles of some local wildlife such as deer, squirrels and a California favorite, the Banana Slug. Filled with many of Robin’s wonderful live animals this camp promises to be unforgettable.

We will do 10 different projects and experiments to examine how parents care for their young and how these baby animals grow. Kids will also get to interact with and touch the animals. Bring a packed lunch and water bottle. Material fee of $50 payable to instructor at first class.

Robin Lise-Nielsen  
Activity Room at Laureola Park

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Material Fee</th>
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<tr>
<td>19538</td>
<td>M-F</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>5 classes</td>
<td>4/8 – 4/12</td>
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</table>

### Saturday Science with Robin (Ages 5–11 years)

The San Carlos Science and Creativity Camp program at Laureola Park is running Saturday camps full of fun and adventure. Each camp is a one day program designed around a general science principle. Campers typically do 2 science projects a day along with games and recess activities. At recess campers are offered crafts and a supervised recess on the lawn and play structure. The camp is made even more special with our animal visitors which attend and are part of every camp, regardless of theme. Let’s have some fun learning about some different animals. Please bring a snack, water bottle, and bag lunch. $10 material fee is payable to instructor at class.

Robin Lise-Nielsen  
Activity Room at Laureola Park

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<th>Day</th>
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<tr>
<td>19536</td>
<td>Sa</td>
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<td>19537</td>
<td>Sa</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>1 class</td>
<td>6/8</td>
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### Science Tricks for Foolish Kids

Let’s have some fun building some physics toys out of simple materials. We will have some fun with force and motion in this physical science-based set of projects. Get ready to fling, roll and have fun!

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<tr>
<td>19533</td>
<td>Sa</td>
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<td>1 class</td>
<td>5/11</td>
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<td>19534</td>
<td>Sa</td>
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<td>5/18</td>
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<td>19535</td>
<td>Sa</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>1 class</td>
<td>5/25</td>
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### Almost Summertime Science Fun

What are your favorite science camp projects? We will test out some of Robin’s newest projects and re-visit some favorites. This is a mixed bag of science fun.

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<th>Material Fee</th>
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<tbody>
<tr>
<td>19536</td>
<td>Sa</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>1 class</td>
<td>6/1</td>
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</tbody>
</table>

### Sports

#### NEW Basketball Camp (Ages 5-14 years)

Basketball Camp emphasizes skills through fun activities as well as games at the end of the day. Please be sure your child wears proper sport clothes and shoes, brings a snack and water bottle. Fee includes a Ribbon award at the end of the program.

Manuel Minzer  
Gymnasium at Youth Center

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<td>M-F</td>
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<td>5 classes</td>
<td>4/8 – 4/12</td>
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<tr>
<td>19247</td>
<td>M-F</td>
<td>1:00 p.m. – 4:00 p.m.</td>
<td>5 classes</td>
<td>4/8 – 4/12</td>
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</tbody>
</table>

#### NEW Basketball – Parent and Me (Ages 2-3.5 years)

This parent-child class develops gross motor skills and coordination pertinent to the game of basketball. Repetition permits children to build their confidence and esteem. Activities include organized games that help children to develop skills and learn to follow directions. No class 5/19 & 5/26.

Manuel Minzer  
Gymnasium at Youth Center

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Material Fee</th>
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<tbody>
<tr>
<td>19624</td>
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<td>8 classes</td>
<td>4/7 – 6/2</td>
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<tr>
<td>19623</td>
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<td>12:05 p.m. – 12:30 p.m.</td>
<td>8 classes</td>
<td>6/16 – 8/4</td>
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</tbody>
</table>

Spring/Summer 2024 | Register online at [cityofsancarlos.org/register](http://cityofsancarlos.org/register)
NEW Basketball – First Shots  
(Ages 3.5–5 years)  
Discover the fundamentals of basketball in a fun recreational environment. Preschool class include age-appropriate activities and emphasize general basketball skills. Fun games will be played in each class. No class 5/19 & 5/26.
Manuel Minzer  
Gymnasium at Youth Center  
Resident: $155  Non-resident: $175

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
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<th>Class</th>
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<td>19626</td>
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<td>12:35 p.m. – 1:10 p.m.</td>
<td>8 classes</td>
<td>6/16 – 8/4</td>
</tr>
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</table>

NEW Basketball – Shooting and Games  
(Ages 5–6 years)  
Improve and practice your basic basketball skills such as dribbling, passing, and shooting in each session. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. No class 5/19 & 5/26.
Manuel Minzer  
Gymnasium at Youth Center  
Resident: $175  Non-resident: $185

<table>
<thead>
<tr>
<th>Code</th>
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<tr>
<td>19628</td>
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<td>1:15 p.m. – 2:00 p.m.</td>
<td>8 classes</td>
<td>6/16 – 8/4</td>
</tr>
</tbody>
</table>

NEW Basketball – Training and Scrimmages  
(Ages 8–14 years)  
These classes are designed for all skill levels from the beginner to the hoop veterans. Emphasis remains building basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give students a strong foundation while moving to the game level. No class 5/19 & 5/26.
Manuel Minzer  
Gymnasium at Youth Center  
Resident: $185  Non-resident: $205

<table>
<thead>
<tr>
<th>Code</th>
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<td>2:05 p.m. – 3:00 p.m.</td>
<td>8 classes</td>
<td>6/16 – 8/4</td>
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</tbody>
</table>

Kuk Sool Won Martial Arts for Tiger Tots  
(Ages 4–6 years)  
This introductory martial arts program is for beginners ages 4–6 years. The goal of the course is to teach fundamental skills of Kuk Sool Won Martial Arts with emphasis on listening and discipline.
Hafez Adle  
1665 Fernside Street, Redwood City  
Resident: $160  Non-resident: $180

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
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<tr>
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<tr>
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<td>4 classes</td>
<td>7/25 – 8/15</td>
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</table>

Baseball Tots (Ages 3.5–5 years)  
Baseball Tots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game!
Skyhawks Sports  
Field at Laureola Park  
Resident: $159  Non-resident $179

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<td>5 classes</td>
<td>7/8 – 8/12</td>
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</table>

San Carlos Parks & Recreation  |  (650) 802-4382
Skyhawks Beginning Golf (Ages 5–9 years)
Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

Skyhawks Sports
Field at Laureola Park
Resident: $185 Non-resident $205

Ages 5–6 years
19745  Th  5:00 p.m. – 6:00 p.m.  5 classes  7/11 – 8/15

Ages 7–9 years
19746  Th  6:15 p.m. – 7:15 p.m.  5 classes  7/11 – 8/15

Skyhawks Multi-Sports Tots (Ages 2–5 years)
Give your little superstar an awesome first step into sports with Multi SportTots! This class uses age appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 2-3.5 years.

Skyhawks Soccer (Ages 2–8 years)
These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

World Cup Soccer Skill Clinics (Ages 4–9 Years)
World Cup Soccer trainings are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt.

World Cup Soccer Instructors
Highlands Park
Resident: $269 Non-Resident $289

Ages 4–6 years
19759  Tu  5:00 p.m. – 6:00 p.m.  8 classes  4/2 – 5/28
19760  Th  5:00 p.m. – 6:00 p.m.  8 classes  4/4 – 5/30
19763  Sa  10:00 a.m. – 11:00 a.m.  8 classes  4/6 – 6/1

Ages 7–9 years
19761  Tu  5:00 p.m. – 6:00 p.m.  8 classes  4/2 – 5/28
19762  Th  5:00 p.m. – 6:00 p.m.  8 classes  4/4 – 5/30
19764  Sa  11:00 a.m. – 12:00 p.m.  8 classes  4/6 – 6/1

San Carlos Youth Sports League Directory
AYSO Soccer  Jessica Flores
sancarlosayso.org

San Carlos United Soccer  Fred Im
sancarlosunited.org

Little League Baseball  Mark Reynolds
sancarlosl.com

San Carlos Youth Softball  Bob Bollier
sancarlosyouthsoftball.com
sancarlosyouthsoftball@gmail.com
Tennis

ACES! Whitlinger/Sarsfield Tennis PLAY TENNIS THE STANFORD WAY!

TENNIS CLASSES: Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and longtime Stanford/USPTA Pro Tom Sarsfield. Classes of 3-6 students will consist of six 1 hour lessons. Terrific Tiny Tennis classes will consist of six 40 minute lessons. Students provide own rackets.

MAKEUP LESSONS POLICY: Unless notified to the contrary, lessons will go on as schedule. However, lessons may be postponed for any reason (rain/wet courts, unhealthy air quality, instructor illness, etc.). All postpone lessons will extend the class to the next available normal meeting day at the usual times unless notified to the contrary. We will try to notify you at least one hour before class starts if we are going to postpone the class. If you are unsure regarding the status of the class, you may contact the Recreation Department at (650) 802-4382 or our instructor through WhitlingerSarsfieldTennis.com. There will be no makeup lesson(s) for any lesson(s) missed by the participants.

Whitlinger/Sarsfield Tennis Instructors – Burton Park Tennis Court #1 and #2.

ACES! Adult Novice Tennis (Ages 15+ years)
Children play FUN activities and games on the “42 ft.” court with low compression tennis balls.

Tom Sarsfield
Tennis Courts 1 & 2 at Burton Park

<table>
<thead>
<tr>
<th>Resident</th>
<th>Non-resident</th>
<th>Schedule</th>
</tr>
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<tbody>
<tr>
<td>$159</td>
<td>$179</td>
<td>4/13 – 5/18</td>
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</table>

19178 Sat 8:00 a.m. – 9:00 a.m. 6 classes
19179 Wed. 7:30 p.m. – 8:30 p.m. 6 classes
19180 T,Th 6:00 p.m. – 7:00 p.m. 6 classes
19181 Sat 8:00 a.m. – 9:00 a.m. 6 classes
19184 T,Th 6:00 p.m. – 7:00 p.m. 6 classes
19185 T,Th 6:00 p.m. – 7:00 p.m. 6 classes

ACES! Adult Low Intermediate Tennis (Ages 15+ years)
For players who are consistent on a slow pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

Tom Sarsfield
Tennis Courts 1 & 2 at Burton Park

<table>
<thead>
<tr>
<th>Resident</th>
<th>Non-resident</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>$159</td>
<td>$179</td>
<td>4/16 – 5/16</td>
</tr>
</tbody>
</table>

19186 T,Th 7:00 p.m. – 8:00 p.m. 6 classes
19446 T,Th 7:00 p.m. – 8:00 p.m. 6 classes
19447 T,Th 7:00 p.m. – 8:00 p.m. 6 classes
19448 Sa 9:00 a.m. – 10:00 a.m. 6 classes
19449 T,Th 7:00 p.m. – 8:00 p.m. 6 classes
19450 T,Th 7:00 p.m. – 8:00 p.m. 6 classes

Adult Intermediate Tennis (Ages 15+ yrs)
For players who are consistent on a medium pace rally but needs to develop more spin, power, and/or variety. Refine stroke techniques, strategy, and tactics with performance enhancing drills.

Tom Sarsfield
Tennis Courts 1 & 2 at Burton Park

<table>
<thead>
<tr>
<th>Resident</th>
<th>Non-resident</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>$159</td>
<td>$179</td>
<td>4/17 – 5/22</td>
</tr>
</tbody>
</table>

19456 Sat 9:00 a.m. – 10:00 a.m. 6 classes
19451 T, Th 8:00 p.m. – 9:00 p.m. 6 classes
19452 T,Th 8:00 p.m. – 9:00 p.m. 6 classes
19453 T,Th 8:00 p.m. – 9:00 p.m. 6 classes
19457 Sat 10:00 a.m. – 11:00 a.m. 6 classes
19454 T,Th 8:00 p.m. – 9:00 p.m. 6 classes
19455 T,Th 8:00 p.m. – 9:00 p.m. 6 classes

TENNIS
San Carlos Parks & Recreation | (650) 802-4382
**ACES! Junior Low Intermediate Tennis**  
(Ages 11-14 years)  
For players who are consistent on a slow-pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Burton Park  
Resident: $159  Non-resident: $179

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
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<tr>
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<td>19176</td>
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<td>7/9</td>
<td>7/25</td>
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</table>

**ACES! Quickstart Tennis**  
(Ages 8-10 years)  
Learn simple and efficient techniques on the “60 ft. court” with low compression tennis balls. Emphasis on control, consistency, sportsmanship, and FUN! In general, we recommend the 25 inch racket.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Burton Park  
Resident: $159  Non-resident: $179

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
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<tbody>
<tr>
<td>19162</td>
<td>Sa</td>
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<td>4/13</td>
<td>5/18</td>
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<td>19158</td>
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<td>4/16</td>
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<tr>
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</table>

**Adult Novice Pickleball**  
(Ages 15+ years)  
Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>19767</td>
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<td>1:30 p.m. – 2:30 p.m.</td>
<td>4/13</td>
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<tr>
<td>19768</td>
<td>Sa</td>
<td>2:30 p.m. – 3:30 p.m.</td>
<td>6/22</td>
<td>7/27</td>
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</tbody>
</table>

**Adult Low Intermediate Pickleball**  
(Ages 15+ years)  
Review and strengthen stroke techniques with more emphasis on basic strategy and tactics. This second level class will also introduce poaching and stacking formations. Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
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**Adult Novice Pickleball**  
(Ages 15+ years)  
Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Days</th>
<th>Time</th>
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<td>19778</td>
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**Adult Novice Pickleball**  
(Ages 15+ years)  
Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Time</th>
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<tbody>
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<td>19767</td>
<td>Sa</td>
<td>1:30 p.m. – 2:30 p.m.</td>
<td>4/13</td>
<td>5/18</td>
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<tr>
<td>19768</td>
<td>Sa</td>
<td>2:30 p.m. – 3:30 p.m.</td>
<td>6/22</td>
<td>7/27</td>
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</tbody>
</table>

**Adult Novice Pickleball**  
(Ages 15+ years)  
Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
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<th>Class Code</th>
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<tr>
<td>19767</td>
<td>Sa</td>
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<td>5/18</td>
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<tr>
<td>19768</td>
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<td>6/22</td>
<td>7/27</td>
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</table>

**Adult Novice Pickleball**  
(Ages 15+ years)  
Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.  
**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park  
Resident: $149  Non-resident: $169

<table>
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<tr>
<th>Class Code</th>
<th>Days</th>
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<td>Sa</td>
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<tr>
<td>19768</td>
<td>Sa</td>
<td>2:30 p.m. – 3:30 p.m.</td>
<td>6/22</td>
<td>7/27</td>
<td>6</td>
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</tbody>
</table>
**Adult Intermediate Pickleball**

**Ages 15+ years**

Players will enhance their tactical and strategic play with competitive situational drills. Refine stroke techniques with more emphasis on spin, power, and touch. Players provide their own paddles.

**Tom Sarsfield**  
Tennis Courts 1 & 2 at Highlands Park

**Resident:** $149  **Non-resident:** $169

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Type</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
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<tbody>
<tr>
<td>19467</td>
<td>Th</td>
<td>10 a.m. – 11 a.m.</td>
<td>6 classes</td>
<td>4/18 – 5/23</td>
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<tr>
<td>19468</td>
<td>Sa</td>
<td>12:30 p.m. – 1:30 p.m.</td>
<td>6 classes</td>
<td>6/22 – 7/27</td>
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</tr>
</tbody>
</table>

**ACES! Junior Novice Tennis (Ages 11-14 years)**

Develop the essential techniques with emphasis on control, depth, and direction on the “78 ft. court” with regulation tennis balls. Lessons will also incorporate rules, sportsmanship, and basic doubles play.

**Tom Sarsfield**  
Tennis Courts 1 & 2 at Burton Park

**Resident:** $159  **Non-resident:** $179

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Type</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
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<tr>
<td>19167</td>
<td>T,Th</td>
<td>6:00 p.m. – 7:00 p.m.</td>
<td>6 classes</td>
<td>4/16 – 5/2</td>
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<td>19459</td>
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<td>19169</td>
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<td>6 classes</td>
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<td>6 classes</td>
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</table>

**Euro School of Tennis**

**After School Tennis (Ages 5–7 years)**

Our modified equipment is ideal for young beginners, ensuring they learn at their level and grasp the fundamentals of this fantastic sport. Smaller racquets, low-compression red balls, all you need to do is sign your children up and we’ll have them enjoying this great sport in no time.

**Euro School Of Tennis**  
Tennis Courts 4 & 5 at Highlands Park

**Resident:** $436  **Non-resident:** $456

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<td>4/15 – 6/10</td>
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<tr>
<td>19126</td>
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<td>4:10 P.M. – 5:10 P.M.</td>
<td>8 classes</td>
<td>4/17 – 6/12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Pee Wee Tennis (Ages 4–5 years)**

Our program offers your small tennis star a fun introduction to the game in a setting that’s perfect for their learning abilities. We use low compression red balls to help your child learn the fundamentals. From strokes and movements to the motor skills they will need to move forward as they grow, we make certain they learn in an environment that works for them. Wear tennis shoes and bring a tennis racket size 19 or 21.

**Euro School Of Tennis Instructors**  
Tennis Courts 4 & 5 at Highlands Park

**Resident:** $372  **Non-resident:** $392

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<th>Type</th>
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<tr>
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<td>8 classes</td>
<td>4/17 – 6/12</td>
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<tr>
<td>19127</td>
<td>M</td>
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<td>8 classes</td>
<td>7/8 – 8/26</td>
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<td>5:10 p.m. – 6:00 p.m.</td>
<td>8 classes</td>
<td>7/10 – 8/28</td>
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</tbody>
</table>

**Mini Aces Tennis (Ages 6-7 years)**

If you have a budding athlete, are looking for a great way to keep your kiddo active or interested in having your child learn tennis fundamentals, our Mini Aces program is the perfect solution! Each Mini Aces session is perfect for those with no tennis experience or only mild exposure to the game. We work on hand-eye coordination, movement drills and various strokes.

**Euro School Of Tennis Instructors**  
Tennis Courts 4 & 5 at Highlands Park

**Resident:** $372  **Non-resident:** $392

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Type</th>
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<tr>
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<td>4/17 – 6/12</td>
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<td>19138</td>
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<td>7/8 – 8/26</td>
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<tr>
<td>19141</td>
<td>W</td>
<td>7:00 p.m. – 8:00 p.m.</td>
<td>8 classes</td>
<td>7/10 – 8/28</td>
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</tbody>
</table>

**Adult Novice Tennis (Ages 15+ years)**

Our adult tennis clinics are designed for novice players ages 15 and up. With one instructor for every six students, even if you’ve never held a racquet before, this is a great way to begin appreciating and enjoying the game of tennis. By the end of the course, you’ll be able to hit the ball with consistency over the net, allowing for great game play and fun!

**Euro School of Tennis Instructors**  
Tennis Courts 4 & 5 at Highlands Park

**Resident #372 Non-resident #392**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Type</th>
<th>Classes</th>
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<tr>
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<td>7/8 – 8/26</td>
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<tr>
<td>19141</td>
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<td>7:00 p.m. – 8:00 p.m.</td>
<td>8 classes</td>
<td>7/10 – 8/28</td>
<td></td>
<td></td>
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</tbody>
</table>
SAT Prep (Ages 14-18 years)
The 4-session course will cover strategies, techniques, and concepts. 2 practice tests will be assigned to complete at home during the course. Students will need to bring a computer or tablet to class. Questions about registration can be emailed to instructor Ruby at 26alphaprep@gmail.com. To understand the instructor’s qualification and read testimonials, please visit https://26alphaprep.com/. A material fee of $50 for a study guide, 9 sets of lecture notes, and 2 SAT practice tests will be payable to the instructor on the first day of class.

Ruby Chen
Homework Room at Youth Center
Resident: $635  Non-resident: $655
19508  S  10:00 a.m. – 2:30 p.m.  4 classes  7/14 – 8/4

NEW Ghostlight Conservatory: Iconic Musical Numbers (Ages 12-18 years)
Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. In our spring session, we’ll examine the world of classic and contemporary musicals and mastering the art of performing iconic songs. Program will include intensive training in vocal techniques, stage presence, advanced dance technique and acting through song to help elevate each student’s performance skills to new heights. Final class will feature an amazing showcase performance. Students must audition to be accepted into this Conservatory class or have attended the winter 2024. Conservatory session: Audition with 1 min monologue & 32 bars song (no dance) on Monday April 1, 3:30 – 5:30 p.m. No class 4/13 & 5/25.

San Carlos Children’s Theater Instructors
SCCT Studio, 1314 Old Country Road, Belmont
Resident: $650  Non-resident: $670
19622  Sa  1:00 p.m. – 5:00 p.m.  7 classes  4/6 – 6/1

Virtual Online Driver’s Education (Ages 15+)
This state required Driver Education Online course is being offered through Economic Driving School #2430. The Driver Education course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, quizzes, and practice tests are part of the course. In addition, the student will be prepared to be a safer driver, bicyclist, and pedestrian as well as pass the DMV written test. The course is easy to use. You simply log into the website, enroll, and you can begin immediately! When registering make sure to complete the question that says: How did you hear about us by choosing School: Enter Code: 4382

Economic Driving School
(408) 972-1168 To register go to economicdrivingschool.com/online
Fee: $68.50 Enter Code: 4382
Summer Drop-in Program

Looking for a fun place to hang during the summer? The Youth Center is here for you!

Drop-In is a free, supervised after school program for youth ages 10-17 years. Work on your basketball shot, play video games, dominate in a ping-pong tournament or just hang with friends!

How to Register

To register, parents/guardians must fill out a 2023-24 membership form. Membership forms are available online by visiting cityofsancarlos.org/scycForm.

Stay in the Loop

For up-to-date program information, please follow us on Instagram @sancarlosyouthcenter.

Questions?

Call Emma Licko at (650) 802-4122 or email elicko@cityofsancarlos.org.
Kid's Night Out  
(Ages 5-10 years)  
Youth Center  
Drop off your kids at the Youth Center while parents enjoy an evening out. Children participate in organized crafts, games, and sports in a safe and fun environment. Pizza dinner, a piece of fruit, and snacks are included!  
Fridays, 6:00 p.m. – 9:00 p.m.  
Fee: $40 per child  
For more information please contact Emma Licko at (650) 802-4122.

April 19  
Solar Eclipse  
Course: 18929

May 10  
Super Mario  
Course: 19770

June 7  
Pajama Party  
Course: 19720

Special Events

Teen Wellness Retreat  
(Ages 10-17 years)  
April 20  
9:00 a.m. – 2:00 p.m.  
Youth Center  
Course: 18800

Obstacle Course  
(Ages 10-17 years)  
May 24  
2:00 p.m. – 4:00 p.m.  
Youth Center  
Free with Drop-In Membership

Game Action Truck  
(Ages 10-17 years)  
June 5  
3:30 p.m. – 5:00 p.m.  
Youth Center  
Free with Drop-In Membership

Teen Movie Nights

Barbie  
Extended Drop-In  
(Ages 10-17 years)  
September 13  
7:00 p.m. – 9:00 p.m.  
Youth Center  
Free with Drop-In Membership

Guardians of the Galaxy  
Extended Drop-In  
(Ages 10-17 years)  
May 31  
7:00 p.m. – 9:00 p.m.  
Youth Center  
Free with Drop-In Membership
San Carlos Explorers
If you like to hike the hills of Edgewood park to the hills of Waterdog lake park, join the San Carlos explorers for a hike each day of Spring Break!
Fee: $35 per day

April 8: Año Nuevo and Goat Hill Trail Loop
Course: 18934

April 9: Hidden Villa
Course: 18935

April 10: Stanford Dish Loop
Course: 18936

April 11: Alum Rock South Rim Trail
Course: 18937

April 12: Lands End Hike
Course: 18938

For more information, contact Emma Licko at (650) 802-4122.

Summer L.I.T.E. Program
Be a Teen Volunteer, a volunTEEN
The VolunTeen program gives middle school and high school students an opportunity to give back to the community and perform community service. Camp L.I.T.E. Program (Leader in Training Education) San Carlos Parks and Recreation is looking for confident, enthusiastic, and responsible teens to be leaders in training (L.I.T.E.s) at our Summer Adventure Camps. If you enjoy working with children and want to learn valuable job and leadership skills working with our trained Day Camp Leaders, you can apply! Applications available online beginning Thursday, February 1. Completed applications due by Friday, March 22. Interviews will be held the week of April 1. For more information and to apply, visit cityofsancarlos.org/camps.

For more information, contact Emma Licko at (650) 802-4122.

Youth Advisory Council (Ages 12-18 years)
What is the YAC?
The Youth Advisory Council (YAC) is an all volunteer advisory council to the San Carlos City Council comprised of middle school and high school teens.

What types of projects do we do?
The YAC strengthens the image of community for our young people in San Carlos. We foster human development by offering volunteer activities and events suggested by youth, for youth and the community.

Join Us
Meetings are held on the 2nd Wednesday of each month, 7:00 p.m. – 8:30 p.m. at the San Carlos Youth Center Dance Studio.

How to Apply
Applications for the 2023-24 Youth Advisory Council will open in February. For more information on the YAC or to apply, visit cityofsancarlos.org/yac. Completed applications are due by Tuesday, April 16.

April 20 – Teen Wellness Retreat
May 18-19 – Pop-Up Thrift Shop

For more information, contact Emma Licko at (650) 802-4122.

San Carlos Explorers
If you like to hike the hills of Edgewood park to the hills of Waterdog lake park, join the San Carlos explorers for a hike each day of Spring Break!
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April 8: Año Nuevo and Goat Hill Trail Loop
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April 9: Hidden Villa
Course: 18935

April 10: Stanford Dish Loop
Course: 18936

April 11: Alum Rock South Rim Trail
Course: 18937

April 12: Lands End Hike
Course: 18938

For more information, contact Emma Licko at (650) 802-4122.

San Carlos Parks & Recreation | (650) 802-4382
Family Tot-Time
Mondays & Wednesdays
9:00 a.m. – 12:00 p.m.
Ages – Walking-5 years old with caregiver
Fee – $5 drop-in fee per child per class
Location – Gymnasium at the Youth Center
Enjoy a fun child play zone with scooters, slides, balls and other various play equipment to encourage social skills and develop gross motor skills. Class is unstructured and adult supervision is required at all times. Tot-Time will be closed June 10 – August 21.
For more information, call (650) 802-4122.

COMMUNITY BLOOD DRIVE
Saturday, May 11
Saturday, August 17
10:00 a.m. – 3:00 p.m.
Location: Adult Community Center
For more information and to schedule an appointment, visit cityofsancarlos.org/events.
For more information, call (650) 802-4122.

COMMUNITY DROP-IN
Youth Center Family Open Gym
FREE recreational time for families.
Parents, guardians, or caregivers must accompany children to participate.
Sundays, 9:00 a.m. – 12:00 p.m.

Adult Basketball (Ages 18+ years)
Sundays, 3:00 p.m. – 5:00 p.m.
Fee: $5

Adult Volleyball (Ages 18+ years)
Starting March 23
Saturdays, 10:00 a.m. – 12:00 p.m.
Fee: $5

Have questions or would like additional information? Contact Emma Licko at (650) 802-4122.
ADULT ACTIVITIES

Arts & Music

**Beginning Cake Decorating (Ages 18+)**
In this class we will work with buttercream icing and learn a variety of decorating techniques: stars, shells, drop flowers, borders, roses, basket weave and more. We will dedicate one class to learning several quick and easy ways to decorate cupcakes. This class requires additional supplies; materials list will be provided one week before the class begins. Each participant will need to bring a cake or cupcakes and icing to class weeks 2-4. Questions? Email the instructor: hopkinsce@gmail.com.

Christine Hopkins
Kitchen at Adult Community Center
Resident: $135  Non-resident: $155

<table>
<thead>
<tr>
<th>Class #</th>
<th>Days</th>
<th>Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td>19284</td>
<td>M</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4 classes 7/8 – 7/29</td>
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**Learn to Sew (Ages 16+)**
Do you want to learn how to sew? In this class, each person will layout, cut and sew a reversible apron. We will work on sewing machines and each person will get 1:1 help to learn how to use a sewing machine. This is a great class if you want to learn how to sew or haven’t sewn in a long time. Learn how to use your machine and finish a great project in a fun, no pressure environment. If time allows we will make a small second project. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of $25 for the session, payable to the instructor. For more details, please contact the instructor at hopkinsce@yahoo.com.

Christine Hopkins
Loft Room at Adult Community Center
Resident: $135  Non-resident: $155

<table>
<thead>
<tr>
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<th>Days</th>
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<tr>
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<tr>
<td>19286</td>
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<td>6:30 p.m. – 8:30 p.m.</td>
<td>4 classes 6/3 – 6/24</td>
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**Intermediate Sewing (Ages 16+)**
Take your sewing to the next level, we will make a pair of pajama pants and a tote bag. If time allows we will start a third project. We will work on building skills and learning new techniques in this class. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of $25 for the session, payable to the instructor. For more details, please contact the instructor at hopkinsce@yahoo.com.

Christine Hopkins
Loft Room at Adult Community Center
Resident: $135  Non-resident: $155

<table>
<thead>
<tr>
<th>Class #</th>
<th>Days</th>
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<tr>
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<tr>
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<td>4 classes 8/5 – 8/26</td>
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Fee Assistance
Fee assistance is available for classes and programs. For requirements and to request an application, please contact the Recreation Department at (650) 802-4382 or visit cityofsancarlos.org/feeassistance.
**Dance**

**Line Dancing (Ages 18+)**

No partner necessary! Dance to a variety of music types for great exercise and lots of fun. No previous experience necessary for beginner class. Wear comfortable shoes. For class questions email instructor at cch3@att.net. For more information visit cathyandclaudio.com. Pay for the session and save, or drop-in, $6 at the door. No class 7/4.

_Cathy Dacumos_

Parkview Room at Adult Community Center

**Beginning**

<table>
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<table>
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<td>19296  Th 11:30 a.m. – 12:45 p.m.  7 classes  6/27 – 8/15</td>
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**Intermediate**

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<tr>
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<tbody>
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<td>19297  Th 12:45 p.m. – 2:00 p.m.  8 classes  4/11 – 5/30</td>
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<table>
<thead>
<tr>
<th>Resident: $45  Non-resident: $52</th>
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</thead>
<tbody>
<tr>
<td>19298  Th 12:45 p.m. – 2:00 p.m.  7 classes  6/27 – 8/15</td>
</tr>
</tbody>
</table>

**Social Ballroom Dance (Ages 18+)**

Would you like to dance like a star? This is your chance to shine, whether you’re looking for a fun way to exercise, tone your body, or sharpen your mind and memory. Join the new student class and learn the basics in Rhumba, Samba, ChaCha, Tango, Waltz, Foxtrot, Swing, Mambo, and more. Instructor Judy is so sure you will learn, they guarantee you will receive a diploma at the end of the series! The intermediate class is a continuation of instruction from the basic class, with the addition of new and advanced steps, and emphasis on styling in all the dances. One basic series required. New intermediate steps are offered each series. Couples only. Fee is per couple.

_Judith Lewis_

Parkview Room at Adult Community Center

**Resident:** $85  **Non-resident:** $100

<table>
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<tr>
<th>Basic</th>
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</thead>
<tbody>
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<td>19342  T 7:30 p.m. – 8:30 p.m.  6 classes  4/9 – 5/14</td>
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<table>
<thead>
<tr>
<th>Intermediate</th>
</tr>
</thead>
<tbody>
<tr>
<td>19343  T 8:30 p.m. – 9:30 p.m.  6 classes  4/9 – 5/14</td>
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</table>

**Fitness & Wellness**

**NEW Well-Being: Self-Care for Stress Relief & Burnout (Ages 18+ years)**

Is your stress impacting your health? Are you hoping for guidance for how to slow down and start taking care of yourself? This class will cover stress-reduction techniques that not only help you in moments of overwhelm, but can contribute to a more centered and peaceful lifestyle. Whether you are overwhelmed with work, caregiving responsibilities, or major life changes, this class will help you create a restorative lifestyle—one that brings you back to your peaceful and purposeful nature. For more details, please contact the instructor at amanda@wucherwellbeing.com. The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

_Amanda Wucher-Onorato_

San Carlos Room at Adult Community Center

**Resident:** $229  **Non-resident:** $249

| 19549  Th 5:45 p.m. – 6:45 p.m.  4 classes  6/6 – 6/27 |
NEW Well-Being: Embracing Mindful Living (Ages 18+ years)
As it is said in Ferris Bueller’s Day Off, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.” Do you feel like time and your life is moving too fast and you want to regain a sense of presence and enjoyment? This class teaches you how to cultivate a sense of mindful awareness to help you gain perspective and live more intentionally. You will also learn how to practice gratitude and focus on joy to enhance your wellbeing. For more details, please contact the instructor, at amanda@wucherwellbeing.com. The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

Amanda Wucher-Onorato
San Carlos Room at Adult Community Center
Resident: $229  Non-resident: $249

19550  Th  5:45 p.m. – 6:45 p.m.  4 classes  7/11 – 8/1

NEW Well-Being: Self-Compassion for Chronic Conditions (Ages 18+ years)
Do you have a chronic health condition and are hoping to learn how to better tend to your needs with care and compassion? In this class, we will learn ways to properly nurture our body, mind & spirit in order to feel supported with a chronic health condition. Topics such as self-advocacy, hope, and the importance of rest will also be included. For more details, please contact the instructor at amanda@wucherwellbeing.com. The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

Amanda Wucher-Onorato
San Carlos Room at Adult Community Center
Resident: $229  Non-resident: $249

19552  Th  5:45 p.m. – 6:45 p.m.  4 classes  8/8 – 8/29

Body Boost® (Ages 18+ years)
Body Boost® is a mom-only, high-intensity, total-body workout that is empowering and energizing—and will challenge all levels of fitness, from beginner to elite athlete. Taught by certified fitness professionals with pre and postnatal expertise, these 60-minute classes combine cardio, strength, core training, and meditation. You will leave this workout refreshed and recharged for all that comes with motherhood. Your first class is free. For information visit sfpeninsula.fit4mom.com, call (650) 395-7558 or email at sfsocial@fit4mom.com or sfpeninsula@fit4mom.com.

Fee: Pre-registration and liability waiver required.
$30 single class $119 monthly membership

Fit4Mom Stroller Strides® and Stroller Barre® (Ages 18+ years)
Stroller Strides® is a 60-minute total body workout with strength, cardio, and core training. Stroller Barre®, is a blend of ballet, pilates and barre and is designed to help moms and moms-to-be build strength, muscle tone and improve overall fitness. Both are stroller-based programs, perfect for both pregnant moms and moms with kiddos from six weeks to six years old, and taught by pre and postnatal certified instructors. You’ll leave these FIT4MOM SF Peninsula classes feeling strong, empowered, connected, and energized—no matter your stage of motherhood. For information visit sfpeninsula.fit4mom.com, call (650) 395-7558 or email at sfsocial@fit4mom.com or sfpeninsula@fit4mom.com.

Fee: Pre-registration and liability waiver required.
$28 single class $109 5-class pass
$119 unlimited monthly membership

Stroller Strides
M,T,F  9:30 a.m. – 10:30 a.m.  Burton Park

Stroller Barre
W,Th  9:30 a.m. – 10:30 a.m.  Burton Park

San Carlos Parks & Recreation  |  (650) 802-4382
**Sound Bath Mediation** (Ages 18+)
Combining the power of sound healing and deep meditation, Sound Baths offer a transformative experience designed for relaxation, stress reduction and rejuvenation of mind, body and spirit. Participants will immerse themselves in a soothing soundscape created by singing bowls, gongs, drums, chimes and sounds of nature such as rain & ocean waves. The gentle vibrations shower & flow through our bodies from head to toe restoring the harmony & balance, reducing pain, anxiety and improving sleep quality. Come and Indulge in an oasis of tranquility! Sign up for the session and save, or drop-in, $40 per class.

**Saylee Raje**  
*San Carlos Room at Adult Community Center*

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time</th>
<th>Classes</th>
<th>Rate</th>
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<tr>
<td><img src="image1.jpg" alt="Image" /></td>
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<td>5/2 – 5/30</td>
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<tr>
<td><img src="image3.jpg" alt="Image" /></td>
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<td>7:00 p.m. – 8:30 p.m.</td>
<td>5 classes</td>
<td>8/1 – 8/29</td>
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**Dance Fitness** (Ages 18+)
Dance the night away and get fit. This session combines the best in dance fitness of both Latin and Ballroom dance with alternating weeks of Zumba and LaBlast® Fitness. Rumba, Waltz, Reggaeton, Salsa, Foxtrot, Swing, Cumbia, Lindy Hop, Tango, Bachata and more! We are covering the world of dance styles and rhythms while exercising our heart, mind and body. Suitable for all exercise fitness levels.

**Sandra Frojelin**  
*Parkview Room at Adult Community Center*

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<tr>
<th>Session</th>
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<tbody>
<tr>
<td><img src="image4.jpg" alt="Image" /></td>
<td>Th</td>
<td>6:00 p.m. – 6:50 p.m.</td>
<td>8 classes</td>
<td>4/25 – 6/13</td>
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</tbody>
</table>

**NEW BollyX** (Ages 16+ years)
BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music. In this 55-minute cardio class that has choreography which cycles between higher and lower-intensity dance sequences that can help you burn around 500-800 calories per session. Because it is a cardio dance class, you can expect to see high impact dance moves throughout the class. However, feel free to modify any of the dance moves as you like. Our goal is for you to have a lot of fun as you dance to the beats of amazing Bollywood songs and unleash your inner rock star. Come and join the joy of dancing while exercising with Bollywood songs. No class 5/15.

**Flora Yazedani**  
*Chestnut Room at Adult Community Center*

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<th>Classes</th>
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<tr>
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<td>6:30 p.m. – 7:25 p.m.</td>
<td>8 classes</td>
<td>4/17 – 6/12</td>
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**Planning a Special Event or Business Meeting?**
We can accommodate a small get-together or large events. Whether you are having a wedding, anniversary, memorial, recital, or a youth sport tournament, we have the space for you!

**Facility Types**
Complete a Facility Rental Inquiry at cityofsancarlos.org/facilityrental

- Banquet Facilities
- Commercial Kitchen
- Outdoor Patio Area
- Picnic Area
- Gymnasium
- Bocce Ball

**Adult Community Center**
(650) 802-4382

**Youth Center**
(650) 802-4471

**Picnic and Bocce Ball Reservations**
(650) 802-4382

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Spring/Summer 2024 | Register online at cityofsancarlos.org/register
LEMO Recharge Program (Ages 18+)

We’re thrilled to announce the opening of LEMO Recharge, and our longevity courses which offer access to a variety of cutting-edge solutions designed to optimize recovery and promote wellness. You will work with our Recharge specialists who will focus on the following themes throughout the 4 week program: longevity, recovery, mental clarity/wellness and circulation. Accompanied with these instructional courses, our offerings include technologies like cryotherapy, redlight therapy, Vasper technology, Normatec air compression, BEMER, and more!

LEMO Instructors
2575 East Bayshore Road, Redwood City

Resident: $209 Non-resident: $229

Strength Training Home Workout Workshop (Ages 18+)

Do you prefer to workout in the convenience of your own home when you want? You will learn a home workout routine by using hand weights. You will learn to do safe & effective exercises to help strengthen and tone all muscle groups, as well as increase bone density to help prevent Osteoporosis. An additional benefit can be weight loss as you burn calories up to 24 hours after lifting weights. The class will start with a gentle cardio warm up and end with stretching.

Monique Story
Burton Park Stage at Burton Park

Resident: $70 Non-resident: $82

Stretch, Strength, and Posture (Ages 18+)

Keep a spring in your step and improve your posture and balance with a head to toe workout that is suited to all fitness levels. Lengthen and strengthen muscles, lubricate joints, and develop core postural strength with a combination of standing, sitting, and mat exercises. Resistance bands and free weights provided. Please bring a towel and mat.

Jill Daly
San Carlos Room at Adult Community Center

Resident: $160 Non-resident: $180

Warrior Boot Camp (Ages 18+)

The Warrior Boot Camp combines two unique fitness programs into one amazing fitness camp, creating one of the best total-body fitness programs on the market. High-intensity classes are consciously designed to get your heart rate spiking, your legs moving, your body pumping — all the while drawing motivation from other members and our expert coaches. Strength and conditioning classes will sculpt, tone, and increase your muscular baseline so you’ll burn fat more quickly, whether at rest or moving throughout your day. Open to all fitness levels, classes are offered M/T/Th/F at 5:30 a.m. & 6:20 a.m. and M/T/W/Th at 5:30 a.m. Sign up for the month and attend as many workouts as you like. Visit kingscampsandfitness.com or call (650) 885-9804 for more information. Fee included open gym on Sunday, 8:30 a.m. — 10:00 a.m.

Mike King
1100 Industrial Rd. #13, San Carlos

Resident: $190 Non-resident: $210
Yoga Beginning/Intermediate (Ages 18+)
Let your body release stress and restore its vast natural healing potential. Enjoy comfort and vibrancy in your daily life as you experience strength, lightness, flexibility, and balance. Simple and easy-to-follow strengthening exercises for care of the back are presented. Your body will become supple and strong, finding inner contentment as deep tension and depression disappear. Through the experience of yoga, one develops an awareness and understanding of the harmonious relationship between body, mind, and breath. Bring a yoga sticky mat and an optional yoga block. Make up classes are available either night. No class 5/27.

Gloria Baumann
Parkview Room at Adult Community Center
Resident: $146  Non-resident: $166
19291  M  5:45 p.m. – 7:00 p.m.  8 classes  4/15 – 6/10
19292  M  5:45 p.m. – 7:00 p.m.  8 classes  7/8 – 8/26
19294  W  5:45 p.m. – 7:00 p.m.  8 classes  7/10 – 8/28
Resident: $163  Non-resident: $183

Yoga For You — Extra Gentle Yoga (Ages 18+)
Yoga for the stiff, out of shape, or those recovering from injury. In this class you will learn yoga postures customized for your condition and breathing exercises for stress reduction, and complete each session in deep relaxation. Bring a yoga strap and mat. Make up classes available either night.
Julia Harkola
Chestnut Room at Adult Community Center
Resident: $160  Non-resident: $180
19494  T  5:45 p.m. – 6:45 p.m.  11 class  4/2 – 6/11
19496  Th  5:45 p.m. – 6:45 p.m.  11 class  4/4 – 6/13
Resident: $145  Non-resident: $165
19495  T  5:45 p.m. – 6:45 p.m.  10 classes  6/25 – 8/27
19497  Th  5:45 p.m. – 6:45 p.m.  10 classes  6/20 – 8/29

Yoga For You — Extra Gentle Yoga (Ages 18+)
Yoga for the stiff, out of shape, or those recovering from injury. In this class you will learn yoga postures customized for your condition and breathing exercises for stress reduction, and complete each session in deep relaxation. Bring a yoga strap and mat. Make up classes available either night.
Julia Harkola
Chestnut Room at Adult Community Center
Resident: $160  Non-resident: $180
19494  T  5:45 p.m. – 6:45 p.m.  11 class  4/2 – 6/11
19496  Th  5:45 p.m. – 6:45 p.m.  11 class  4/4 – 6/13
Resident: $145  Non-resident: $165
19495  T  5:45 p.m. – 6:45 p.m.  10 classes  6/25 – 8/27
19497  Th  5:45 p.m. – 6:45 p.m.  10 classes  6/20 – 8/29

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19496  Th  5:45 p.m. – 6:45 p.m.  11 class  4/4 – 6/13
Resident: $145  Non-resident: $165
19495  T  5:45 p.m. – 6:45 p.m.  10 classes  6/25 – 8/27
19497  Th  5:45 p.m. – 6:45 p.m.  10 classes  6/20 – 8/29

Zumba Gold (Ages 18+)
The Latin inspired, calorie-burning dance fitness workout – Zumba Gold is a lower impact workout that is easy to follow for all fitness levels. The class format combines fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits. Come and be a part of this fun exhilarating, experience.
Lori Dachauer
Chestnut Room at Adult Community Center
Resident: $94  Non-resident: $111
19333  T  9:00 a.m. – 10:00 a.m.  6 classes  4/2 – 5/7
19334  T  9:00 a.m. – 10:00 a.m.  6 classes  5/14 – 6/18
Resident: $80  Non-resident: $94
19335  T  9:00 a.m. – 10:00 a.m.  5 classes  6/25 – 7/23
Resident: $66  Non-resident: $78
19336  T  9:00 a.m. – 10:00 a.m.  4 classes  8/6 – 8/27

Special Interest
Puppy Kindergarten (Ages 18+)
This class is the foundation for a lifetime of good habits. The six-week positive reinforcement based class includes basic commands such as sit, down, stay, come and leash walking as well as correcting behaviors like biting, chewing, jumping, and housebreaking. Requirements: Puppies should be current on vaccinations and 3-7 months old.
Will Arnaout
Dance Studio at Youth Center
Resident: $170  Non-resident: $190
19485  W  6:00 p.m. – 7:00 p.m.  6 classes  7/10 – 8/14
Companion Dog Training I (Ages 18+)
This class is designed for dogs 6 months and older. Whether you’ve just adopted and want to get off on the right track or need a refresher, this class is for you. You will learn various commands, such as sit, down, come, heel, stay, and leave it, and teach your dog to wait at doorways and walk politely on leash. Requirements: Proof of current DHPP and Rabies vaccinations.

Will Arnaout
Dance Studio at Youth Center
Resident: $200  Non-resident: $220

In the Kitchen with Chef Steve (Ages 18+)
Refine your kitchen skills in an entertaining and informative culinary evening. Let’s collectively create fabulous dishes in a relaxed session for all skill levels. As we navigate the recipes we will discuss traditional ingredients and cooking methods. We will learn prep ahead shortcuts, kitchen tips and techniques, and creative variations. Chef Steve, restaurateur and educator brings over 20 years of experience and worldwide travels to your kitchen. So bring your favorite chef’s knife and some take home food containers and join in the fun. $10 material fee payable to instructor at class.

Steve Cortez
Kitchen at Youth Center
Resident: $79  Non-resident: $93

Sushi & Miso Soup

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>19489</td>
<td>W</td>
<td>6:00 p.m. – 7:30 p.m.</td>
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Birria Tacos & Cilantro Rice

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Flavors of Barcelona

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<tr>
<td>19709</td>
<td>W</td>
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<td>$10</td>
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Handmade Pasta & Sauce

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<td>19491</td>
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Summer in Germany

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Danish Classics

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DIY Ramen & Gyoza

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<td>19492</td>
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<td>$10</td>
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Star Gazing at Crestview Park
Bring your binoculars, telescopes, star guides, and lounge chairs for some informal star gazing at Crestview Park in San Carlos. See how many different things you can identify in the night sky! This event is conducted by members of the San Mateo County Astronomical Society and will start at sunset. Please park on Crestview Drive and bring small flashlights only with red lens. This is a popular spot for amateur astronomers so there could be telescopes. Caution! Please don’t touch a telescope without permission; parents, please watch your children. Events will be canceled if the weather is overcast or raining. All ages are welcomed and no registration or fee required.

Saturdays — Dusk to 10:00 p.m.
4/6, 4/13, 5/4, 5/11, 6/1, 6/8, 6/29, 7/6, 7/27, 8/3, 8/31

Genealogical Research Beyond Ancestry
(Ages 18+)
This class will help the advanced beginner, and beyond, genealogist use websites beyond Ancestry. These will include the National Archives, military specific websites, immigration websites, and other less used sources to help you in your search for your roots.

Mary Lynn Wilson
Loft Room at Adult Community Center
Resident: $60  Non-resident: $70

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<th>Class Code</th>
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<td>19486</td>
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<td>7:00 p.m. – 8:00 p.m.</td>
<td>$20</td>
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San Carlos Parks & Recreation | (650) 802-4382
CERT Academy (Ages 18+ years)
CERT educates people in the community about disaster preparedness for hazards that may impact their area (e.g., earthquakes or fires) and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.
Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Participants must complete all classes and Skills Day in order to receive a CERT Certificate of Completion and become a member of the Redwood City and San Carlos CERT Community. For additional information or to register, please email lbach@redwoodcity.org.

Sandpiper Community Center
797 Redwood Shores Parkway, Redwood City
4/3 – 5/15 Wednesdays 6:30 p.m. – 9:00 p.m.

Armory
939 Valota Road, Redwood City
5/18 Saturday 8:30 a.m. - 3:30 p.m.

Genealogy: Organizing Your Genealogy Project (Ages 18+)
Doing genealogy is addictive! You often end up with piles of paper or hundreds of links or both. Let’s take the time to find an organization system that works for you. take control of the process of your search, so you always know what you are researching, what your questions are, and what steps to take next.
Mary Lynn Wilson
Loft Room at Adult Community Center
Resident: $60  Non-resident: $70

Genealogy: Drop In for Advice (Ages 18+)
Let our Genealogy instructor, Mary Lyn Wilson, help you with your genealogy project. Whether you are just getting started or are an expert, another set of eyes and ideas can be helpful. Plus, while doing your own genealogy alone is fun, showing your research to others and receiving feedback is a delight! You can either enroll in the session and come each week or drop-in for $12 per class. No class 5/16, 5/23, 5/30.
Mary Lynn Wilson
Loft Room at Adult Community Center
Resident: $65  Non-resident: $76

Sports
Kuk Sool Won Martial Arts Fundamentals
(Ages 18+ years)
This program offers practical self-defense techniques for adults of all ages, optimizes physical fitness and coordination, and sharpens mental focus. This program teaches basic skills through advanced black belt degrees.
Hafez Adle
1665 Fernside Drive Redwood City 94061
Resident: $160  Non-resident: $180

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Resident: $160  Non-resident: $180
Support community and togetherness while engaging with friends and neighbors in the City of Good Living!

Learn more online! cityofsancarlos.org/events

Day of Service and Earth Day

SPONSOR!

VOLUNTEER!

Music in the Park
Family Campout

Hometown Days

Pride in the Park

Art & Wine Faire

Spring/Summer 2024 | Register online at cityofsancarlos.org/register
**Adult Drop-in Basketball (Ages 18 yrs+)**

Come work on your basketball skills at our Adult drop-in basketball program. Adult Drop in Basketball is a great way to play pick up with other members of the community, or shoot around with friends.

*Youth Center Gym*

$5 drop-in fee

Su 3:00 p.m. – 5:00 p.m.

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**Adult Drop-in Pickleball (Ages 18 yrs+)**

Each Tuesday and Friday three courts are set up for rotation play. Excellent for beginners and experienced players alike! Low key environment for those who just want to come out and give it a try!

Participants pay a $5 drop-in fee at the door, sign a waiver, and join the fun! Please bring exact change. All skill levels welcome.

*Youth Center Gym*

$5 drop-in

T/F 9:00 a.m. – 12:00 p.m.

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**Adult Drop-in Volleyball (Ages 18 yrs+)**

Enjoy a low pressure way to practice skills, learn techniques, meet other players, and stay in the game! Informal teams ensure a different competitive and fun experience each week.

*Youth Center Gym*

$5 drop-in

Su 5:30 p.m. – 7:30 p.m.

Sa 10:00 a.m. – 12:00 p.m. beginning on March 23rd

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**Adult Sport Leagues**

Come join San Carlos Adult Sports Leagues. Teams can sign up by filling out a registration form and submitting it before the season deadline. Are you looking to play a sport, but do not have a team to play on? If so, you can sign up as a free agent! For the most up to date information and registration forms visit: quickscores.com/cityofsancarlos

**SPRING LEAGUES**

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<th>Sport</th>
<th>Days</th>
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<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Sundays/Mondays</td>
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<tr>
<td>Women’s Basketball</td>
<td>Tuesdays</td>
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<tr>
<td>Men’s Softball</td>
<td>Mondays</td>
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<td>Coed Softball</td>
<td>Sundays</td>
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<tr>
<td>Bocce Ball</td>
<td>Tue. / Wed. / Thu.</td>
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<tr>
<td>Cornhole</td>
<td>Wednesdays/Thursdays</td>
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**SUMMER LEAGUES**

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Visit quickscores.com/sancarlos or email athletics@cityofsancarlos.org for more information.
ADULT COMMUNITY CENTER

The Adult Community Center, fondly known as the “ACC,” serves as a central hub for the older adults in our community. The ACC is a space to create lasting friendships and meaningful relationships. We offer a wide variety of programs and services to enhance the lives of our aging adults. All are welcome! We have no membership fee or resident requirements.

Visit Us
601 Chestnut Street, San Carlos
Hours: Monday – Thursday from 9:00 a.m. – 5:00 p.m.
Friday from 9:00 a.m. – 3:00 p.m.
Contact: (650) 802-4384
For more information, visit cityofsancarlos.org/acc

ACC FITNESS ROOM

The ACC Fitness Room is open Monday through Thursday for drop-in between 9:00 a.m. to 5:00 p.m. and Fridays from 9:00 a.m. to 3:00 p.m. It features a NuStep, recumbent bike, pulley weight system, rowing machine, free weights, stability balls and medicine balls. For more information, visit cityofsancarlos.org/acc.

Yearly Membership Fee: $100 (18-61 years)
$50 (62+ years)

STAY CONNECTED WITH THE CHESTNUT CHRONICLE

Our monthly newsletter is packed with information on classes, lectures, day trips, special events, and ACC announcements, it’s your comprehensive guide to what’s happening.

Access The Chestnut Chronicle online at cityofsancarlos.org/acc or stop by the ACC to pick up a copy.
MONTHLY LUNCHEONS

Monthly Luncheons feature a themed meal that includes dessert, a glass of wine or cider, and live entertainment. Luncheons are from 12:00 p.m. – 1:30 p.m.

Fee: $15

19551 April 12  Spring Luncheon
19553 May 10  Mother’s Day Luncheon
19554 June 14  Father’s Day Luncheon
19556 July 12  Red, White & Blue Luncheon
19557 August 2  Luau Luncheon

SPECIAL EVENTS

Mark your calendar!

Pedro Tournament
Saturday, April 6
11:00 a.m. – 4:00 p.m.
Fee: $60
friendsoftheacc.org

Pasta Bingo Night
Saturday, June 1
5:00 p.m. – 8:00 p.m.
Fee: $25
19542

CURBSIDE LUNCH PROGRAM

The ACC offers meals four days a week, Tuesday through Friday (except for the 2nd Friday of the month), prepared by Chef Brenda Sullivan. Meals are $5 each and are ready onsite for curbside pick-up or home delivery to those living in San Carlos. Orders must be made by 5:00 p.m. the day before online by visiting cityofsancarlos.org/lunch or by calling the ACC at (650) 802-4384. The Curbside Lunch Program is partly funded by a Sequoia Healthcare District grant.

To view the monthly menu, visit cityofsancarlos.org/lunch
Virtual Class
Christne Salah emailed to you one day prior to class start date.

Twists, hop stretches, forward bends and milk backbends. This together! While seated on chairs, seniors can do versions of balance and stability. Come join us and we’ll move to the music.

Yoga brings a calm mind, a flexible body and it helps with new exercise program, but you are not likely to injure yourself doing any of these exercises. Be sure to wear loose clothing and comfortable, supportive shoes. No class 5/27 & 6/19.

Chair exercises are great for older adults, those with disabilities, poor balance, or anyone who has trouble standing or getting on the floor to do exercises. They are always gentle on the body and generally safe for most people to do. It is always a good idea to talk to your doctor before beginning a new exercise program.

Fee: $20 (4 classes), $25 (5 classes)

VIRTUAL Chair Yoga (AGES 18+)

Yoga brings a calm mind, a flexible body and it helps with balance and stability. Come join us and we’ll move to the music together! While seated on chairs, seniors can do versions of twists, hop stretches, forward bends and milk backbends. This is an online class. This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

Christine Salah
Virtual Class

Fee: $20 (4 classes), $25 (5 classes)

VIRTUAL Balance & Brains (Ages 18+)

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving and balance skills. This is a virtual class. Zoom link will be sent one day prior to start date. No class 5/27 & 6/19.

Paul Scherman
Virtual Class

Fee: $15 (3 classes), $20 (4 classes), $25 (5 classes)

VIRTUAL Flexibility Past 50 (All ages)

This one hour class focuses on flexibility exercises that people 50 and over can perform safely. It is designed to lengthen and stretch muscles which can help you prevent injuries, back pain and balance problems. A well stretch muscle more easily achieves full range of motion during daily activities. Zoom link will be sent one day prior to start date. No class 7/4.

Paul Scherman
Virtual Class

Fee: $15 (3 classes), $20 (4 classes), $25 (5 classes)

NEW Chair Zumba Gold

Chair Zumba Gold is an excellent way to strengthen the bones and muscles. Come join this weekly seated exercise and dance class.

Flora Yazedani
Adult Community Center

Fee: $20 (4 classes), $25 (5 classes)
**VIRTUAL Gentle Mat Yoga (Ages 18+)**  
Gentle Mat Yoga will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing and guided meditation. This class will include both standing and floor poses. Suitable for those able to get on and off the floor with the help of a chair. No prior yoga experience necessary. Bring your own yoga mat! This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

**Christine Salah**  
**Virtual Class**  
**Fee:** $20 (4 classes), $25 (5 classes)  
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>19573</td>
<td>T</td>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>12:00 p.m.</td>
<td>5 classes</td>
<td>4/2 – 4/30</td>
<td></td>
</tr>
<tr>
<td>19574</td>
<td>T</td>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>12:00 p.m.</td>
<td>4 classes</td>
<td>5/7 – 5/28</td>
<td></td>
</tr>
<tr>
<td>19575</td>
<td>T</td>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>12:00 p.m.</td>
<td>4 classes</td>
<td>6/4 – 6/25</td>
<td></td>
</tr>
<tr>
<td>19576</td>
<td>T</td>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>12:00 p.m.</td>
<td>5 classes</td>
<td>7/2 – 7/30</td>
<td></td>
</tr>
<tr>
<td>19577</td>
<td>T</td>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>12:00 p.m.</td>
<td>4 classes</td>
<td>8/6 – 8/27</td>
<td></td>
</tr>
</tbody>
</table>

**VIRTUAL Senior Boot Camp (Ages 18+)**  
Senior Boot Camp focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance and core. This is a VIRTUAL class held on Zoom. Zoom link will be sent one day prior to start date. No Class 5/27 & 7/4.

**Paul Scherman**  
**Virtual Class**  
**Fee:** $15 (3 classes), $20 (4 classes), $25 (5 classes)  
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>19578</td>
<td>W</td>
<td>12:15 p.m. – 1:15 p.m.</td>
<td>1:15 p.m.</td>
<td>4 classes</td>
<td>4/3 – 4/24</td>
<td></td>
</tr>
<tr>
<td>19579</td>
<td>W</td>
<td>12:15 p.m. – 1:15 p.m.</td>
<td>1:15 p.m.</td>
<td>5 classes</td>
<td>5/1 – 5/29</td>
<td></td>
</tr>
<tr>
<td>19580</td>
<td>W</td>
<td>12:15 p.m. – 1:15 p.m.</td>
<td>1:15 p.m.</td>
<td>3 classes</td>
<td>6/5 – 6/26</td>
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<tr>
<td>19581</td>
<td>W</td>
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<td>1:15 p.m.</td>
<td>5 classes</td>
<td>7/3 – 7/31</td>
<td></td>
</tr>
</tbody>
</table>

**VIRTUAL Senior Core Conditioning (All ages)**  
This one hour class is focused on building strong core muscles to help maintain appropriate posture and reduce strain on the spine. Core exercises strengthen not only your abdominal muscles, they also train your lower back, hips and the muscles around your pelvis to work together for better balance and stability. One of the primary aims of core exercise training is to prevent injuries that can occur if you don't properly support the spine. Zoom link for the class will be sent one day prior to the start date. No Class 6/19.

**Paul Scherman**  
**Virtual Class**  
**Fee:** $15 (3 classes), $20 (4 classes), $25 (5 classes)  
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>19574</td>
<td>Th</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>10:30 a.m.</td>
<td>10 classes</td>
<td>4/4 – 6/6</td>
<td></td>
</tr>
<tr>
<td>19750</td>
<td>Th</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>10:30 a.m.</td>
<td>10 classes</td>
<td>6/20 – 8/29</td>
<td></td>
</tr>
</tbody>
</table>

**Virtual Gentle Tai Chi**  
The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves in a non-judgmental harmonious setting. No class 7/4.

**Elliott Moskow**  
**Virtual Class**  
**Free**  
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>19749</td>
<td>Th</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>4/5 – 6/7</td>
<td></td>
</tr>
<tr>
<td>19752</td>
<td>F</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>6/21 – 8/30</td>
<td></td>
</tr>
</tbody>
</table>

**Virtual Tai Chi Wellness**  
Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more. No class 7/5.

**Elliott Moskow**  
**Virtual Class**  
**Free**  
<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
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</tr>
</thead>
<tbody>
<tr>
<td>19749</td>
<td>Th</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>4/5 – 6/7</td>
<td></td>
</tr>
<tr>
<td>19752</td>
<td>F</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>6/21 – 8/30</td>
<td></td>
</tr>
</tbody>
</table>

**Ping Pong (Ages 18+)**  
Join us for a fun and social drop-in Ping Pong. All skill levels are welcome to engage in friendly matches and practice sessions!

**Jan Smith**  
**Adult Community Center**  
**Free**  
<table>
<thead>
<tr>
<th>Day</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>12:00 p.m. – 4:00 p.m.</td>
<td>Ongoing</td>
<td></td>
</tr>
</tbody>
</table>

**Virtual Tai Chi Wellness**  
Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more. No class 7/5.

**Elliott Moskow**  
**Virtual Class**  
**Free**  
<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Classes</th>
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</tr>
</thead>
<tbody>
<tr>
<td>19749</td>
<td>Th</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>4/5 – 6/7</td>
<td></td>
</tr>
<tr>
<td>19752</td>
<td>F</td>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>10 classes</td>
<td>6/21 – 8/30</td>
<td></td>
</tr>
</tbody>
</table>

**Tai Chi**  
Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body. No class 6/19.

**Jan Smith**  
**Adult Community Center**  
**Free**  
<table>
<thead>
<tr>
<th>Day/W</th>
<th>Start Time</th>
<th>End Time</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>T/W</td>
<td>9:00 a.m. – 9:30 a.m.</td>
<td>Ongoing</td>
<td></td>
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</tbody>
</table>
Tai Chi Advanced
Susan Hu
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>8:45 a.m. – 10:15 a.m.</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Th</td>
<td>9:00 a.m. – 10:30 a.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Mindful Meditation
This group practices a guided meditation aimed at calming the body and mind, becoming more mindful and aware of the present moment. Some of the group have been meditating for years; others are new to meditation. On the 1st Friday of every month this class is via Zoom. No class 6/19 & 7/4.
Rosemary Field & Liane Benedict
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Creative Arts
Coloring
Discover the joy of coloring at our welcoming drop-in coloring class. Enjoy a relaxing atmosphere where all supplies are provided. No prior experience needed.
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>10:30 a.m. – 12:00 p.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Movies
Join us on the first Monday of each month for a special movie screening with complimentary popcorn. After the movie, you’ll have an opportunity to socialize with fellow movie enthusiasts. For the latest movie listings, check out our Chestnut Chronicle newsletter at cityofsancarlos.org/acc.
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Mondays</td>
<td>1:30 p.m. – 3:30 p.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Community Sing-Along
Free group singing activity for adults. All are welcome. No knowledge of music is necessary – just a love of singing! Join others for an hour of singing timeless and memorable songs for fun. Song books will be provided by the Peninsula Musical Arts Association. No class 5/27.
Tom Feledy, Peninsula Community Chorus
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Sewing Club
Sew, connect, and create together. Similar to a book club this monthly club will meet on the third Tuesday of each month and select a sewing pattern to work on together. Complete your pattern on your own and come together monthly to show off your progress. Patterns will take two months to complete and the class will meet monthly to sew together and work through any trouble that participants run into. Bring your sewing machine to each meeting to sew with the club. Sewing machines are required and will not be provided.
Veronica Dils
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Tuesdays</td>
<td>10:30 a.m. – 12:30 a.m.</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Dance
VIRTUAL Intermediate Tap Dance (Ages 18+)
This ongoing class incorporates cross floor movement, footwork exercises, and choreography. Tap dance is an excellent exercise for both the body and mind. Students interested in registering should have at least one year of prior tap instruction and be familiar with shuffles, flaps, and other basic nomenclature. If you have prior tap dance experience and would like to brush up on your technique, we invite you to join. No class 5/27.
Judith Rechsteiner
Adult Community Center
Free: $15 (3 classes), $20 (4 classes), $25 (5 classes)
<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>19558</td>
<td>M 1:00 p.m. – 2:00 p.m.</td>
<td>5 classes 4/1 – 4/29</td>
</tr>
<tr>
<td>19559</td>
<td>M 1:00 p.m. – 2:00 p.m.</td>
<td>3 classes 5/6 – 5/20</td>
</tr>
<tr>
<td>19560</td>
<td>M 1:00 p.m. – 2:00 p.m.</td>
<td>4 classes 6/3 – 6/24</td>
</tr>
<tr>
<td>19561</td>
<td>M 1:00 p.m. – 2:00 p.m.</td>
<td>5 classes 7/1 – 7/29</td>
</tr>
<tr>
<td>19562</td>
<td>M 1:00 p.m. – 2:00 p.m.</td>
<td>4 classes 8/5 – 8/26</td>
</tr>
</tbody>
</table>

Special Interest
Healthy Lifestyle Behavior Change
Research shows that the best way to set yourself up for success to make healthy lifestyle changes is to set small, specific, realistic goals that are time-based. Come to this talk to learn more.
Janel Jurosky, Sequoia Hospital Dignity Health
Adult Community Center
Free
<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>19714</td>
<td>Th</td>
<td>10:30 a.m. – 11:30 a.m.</td>
<td>1 class 5/23</td>
</tr>
</tbody>
</table>
Heart Disease Prevention
Nearly one-half of Americans have significant heart disease risk factors, the leading cause of death in the United States. Come to learn more about steps you can take to reduce your risk.

Janel Jurosky, Sequoia Hospital Dignity Health
Adult Community Center
Free
19715  Th  10:30 a.m. – 11:30 a.m.  1 class  7/25

News & Views
Provocative and controversial discussions of current events such as the economy and state, national and world issues. No class 7/4.

Roland Vallecillo
Adult Community Center
Free
Th  1:30 p.m. – 3:30 p.m.  Ongoing

Socrates Café: A Philosophical Discussion Group
Socrates Café is a gathering where people from different backgrounds get together and exchange thoughtfully philosophical perspectives based on their unique experiences. The group meets with a new topic every month. Each session begins with a question that forms the basis of discussion.

Carmen Adams
Adult Community Center
Free
1st Fridays  11:00 a.m. – 12:30 p.m.  Ongoing

Book Club
If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet from 1:00 p.m. - 2:30 p.m. on April 1 (The Garden of Evening Mists by Tan Twan Eng), May 6 (A Long Petal of the Sea by Isabel Allende), June 3 (Ordinary Grace by William Krueger Kent), July 1 (The Dutch House by Ann Patchett), August 5 (Out of Africa by Isak Dinesen).

Cecile Lee
Adult Community Center

FREE! Technology Help at the ACC
Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cellphone-related tasks? Jim Schremp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 12:00 a.m. Vikas Chinnan and Ralph Niewmierzycki offer their technology expertise every Wednesday from 9:00 a.m. – 11:00 a.m. For more information, call (650) 802-4384. No class 6/19.

Languages
Whether you’re a beginner or looking to enhance your existing language skills, these Language courses offer an immersive and engaging experience. Curriculum focuses on practical communication skills, vocabulary building, and grammar. Free drop-in programs, no registration required.

Chinese ESL
Irene Odonnell
Adult Community Center
M/Th  9:30 a.m. – 11:30 a.m.  Ongoing

Spanish
Dolores Zea
Adult Community Center
Th  10:00 a.m. – 11:00 a.m.  Ongoing

Chinese Social
Join our vibrant drop-in Chinese social group, where you can connect with others in a welcoming and inclusive environment. Whether you’re a fluent speaker or just starting to learn, come enjoy engaging conversations, cultural activities, and newfound friendships.

Adult Community Center
F  10:30 a.m. – 12:30 p.m.  Ongoing

Blood Pressure Screening: Check, Change, Control
The Adult Community Center offers free blood pressure screenings on the 3rd Wednesday of every month from 11:00 a.m. – 12:00 p.m., provided by Dignity Health Sequoia Hospital. Not held on 6/19 due to holiday.

No appointments necessary!
Monthly Day Trips
Explore local gems, meet new people and travel the Bay Area! The ACC offers a wide range of trips to local destinations for adults! A commercial motor coach or van will provide round-trip transportation for Day Trips from the ACC. These trips let you travel with ease, so that all you have to do is sit back and enjoy! For a detailed itinerary of trips, visit: cityofsancarlos.org/trips.

*New this year: Your date of registration determines your placement in line to board the bus so register early!*

Please contact Cheryl Lenci at (650) 802-4119 at least 45 days before the trip departure if you are bringing a wheelchair or walker and need ADA accommodations.

<table>
<thead>
<tr>
<th>Event</th>
<th>Fee</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>SF Giants Game, Oracle Park</td>
<td>$125</td>
<td>April 10</td>
<td>10:45 a.m. – 5:45 p.m.</td>
</tr>
<tr>
<td>Graton Casino</td>
<td>$50</td>
<td>April 25</td>
<td>7:45 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>Winchester Mystery House</td>
<td>$105</td>
<td>May 30</td>
<td>8:30 a.m. – 3:30 p.m.</td>
</tr>
<tr>
<td>Cache Creek Casino</td>
<td>$50</td>
<td>June 6</td>
<td>7:45 a.m. – 4:45 p.m.</td>
</tr>
<tr>
<td>Filoli Historic House and Garden</td>
<td>$95</td>
<td>June 25</td>
<td>9:00 a.m. – 3:00 p.m.</td>
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<td>BroadwaySF: Wicked Musical</td>
<td>TBD</td>
<td>August 7</td>
<td>10:45 a.m. – 5:00 p.m.</td>
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<td>Thunder Valley Casino</td>
<td>$50</td>
<td>August 22</td>
<td>7:45 a.m. – 4:45 p.m.</td>
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Collette Extended Tours
The ACC offers destination vacations, both nationally and internationally, with Collette Vacations.

Scheduled trips include:
- Memorials of World War II | July 8 – July 17
- Italian Vistas | August 26 – September 7
- New England | September 28 – October 5
- South Africa, Victoria Falls & Botswana | October 11 – 25
- London & Paris Holiday | November 30 – December 8
- Tropical Costa Rica | February 5-13, 2025
- Wonders of Thailand | March 20 – April 4, 2025

To view Collette Extended Tours, please visit cityofsancarlos.org/trips or email Cheryl Lenci clenci@cityofsancarlos.org.

Resources

Caring Cupboard Food Assistance Program
Caring Cupboard is a free and confidential food support program for San Carlos residents, run by San Carlos Service Club for Seniors in partnership with the Adult Community Center (ACC). Groceries are provided every Tuesday at the ACC. How to help: Volunteers are needed to help pack and deliver groceries every Tuesday. Donations of paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC. For more information visit cityofsancarlos.org/caringcupboard or email Recreation Coordinator Matt Okada at (650) 272-5006.

Need A Ride to the ACC?
Redi-Wheels is a service that is part of SamTrans Transportation for Mobility Impaired. If you would like more information or to request a Redi-Wheels application, please call (800) 660-4287. Another transportation option is Little House. They can arrange for a Lyft driver to pick you up from your home. To register for the program, please call (650) 272-5006.

Medical Equipment Loan Program (MELP)
MELP recycles used durable medical equipment, such as wheelchairs and rollators, loaning them at no cost to individuals who cannot afford or otherwise have access to them. Equipment donated to our program is inspected, sanitized, and inventoried before it is made available to future users. For more information on MELP or to get involved in volunteering, visit www.freemedequip.org.
HOW TO REGISTER

Register Early

We don’t like to cancel classes but sometimes it becomes necessary due to low enrollment. To help ensure the class or activity you are interested in meets, register at least one week prior to the first day.

Registration Dates

Online & Mail-in Registration

Residents
Starts March 5
at 8:00 a.m.

Non-Residents
Starts March 12
at 8:00 a.m.

3 Easy Ways to Register

Online
cityofsancarlos.org/register

Walk-in and Drop-off
at the Registration Office
601 Chestnut Street, San Carlos

Mail-in
Parks & Recreation Registration
601 Chestnut Street
San Carlos, CA 94070

Questions?

Email recreation@cityofsancarlos.org or call (650) 802-4382.

Online Registration Account

To register online, visit cityofsancarlos.org/register. If you have an account and are having trouble logging in, please use the reset password button, or email Recreation@cityofsancarlos.org for assistance. To create an account for the first time click on the “Create My Account” tab at the top of the page. You will be prompted to fill out all information necessary to build your account... just don’t forget to add the kids!

Registration Office Hours

601 Chestnut Street, San Carlos
Monday through Thursday, 9:00 a.m. – 5:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.

Resident/Non-Resident Fees

Resident fees apply to anyone with a San Carlos mailing address. Non-Resident fees apply to anyone living in another city.

Refund/Transfer Request

Refunds: If you request to withdraw from an activity at least five or more working days before the activity starts, a refund will be issued, less a $10 refund fee. A refund request less than five working days before the class/activity begins will not be issued. Requests for a refund from camps require two weeks notice in order to receive a refund.

Transfers: If you request to transfer from one activity to another at least five or more working days before the activity starts, the transfer will be processed (if space is available). No transfer requests will be permitted if the request is made less than five working days before the activity starts.

Visit cityofsancarlos.org/registration or call the Recreation Department at (650) 802-4382 for more information.

Payment Methods

We gladly accept Visa, MasterCard, American Express, Discover, cash, and check.

Fee Assistance

Fee assistance is available for classes and programs. For requirements and to request an application, please contact the Recreation Department at (650) 802-4382 or visit cityofsancarlos.org/feeassistance.
Primary Contact

Name (Adult):

Address:

Phone Number: 

Cell Phone: 

Email Address: 

Emergency Contact: 

Activity Registration

<table>
<thead>
<tr>
<th>Course #</th>
<th>Participant’s Name</th>
<th>Date of Birth</th>
<th>Gender Identity</th>
<th>Program Title</th>
<th>Fee</th>
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Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?  
☐ Please contact me about my need for disabled services.

Does the registered person have any allergies or medical conditions that we need to be aware of?  
☐ Yes  ☐ No

If yes, please describe:

Liability Waiver and Photo Release

Liability Waiver: I hereby absolve and hold harmless the City of San Carlos, the San Carlos School District (when District facilities are used or a program is co-sponsored), and the Parks and Recreation Foundation of San Carlos, their respective officers, employees, and instructors, from all injuries, (including risk of exposure to COVID-19 or other communicable diseases), claims, or liabilities that may result from my participation in the above activity. If participant is a minor, I give my consent to his/her participation. I am aware the activity may involve risk of injury and assume all risks for injuries received. Participants of virtual recreation classes acknowledge they are responsible for ensuring their environment is safe/free from obstruction and that any use of a third-party application (e.g. Zoom, Google Meet, etc.) at their own risk. Photo/Video Release: I agree to the use of my photograph/video for City and/or Parks & Recreation Foundation publicity. Please sign below.

Participant Signature  

Date

IF PARTICIPANT IS UNDER 18 YEARS OF AGE, PARENT/GUARDIAN MUST SIGN

Payment

☐ Use credit card on file.

CARD NUMBER  
CVV  
EXPIRATION DATE

CARDHOLDER’S NAME (PRINT)  
SIGNATURE

☐ Check  ☐ Cash  Please make check payable to: City of San Carlos. Mail to: 601 Chestnut Street, San Carlos, CA 94070

Spring/Summer 2024  | Register online at cityofsancarlos.org/register
Lost items recovered from our parks are stored at the Corp Yard for 30 days. Visit [cityofsancarlos.org/lostandfound](http://cityofsancarlos.org/lostandfound) to submit a form. For assistance please call the Recreation Office (650) 802-4382.

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<tr>
<th>Picnic Area</th>
<th>Play Equipment</th>
<th>Trails/Paths</th>
<th>Open Space</th>
<th>Bar-B-Que</th>
<th>Restrooms</th>
<th>Basketball Courts</th>
<th>Baseball Diamonds</th>
<th>Soccer Fields</th>
<th>Pickle Ball</th>
<th>Tennis Courts</th>
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<td>Arguello Park</td>
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Even Good Dogs Must Be On a Leash! It’s The law!
For off-leash dog fun, visit City Hall Dog Park or the Heather Dog Exercise Area. [cityofsancarlos.org/parks](http://cityofsancarlos.org/parks)
Community Pasta and Bingo Night

JUNE 1
5:00 p.m. – 8:00 p.m.
Fee: $25
Adult Community Center
cityofsancarlos.org/acc

Friends of the ACC is a 501©3 non-profit organization and all proceeds benefit San Carlos Adult Community Center.

cityofsancarlos.org/acc

Presented by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos

Family Campout

Burton Park | August 9 & 10
Registration Deadline: August 2
Check-In Begins Friday at 4:00 p.m.
barbecue • sunset movie • s’mores
games • storytime • breakfast

cityofsancarlos.org/register
events@cityofsancarlos.org
(650) 802-4127

San Carlos Education Foundation’s

revel @ devil’s

Saturday, May 4, 2024
Join friends and neighbors for dancing, food, and fun!

SCEF Buy tickets now: scefkids.org/events

Spring/Summer 2024 | Register online at cityofsancarlos.org/register
OPENING CONCERT
MAY 17 5:30PM

San Carlos Hometown Days
MAY 18-19, 2024

ENTERTAINMENT AND FUN FOR THE ENTIRE FAMILY!
CITYOFSANCARLOS.ORG/HOMETOWNDAYS

Sponsored by San Carlos Parks & Recreation and
Parks & Recreation Foundation of San Carlos