CITY OF SAN CARLOS
THE GUIDE to Good Living

SPRING/SUMMER 2023

THE GUIDE to Good Living
**SUMMER MOVIE NIGHTS**

Burton Park Field
Movies begin at sunset, approximately 8:30 p.m.

**Saturdays**
July 22
*Star Wars: The Force Awakens*

August 5
*Ghostbusters: Afterlife*

August 19
*Thor: Love and Thunder*

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

---

**MUSIC IN THE PARK**

June 16 – August 4
Fridays, 6:00 p.m. – 8:00 p.m., Burton Park

**REVEL @ DEVILS**

Saturday, May 6, 7:00 p.m.
Featuring the Smoothest Songs from Mustache Harbor

SCEF
Buy tickets now: scfkids.org/events

**Pride in the Park!**

June 17
11:00 a.m. to 2:00 p.m.
Burton Park

www.cityofsancarlos.org/music
Sponsored by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos
TABLE OF CONTENTS

Tot/Preschool Activities .......................... 6
Arts & Music ...................................... 6
Performing Arts .................................. 7
Special Interest ................................. 8

Youth Activities ................................. 9
Arts & Music ...................................... 9
Dance .................................................. 10
Fitness & Wellness .............................. 10
School Break Camps ......................... 10
Special Interest .................................. 11
San Carlos Children’s Theater .......... 12
Youth Sports ....................................... 16
Tennis .................................................. 18

Teen Activities ................................. 21

Youth Center Drop-In Program .......... 22

Adult Activities ................................. 26
Arts & Music ...................................... 26
Dance .................................................. 27
Fitness & Wellness .............................. 28
Special Interest .................................. 32
Sports .................................................. 33
Adult Sport Leagues ......................... 38

Active Adults 50+ Activities .......... 39
Fitness & Wellness .............................. 41
Creative Arts ....................................... 43
Dance .................................................. 44
Special Interest .................................. 44
Resources .......................................... 45

How to Register ................................. 46

Registration Form ................................. 47

San Carlos Parks Directory ............... 48

YOUTH SUMMER CAMPS
See the camp pull-out section at the center of this guide for details!

SUMMER CAMP 2023
CITY OF SAN CARLOS

Spring/Summer 2023 | Register online at cityofsancarlos.org/register
Recreation Facilities

Recreation Offices
(650) 802-4382 | Fax: 595-6708
Located at the Adult Community Center
601 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.

Youth Center
(650) 802-4471 | Fax: 802-4479
1001 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.
Saturday and Sunday, Closed
See page 22 for Youth Center drop-in and extended hours schedule.

Adult Community Center
(650) 802-4384 | Fax: 595-6732
601 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 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) 802-4421

Field Conditions Hotline
(650) 802-4333

City Hall Dog Park Hotline
(650) 802-4DOG

Recreation Staff

Recreation Staff
Amy Newby, Parks & Recreation Director
Tyler Muela, Recreation Manager
Vicky Galea, Administrative Assistant
Caitlyn Matoso, Recreation Supervisor
Wendy Scettino, Recreation Supervisor
Tommy Cook, Recreation Coordinator
Janet Guerry, Recreation Coordinator
Emma Licko, Recreation Coordinator
Linda Scannell, Recreation Coordinator
Lauren Schneider, Recreation Coordinator
George Holland, Sr. Admin. Clerk
Tracey Neizman, Sr. Facility Attendant

Public Works
Parks Maintenance Staff
Lou Duran, Superintendent
Angel Noriega, Assistant Superintendent
Arturo Burgueno, Sr. Maintenance Worker
Dempsey Davis, Sr. Maintenance Worker
Luis Estrada, Sr. Maintenance Worker
Venne Forks, Sr. Maintenance Worker
Ruben Ramirez, Sr. Maintenance Worker
Jean St. Martin, Sr. Maintenance Worker
Ken Tongol, Sr. Maintenance Worker
Rick Viles, Sr. Maintenance Worker
Merle Abaja, 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.

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

Parks, Recreation, & Culture Commission

Meets the 1st Wednesday, every even month at 7:00 p.m. See meeting agenda on City website for details on how to participate.

John Durkin, Chair
Tony Chao, Vice Chair
Stacy Cooper Dent
Cecile Lee
Mark Maxwell
Robert Bollier, Alternate Member
Youth Advisory Council

Meets the 2nd Wednesday of each month during the school year from 7:00 p.m. – 8:30 p.m.

Hannah Delizo
Alice Finkelstein
Samina Ginwalla
Annika Gupta
Vikram Kacholiya
Eva McLinden
Ellora Mehta
Maya Nayberg
Calista Savay
Ivy Zhou
Ava Stathacopoulos
Sufiya Kaul, Alternate
Diya Patel, 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 made in writing and submitted with completed application. For more information and to request an application, please call the Recreation Department at (650) 802-4382 or visit www.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.
Every Sunday

Farmers’ Market
9:00 a.m. – 1:00 p.m.
Downtown Laurel Street
cityofsancarlos.org/events

April

Saturday, April 1
Pedro Tournament
11:00 a.m. – 4:00 p.m.
Adult Community Center
friendsoftheacc.org

May

May 6
SCEF’s Revel at Devil’s Community Dance Party
Devil’s Canyon Brewing Company
7:00 p.m.
scefkids.org/events

May 15
SCEF’s San Carlos Night at the Giants
6:45 p.m.
scefkids.org/events

May 19-21
Hometown Days
Burton Park
sancarloshometowndays.com

June

June 3
Blood Drive
9:00 a.m. – 2:00 p.m.
Youth Center
cityofsancarlos.org/events

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

June 17
Pride in the Park
11:00 a.m. – 2:00 p.m.
Burton Park
cityofsancarlos.org/events

June 23
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
www.cityofsancarlos.org/music

June 24
Community Pasta Bingo Night
6:00 p.m. – 9:00 p.m.
Adult Community Center
www.cityofsancarlos.org/acc

June 30
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
www.cityofsancarlos.org/music

July

July 7
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
www.cityofsancarlos.org/music

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

July 16
Block Party
4:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/events

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

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

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

August

August 4
Music in the Park
6:00 p.m. – 8:00 p.m.
Burton Park
www.cityofsancarlos.org/music

August 5
Movie Night
Sunset approximately 8:30 p.m.
Burton Park
cityofsancarlos.org/events

August 11-12
Family Camp Out
Burton Park
cityofsancarlos.org/events

August 19
Movie Night
Sunset approximately 8:30 p.m.
Burton Park
cityofsancarlos.org/events

August 26
End of Summer Luau
5:00 p.m. – 9:00 p.m.
Adult Community Center
cityofsancarlos.org/acc

August 27
Block Party
4:00 p.m. – 8:00 p.m.
Burton Park
cityofsancarlos.org/events

CITY FACILITY CLOSURES

May 29
Memorial Day

July 4
Fourth of July

Thanks to
Parks & Recreation Foundation of San Carlos
for their generous support of our community events!
Farmers’ Market
Every Sunday

Family Campout
August 11-12

Muslic in the Park
June 16, 23, 30 • July 7, 14, 21, 28 • August 4

Pedro Tournament
April 1

Pride in the Park
June 17

Hometown Days
May 19-21

Movie Nights
July 22, August 5, August 19

End of Summer Luau
August 26

Community Pasta Bingo Night
June 24
**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 Maracas collection/Summer Kazoo 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 $125 for 10-week session, $114 for the 9-week session and $92 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. Makeup classes are available. More info at www.littlemusicians.net. No classes 5/20, 5/21, 5/29.

*Steven (M/F), Gaby (T/W/Sun), Amy (Sat)*

**SPRING SESSION**

*Stage Area at Burton Park*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Resident: $270</th>
<th>Non-residents $290</th>
</tr>
</thead>
<tbody>
<tr>
<td>17677 T</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>10 classes</td>
</tr>
<tr>
<td>17678 T</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>10 classes</td>
</tr>
<tr>
<td>17679 T</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>10 classes</td>
</tr>
<tr>
<td>17680 F</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>10 classes</td>
</tr>
<tr>
<td>17681 F</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>10 classes</td>
</tr>
<tr>
<td>17682 F</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>10 classes</td>
</tr>
</tbody>
</table>

**SUMMER SESSION**

*Stage Area at Burton Park*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Resident: $204</th>
<th>Non-resident $224</th>
</tr>
</thead>
<tbody>
<tr>
<td>17683 T</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>7 classes</td>
</tr>
<tr>
<td>17684 T</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>7 classes</td>
</tr>
<tr>
<td>17685 T</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>7 classes</td>
</tr>
<tr>
<td>17686 F</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>7 classes</td>
</tr>
<tr>
<td>17687 F</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>7 classes</td>
</tr>
<tr>
<td>17688 F</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>7 classes</td>
</tr>
</tbody>
</table>

*Arts & Crafts Room at Youth Center*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Resident: $248</th>
<th>Non-residents $268</th>
</tr>
</thead>
<tbody>
<tr>
<td>17672 Sa</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>9 classes</td>
</tr>
<tr>
<td>17673 Sa</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>9 classes</td>
</tr>
<tr>
<td>17674 Su</td>
<td>9:00 a.m. – 9:45 a.m.</td>
<td>9 classes</td>
</tr>
<tr>
<td>17675 Su</td>
<td>10:00 a.m. – 10:45 a.m.</td>
<td>9 classes</td>
</tr>
<tr>
<td>17676 Su</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>9 classes</td>
</tr>
</tbody>
</table>
Let’s Make Art Together
(Ages 1.5–3 years)
In this caregiver & me visual arts class, you and your infant or toddler will be exposed to a variety of developmentally appropriate material centered experience. You and your child will engage with art making through material exploration, song, and stories. Multiple material engagements will be provided each class to ensure you and your child have a choice of expression. Dress to get messy! Classes may be held outdoors weather permitting. www.A-ZCreativity.org. $25 material fee for the 5-week class and $20 for the 4-week class is payable to instructor at first class. No class 4/10 & 5/29.

A-Z Creativity Instructors
Arts and Crafts Room at Youth Center
Resident: $106  Non-resident: $126

Performing Arts

Tiny Spotlight
(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. We’ll stretch imaginations as we read our favorite 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: $170  Non-resident: $190

Preschool Musical Theater – Under the Sea (Ages 3–5 years)
Introduce your preschooler to the joys of song and dance! Through fun, imaginative activities, preschoolers develop confidence and character as they learn to express themselves through singing, dancing and acting. Using creative movement, music and games with an “under the sea” theme, young children discover the magic of performing.

San Carlos Children’s Theater Instructors
SCCT Studio, 1314 Old Country Road, Belmont
Resident: $170  Non-resident: $190

Art Abounds (Ages 3–5 years)
Have your child explore art making in a way that is meaningful to them! In this visual arts class, your child will be exposed to a variety of developmentally appropriate material-centered experiences. Your child will enter art making through song, stories, and play, with an opportunity to choose the materials and processes that are most meaningful to them. This will help your child to develop autonomy and confidence along the way. Art activities evolve week to week based on your child’s interest. Your child must be potty trained to attend and classes may be held outdoors, weather permitting. www.A-ZCreativity.org. $25 material fee for the 5-week class and $20 for the 4-week class is payable to instructor at first class. No class 4/10 & 5/29.

A-Z Creativity Instructors
Arts and Crafts Room at Youth Center
Resident: $106  Non-resident: $126
**Special Interest**

**NEW Infant and Caregiver Learn with Less® Enrichment (Ages 1 year and under)**

Join a gentle, supportive Learn With Less® group for some playtime with your peanut. Led by a licensed pediatric speech and feeding therapist, you’ll learn a few developmental tips and tricks to support your baby’s development, from day one. This group is for infants one year and under, and each class will focus on one developmental domain per series: motor, cognition, communication, and social-emotional skills. We’ll meet you where you are and provide all the class materials, so you can focus on connecting with other caregivers and loving on your little one. $10 material fee is payable to instructor at first class.

**Allie Glazer**  
*Dance Studio at Youth Center*

**Resident:** $170  **Non-resident:** $190

<table>
<thead>
<tr>
<th>Code</th>
<th>Time</th>
<th>Days</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17704</td>
<td>10:45 a.m. – 11:30 a.m.</td>
<td>Th</td>
<td>4</td>
<td>4/20 – 5/11</td>
</tr>
<tr>
<td>17808</td>
<td>10:45 a.m. – 11:30 a.m.</td>
<td>Th</td>
<td>4</td>
<td>5/18 – 6/8</td>
</tr>
</tbody>
</table>

**NEW Toddler and Caregiver Learn With Less® Enrichment (Ages 1-3 years)**

Get ready to play, talk, move and sing with your 1 - 3 year old tot! Each Learn With Less® class shares a simple strategy to facilitate developmental across cognitive, communication, social-emotional, and motor domains. You’ll get some playtime with your peanut, and have a chance to connect with other caregivers in the trenches. This class is led by a licensed and certified speech-language pathologist/feeding therapist. Even if you don’t have concerns about your baby’s development, you’ll get access to evidenced-based techniques and strategies to boost your little one’s growing brain. $10 material fee is payable to instructor at first class.

**Allie Glazer**  
*Dance Studio at Youth Center*

**Resident:** $170  **Non-resident:** $190

<table>
<thead>
<tr>
<th>Code</th>
<th>Time</th>
<th>Days</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17664</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>Th</td>
<td>4</td>
<td>4/20 – 5/11</td>
</tr>
<tr>
<td>17809</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>Th</td>
<td>4</td>
<td>5/11 – 6/8</td>
</tr>
</tbody>
</table>

**Family Campout**

August 11 & 12 at Burton Park

Pitch a tent and camping 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.

| Family of 2 | Fee: $50 |
| Family of 3 | Fee: $75 |
| Family of 4 | Fee: $100 |
| Family of 5 | Fee: $125 |
| Family of 6 | Fee: $150 |
| Family of 7 | Fee: $175 |
| Family of 8 | Fee: $200 |

[www.cityofsancarlos.org/register](http://www.cityofsancarlos.org/register)

*Sponsored by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos*
Arts & Music

Sewing 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

<table>
<thead>
<tr>
<th>17416</th>
<th>M</th>
<th>3:30 p.m. – 5:30 p.m.</th>
<th>4 classes</th>
<th>4/3 – 4/24</th>
</tr>
</thead>
<tbody>
<tr>
<td>17417</td>
<td>M</td>
<td>3:30 p.m. – 5:30 p.m.</td>
<td>4 classes</td>
<td>5/1 – 5/22</td>
</tr>
<tr>
<td>17418</td>
<td>M</td>
<td>3:30 p.m. – 5:30 p.m.</td>
<td>4 classes</td>
<td>6/5 – 6/26</td>
</tr>
<tr>
<td>17419</td>
<td>M</td>
<td>3:30 p.m. – 5:30 p.m.</td>
<td>4 classes</td>
<td>7/24 – 8/14</td>
</tr>
</tbody>
</table>

Draw with Us (Ages 5-12 years)
This course will focus 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, sketch or simply want to improve their skills. The class will cover the tools you’ll need and also give you plenty of chances to practice drawing different things, from people, places, and then beyond. No class 5/20.

Out Of The Box Kids Instructors
Arts and Crafts Room at Youth Center
Resident: $290  Non-resident: $310

| 17427 | Sa | 11:00 a.m. – 12:00 p.m. | 8 classes | 4/8 – 6/3 |

Comic Creations (Ages 7-10 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.

Ease Instructors
Loft Room at Adult Community Center
Resident: $469  Non-resident: $489

| 17414 | T | 4:00 p.m. – 5:00 p.m. | 8 classes | 4/4 – 5/23 |

Da Vinci’s Workshop (Ages 6-11 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 bring home tons of new artworks.

Athena Coding Instructors
Arts and Crafts Room at Youth Center
Resident: $165  Non-resident: $185

| 17475 | W | 4:00 p.m. – 5:00 p.m. | 8 classes | 4/19 – 6/7 |
Children's Choir (Ages 6-12 years)

Join local voice teacher and singer Emily Bender for a playful and fun children's choir class. Your child will learn essential musical and vocal skills such as beat, rhythm, Solfege, in-tune singing and more through singing, dancing and play. The ending of the Sea Stars class combines with the beginning of the Sound Wave class so the group can tackle more challenging skills and repertoire, including harmony singing and advanced solfege work. The last class will be a mini recital for family and friends. No class 4/13.

Emily Bender
Activity Room at Laureola Park

Sea Stars (Ages 6-9 years)
Resident: $300  Non-resident: $320

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17383</td>
<td>Th</td>
<td>3:30 p.m. – 4:15 p.m.</td>
<td>9</td>
<td>4/6 – 6/8</td>
</tr>
</tbody>
</table>

Sound Waves (Ages 9-12 years)
Resident: $320  Non-resident: $340

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17384</td>
<td>Th</td>
<td>3:30 p.m. – 4:30 p.m.</td>
<td>9</td>
<td>4/6 – 6/8</td>
</tr>
</tbody>
</table>

Dance

Irish Step Dancing (Ages 6-17 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. No class 4/12.

Mary Jo Feeney
San Carlos Room at Adult Community Center

First Beginner
Resident: $210  Non-resident: $230

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17452</td>
<td>T</td>
<td>3:15 p.m. – 4:00 p.m.</td>
<td>10</td>
<td>4/4 – 6/13</td>
</tr>
</tbody>
</table>

Beginner 1 & 2
Resident: $230  Non-resident: $250

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17453</td>
<td>T</td>
<td>3:45 p.m. – 4:30 p.m.</td>
<td>10</td>
<td>4/4 – 6/13</td>
</tr>
</tbody>
</table>

Novice Prize Winner
Resident: $260  Non-resident: $280

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17454</td>
<td>T</td>
<td>4:30 p.m. – 6:00 p.m.</td>
<td>10</td>
<td>4/4 – 6/13</td>
</tr>
</tbody>
</table>

Fitness & Wellness

Junior Jazzercise (Ages 5-8 years)
The original dance party is here! Kids will have a blast in this dance-based class. Kids get to work it out with the latest beat-pumping music, easy-to-follow dance moves and interactive fitness games designed just for them. Includes an end of session performance. This is an hour of pure FUN! Offsite Location: 1656 El Camino Real, San Carlos.

Sandra Basurto
1656 El Camino Real, San Carlos
Resident: $120  Non-resident: $140

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17379</td>
<td>W</td>
<td>2:00 p.m. – 3:00 p.m.</td>
<td>5</td>
<td>4/5 – 5/3</td>
</tr>
<tr>
<td>17380</td>
<td>W</td>
<td>2:00 p.m. – 3:00 p.m.</td>
<td>5</td>
<td>5/10 – 6/7</td>
</tr>
<tr>
<td>17381</td>
<td>W</td>
<td>2:00 p.m. – 3:00 p.m.</td>
<td>5</td>
<td>6/21 – 7/19</td>
</tr>
<tr>
<td>17382</td>
<td>W</td>
<td>2:00 p.m. – 3:00 p.m.</td>
<td>5</td>
<td>7/26 – 8/23</td>
</tr>
</tbody>
</table>

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 $40 payable to instructor at first class.

Robin Lise-Nielsen
Activity Room at Laureola Park
Resident: $185  Non-resident: $205

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17385</td>
<td>M-F</td>
<td>9:00 a.m. – 1:00 p.m.</td>
<td>5</td>
<td>4/10 – 4/14</td>
</tr>
</tbody>
</table>
Future of Robotics with LEGO Spike Prime
(Ages 6-12 years)
Join Brick Tech as we design, build, program and test robotics projects with the newest materials that LEGO® has to offer, Spike Prime! All participants will get hands on learning experience as they are introduced to STEM and programming concepts. Everything will be provided from tablets for programming, Spike Prime Robotics materials (motors, sensors, brain brick), and more LEGO® bricks and pieces than they could ever build! Don’t miss this opportunity to explore and create the future of robotics with Brick Tech!

Brick Tech Instructors
Homework Room at Youth Center
Resident: $300  Non-resident: $320

Pokémon Master STEM with LEGO Camp
(Ages 5-10 years)
Kick off the spring year with Brick Tech and your favorite Pokémon! Participants will construct guided projects out of LEGO® materials as they learn STEM concepts with a hands on approach. Build a LEGO® gym and train and battle with Pokémon that you design! Discover the secret of the Pokémon eggs and be ready to thwart Team Rocket wherever they show up!

Brick Tech Instructors
Homework Room at Youth Center
Resident: $250  Non-resident: $270

ACES! Whitlinger/Sarsfield Spring Break Camps (Ages 5-12 years)
Special service, only 3-6 players per camp! Our popular tennis camps for novice to low intermediate players emphasizes stroke FUNdamentals with dynamic games and exciting drills. Each camp will have the appropriate court size and tennis balls for their age group. Two courts grouped by age and/or ability. Friday, 4/14 is reserved for a potential makeup day. Please sign up early!

Tom Sarsfield
BP Tennis Court # 1 at Burton Park

Ages 5-7 years
Resident: $115  Non-resident: $125

Ages 8-12 years
Resident: $155, Non Resident: $175

Special Interest

NEW Saturday Science with Robin
(Ages 5-12 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 animal visitors which attend and are part of every camp, regardless of theme. Please bring a snack, water bottle and bag lunch. Material fee of $10 payable to instructor at class.

Robin Lise-Nielsen
Activity Room at Laureola Park
Resident: $50  Non-resident: $58

Science Tricks for Foolish Kids

Slime all the Time & How to Clean it Up

Baby Animals

Happy Earth Day Planet Earth

Tricky Pictures & Trick Photography

Reptiles Around Us

Fun with Critters

Ocean Adventures

Fluffy Adorable Cute Animals

Almost Summertime Science Fun
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.

Preschool Musical Theater — Under the Sea (Ages 3–5 years)
Introduce your preschooler to the joys of song and dance! Through fun, imaginative activities, preschoolers develop confidence and character as they learn to express themselves through singing, dancing and acting. Using creative movement, music and games with an “under the sea” theme, young children discover the magic of performing.

San Carlos Children’s Theater Instructors
SCCT Studio, 1314 Old Country Road, Belmont
Resident: $170  Non-resident: $190
17483  Th  2:30 p.m. – 3:30 p.m.  8 classes  4/20 – 6/8

Tiny Spotlight (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. We’ll stretch imaginations as we read our favorite 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: $170  Non-resident: $190
17481  W  10:00 a.m. – 11:00 a.m.  8 classes  4/19 – 6/7

Storybook Theater — Baby Animals
(Ages 5–7 years)
This storybook class brings out the shining star in every child! Young performers stretch their imaginations and explore their creative side as they act out some of their favorite stories featuring baby animals and springtime themes. Working in a relaxed, supportive environment, students learn the fundamentals of theater using movement and theater games that encourage self-expression and teamwork. Families will be treated to a special student showcase on the final day of class.

San Carlos Children’s Theater Instructors
Dance Studio at Youth Center
Resident: $240  Non-resident: $260
17479  T  3:30 p.m. – 5:00 p.m.  8 classes  4/18 – 6/6

Broadway Rising Stars I — Jungle Book
(Ages 5–7 years)
This show choir class is a wonderful opportunity for budding performers who want to learn 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 a musical revue using popular songs from Jungle Book. Final day of class features a showcase for family. No class 5/28.

San Carlos Children’s Theater Instructors
SCCT Studio, 1314 Old Country Road, Belmont
Resident: $270  Non-resident: $290
17486  Su  11:00 a.m. – 12:30 p.m.  8 classes  4/16 – 6/11
**Broadway Rising Stars II – Finding Nemo**  
(Ages 8-10 years)

Students will explore Broadway song and dance styles and develop valuable group performance skills as they work together to prepare a fun revue using the music and themes from Finding Nemo. Final day of class features a showcase for family. No class 5/28.

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

Resident: $270  Non-resident: $290

| 17491 | Su | 11:00 a.m. – 12:30 p.m. | 8 classes | 4/16 – 6/11 |

**NEW En Garde! Safe Combat for the Stage**  
(Ages 7-14 years)

Ever wondered how slaps, kicks, and sword fights are choreographed in stage productions? Discover all the secrets of stage combat in this cool action-packed class. Actors of all levels will master the special elements needed to make a staged conflict exciting, realistic and SUPER SAFE! Class focuses on the actor’s use of body, movement, and style. The skill of safe physical stage combat is a “must” for every actor.

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

Resident: $240  Non-resident: $260

| 17492 | M | 5:30 p.m. – 7:00 p.m. | 8 classes | 4/17 – 6/12 |

**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. No class 5/29.

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

Resident: $240  Non-resident: $260

| 17493 | T | 3:30 p.m. – 5:00 p.m. | 8 classes | 4/18 – 6/6 |

**NEW Merlin and the Dragons – Pocket Productions**  
(Ages 7-12 years)

Young actors of all levels will be transported back in time with this funny, simple play based on the legend of the Sword and the Stone. Students will learn about Merlin, the magical wizard, Arthur, the future king of Britain, and other characters from the legend, but the classic story takes a hilarious twist when three silly dragons start pursuing Merlin because they believe he has a magic formula to pull out the sword.

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

Resident: $240  Non-resident: $260

| 17494 | T | 3:30 p.m. – 5:00 p.m. | 8 classes | 4/20 – 6/8 |
**Spring Cooking with Junior Chef Stars**  
(Ages 7-13 years)  
Join us this Spring as we provide your Junior Chef with the necessary tools to create, cook and learn. Our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food. Your Junior Chef will learn critical life skills all while making new friends and having a blast! Material fee of $80 payable to instructor at first class.  

**Junior Chef Stars Instructors**  
Kitchen at Youth Center  
Resident: $306  Non-resident: $326

---

**Game Design and Animation with Scratch and Python**  
(Ages 8–11 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 them to life through Scratch and Python. Bring your own laptop, chrome book, or iPad or rent one for a one-time payment for $40 for the session.  

**Athena Coding Instructors**  
Arts and Crafts Room at Youth Center  
Resident: $165  Non-resident: $185

---

**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.  

**Athena Coding Instructors**  
Arts and Crafts Room at Youth Center  
Resident: $185  Non-resident: $205

---

**Intro to Robotics**  
(Ages 7-10 years)  
EASE Education offers a stimulating robotics program for young engineers ranging from 1st to 3rd grade. Utilizing VEX 123, we teach young learners how to use VEX code with Drag & Drop blocks to code the 123 robot. Learners can code the 123 robot using touch to control movements and sounds. They learn sequences, logic and problem solving. Learners progress to using coding Cards and the VEX Coder to control the 123 robot. They learn real programming away from tablets and computers. $50 material fee payable to instructor at first class.  

**Ease Instructors**  
Dance Studio at Youth Center  
Resident: $499  Non-resident: $519

---

**Kids Carpentry**  
(Ages 5-12 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 www.kidscarpentry.net. No class 4/12.  

**John McGovern**  
Activity Room at Laureola Park  
Resident: $260  Non-resident: $280
NEW LEGO Engineering & Design – City Creator Workshop (Ages 5-10 years)
Join Brick Tech this Spring as we design, create and build our very own custom city. Participants will explore STEM, engineering and design concepts as they build their own individual piece of the City! Don’t miss this chance to let your little LEGO® lover learn and have fun while getting to build with peers in a collaborative project setting.

Brick Tech Instructors
Homework Room at Youth Center
Resident: $65 Non-resident: $76
17377 Sa 9:00 a.m. – 12:00 p.m. 1 classes 5/6

NEW 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
17378 Sa 9:00 a.m. – 12:00 p.m. 1 classes 5/27

NEW 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.

Athena Coding Instructors
Arts and Crafts Room at Youth Center
Resident: $145 Non-resident: $165
17472 M 3:30 p.m. – 4:30 p.m. 6 classes 4/17 – 5/23

NEW Roblox Game Design with Coding with Lua (Ages 6-12 years)
Bring your game ideas to life in Roblox. We’ll guide you through the lifecycle of game development; you’ll sketch out an idea, design your game, and complete a finished product. You’ll use the Lua programming language to create in Roblox’s 3D design studio while mastering real-world programming concepts. Whether you are completely new to coding or a master, Roblox’s game design engine offers some incredibly fun challenges. We offer a unique and collaborative approach to programming and game design that will allow kids to develop their creativity while fostering an interest in practical skills. Bring own MAC or PC laptop or rent one for a one-time payment for $60 for the session. Chromebooks and iPads are not compatible for this class.

Athena Coding Instructors
Arts and Crafts Room at Youth Center
Resident: $160 Non-resident: $180
17473 T 3:30 p.m. – 4:30 p.m. 6 classes 4/18 – 5/23

NEW Robotics & Engineering Workshop (Ages 9-14 years)
EASE Education offers a stimulating robotics program for young engineers ranging from 1st to 3rd grade. Utilizing VEX 123, we teach young learners how to use VEX code with Drag & Drop blocks to code the 123 robot. Learners can code the 123 robot using touch to control movements and sounds. They learn sequences, logic and problem solving. Learners progress to using coding Cards and the VEX Coder to control the 123 robot. They learn real programming away from tablets and computers. $50 material fee payable to instructor at first class.

Ease Instructors
Dance Studio at Youth Center
Resident: $499 Non-resident: $519
17415 Th 5:00 p.m. – 6:00 p.m. 8 classes 4/6 – 5/25

Spring/Summer 2023 | Register online at cityofsancarlos.org/register
Speaking with Confidence (Ages 7–12 years)
Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. Students learn to construct narrative, informative, and persuasive speech writing. To develop students’ confidence in public speaking at an early age, speech presentation will be a core activity in every class session. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future.

Ease Instructors
Loft Room at Adult Community Center
Resident: $469  Non-resident: $489
17367  T  5:00 p.m. – 6:00 p.m.  8 classes  4/4 – 5/23

Advanced Public Speaking and Debate Skills (Ages 8–12 years)
Confident public speakers articulate themselves clearly, making them happy. This course helps students structure their thoughts and express them confidently making them strong, confident and happy! In the debate section the students not only voice their opinions but also listen to the other side. The students become better listeners, learn note-taking strategies making them effective communicators. With topics of their interests and our encouraging them to use props, stories, jokes, quotes and other visual aids, we make learning easy and exciting! No Class on 4/13.

Gurus Education
Activity Room at Laureola Park
Resident: $289  Non-resident: $309
17032  Th  5:00 p.m. – 6:00 p.m.  8 classes  4/6 – 6/1

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.

Athena Coding Instructors
Homework Room at Youth Center
Resident: $130  Non-resident: $150
17477  F  3:30 p.m. – 4:30 p.m.  8 classes  4/21 – 6/9

Checkmate Chess (Ages 5–12 years)
Chess can raise ones IQ, increase creativity and problem solving skills and improve memory, concentration, and reading skills. This class covers a complete introduction to the chess pieces. The main focus is to teach kids the different movements and values, to understanding and strategizing on good trades versus bad trades, to ending the game with a checkmate! Everyone’s skill level is taken into account, as our coaches are dedicated to providing the most rewarding experience for your child. No class 5/20.

Out Of The Box Kids Instructors
Arts and Crafts Room at Youth Center
Resident: $290  Non-resident: $310
17426  Sa  9:30 a.m. – 10:30 a.m.  8 classes  4/8 – 6/3

Youth Sports
Skyhawks Basketball (Ages 4–7 years)
Using our progressive curriculum and modified equipment, participants learn basketball fundamentals through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, rebounding, balance, body movement, hand/eye coordination, self-esteem, teamwork, and sportsmanship! Please have participants wear appropriate clothing and athletic shoes and bring a water bottle. A $10 materials fee is payable to the instructor on the first day of class. No class 5/27.

Skyhawks Sports Instructors
Crestview Park
Resident: $99  Non-resident: $108
17491  Sa  10:00 a.m. – 10:50 a.m.  4 classes  4/15 – 5/6
17492  Sa  10:00 a.m. – 10:50 a.m.  5 classes  5/13 – 6/10
Skyhawks Soccer Skills! (Ages 4–7 years)
Using our progressive curriculum and modified equipment, participants learn soccer fundamentals through a series of fast-paced instructional circuits and development games. Our primary development objectives include dribbling, passing, shooting, balance, body movement, hand/feet coordination, self-esteem, teamwork and sportsmanship! A $10 materials fee is payable to the instructor on the first day of class. No class 5/27.

Skyhawks Sports  
Crestview Park
Resident: $99  Non-resident: $108

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Class</th>
<th>Start Date – End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>17594</td>
<td>Sa</td>
<td>9:00 a.m. – 9:50 a.m.</td>
<td>4 classes</td>
<td>4/15 – 5/6</td>
</tr>
<tr>
<td>17593</td>
<td>Sa</td>
<td>9:00 a.m. – 9:50 a.m.</td>
<td>5 classes</td>
<td>5/13 – 6/10</td>
</tr>
</tbody>
</table>

World Cup Soccer Skill Clinics (Ages 4–9 years)
World Cup Soccer Skill Clinics 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, fun, and challenging. Every practice includes a scrimmage. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Fees include a T-shirt. No classes 4/11 & 4/13.

World Cup Soccer Instructors
Kiwanis Field (South) at Highlands Park
Resident: $229  Non-resident: $249

<table>
<thead>
<tr>
<th>Ages 4–6 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>17587</td>
</tr>
<tr>
<td>17589</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 7–9 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>17588</td>
</tr>
<tr>
<td>17590</td>
</tr>
</tbody>
</table>

San Carlos Youth Sports League Directory
AYSO Soccer
Paul Briant
rc@sancarlosayso.org
www.sancarlosayso.org

Bayside Broncos/Pop Warner Football
www.baysidebroncos.org

San Carlos United Soccer
Fred Im
www.sancarlosunited.org

Firehawks Lacrosse Club
www.firehawkslacrosse.com

Little League Baseball
Mark Reynolds
www.sancarlosll.com

Peninsula Green Rugby
www.peninsulagreenrugby.org

San Carlos Tennis Club
www.sancarlostennisclub.memberlodge.com

San Carlos Youth Softball
www.sancarlosyouthsoftball.com
sancarlosyouthsoftball@gmail.com

City Field Conditions Hotline
(650) 802-4333
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 one 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 rec. dept. 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! Spring Break Camps (Ages 5-12 years)
Special service, only 3-6 players per camp! Our popular tennis camps for novice to low intermediate players emphasizes stroke FUNdamentals with dynamic games and exciting drills. Each camp will have the appropriate court size and tennis balls for their age group. Two courts grouped by age and/or ability. Friday, 4/14 is reserved for a potential makeup day. Please sign up early!

Ages 5-7 years
Resident: $105 Non-resident: $125
17585 M-Th 9:30 a.m. – 10:30 a.m. 4 classes 4/10 – 4/13

Ages 8-12 years
Resident: $155 Non Resident: $175
17586 M-Th 10:30 a.m. – 12:00 p.m. 4 classes 4/10 – 4/13

ACES! Terrific Tiny Tennis (Ages 7-10 years)
Special Service, only 3-6 players per class! Children play FUN activities and games on the "42 ft." court with low compression tennis balls. Lessons are designed to enhance their athletic and skill.

Resident: $105, Non-resident: $125
17540 T,Th 3:20 p.m. – 4:00 p.m. 6 classes 4/18 – 5/4
17539 Sa 11:00 a.m. – 11:40 a.m. 6 classes 4/15 – 5/20
17541 W 3:10 p.m. – 3:50 p.m. 6 classes 4/19 – 5/24
17542 W 3:50 p.m. – 4:30 p.m. 6 classes 4/19 – 5/24
17543 T,Th 3:20 p.m. – 4:00 p.m. 6 classes 5/16 – 6/1
17544 T,Th 3:20 p.m. – 4:00 p.m. 6 classes 6/13 – 6/29
17545 Sa 11:00 a.m. – 11:40 a.m. 6 classes 6/17 – 7/22
17546 T,Th 3:20 p.m. – 4:00 p.m. 6 classes 7/11 – 7/27
17547 T,Th 3:20 p.m. – 4:00 p.m. 6 classes 8/1 – 8/17

ACES! Junior Low Intermediate Tennis (Ages 11-13 years)
Special service, only 3-6 players per class! 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.

Resident: $155 Non-resident: $175
17560 Sa 10:00 a.m. – 11:00 a.m. 6 classes 4/15 – 5/20
17561 Sa 10:00 a.m. – 11:00 a.m. 6 classes 6/17 – 7/22

ACES! Junior Novice Tennis (Ages 11-13 years)
Special Service, only 3-6 players per class! 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.

Resident: $155 Non-resident: $175
17554 T,Th 6:00 p.m. – 7:00 p.m. 6 classes 4/18 – 5/4
17555 W 6:30 p.m. – 7:30 p.m. 6 classes 4/19 – 5/24
17556 T,Th 6:00 p.m. – 7:00 p.m. 6 classes 5/16 – 6/1
17557 T,Th 6:00 p.m. – 7:00 p.m. 6 classes 6/13 – 6/29
17558 T,Th 6:00 p.m. – 7:00 p.m. 6 classes 7/11 – 7/27
17559 T,Th 6:00 p.m. – 7:00 p.m. 6 classes 8/1 – 8/17
**ACES! Quickstart Tennis** (Ages 11-13 years)
Special Service, only 3-6 players per class! 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" racket.

<table>
<thead>
<tr>
<th>Resident: $155</th>
<th>Non-resident: $175</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17548</strong></td>
<td><strong>17549</strong></td>
</tr>
<tr>
<td>T, Th</td>
<td>W</td>
</tr>
<tr>
<td>4:00 p.m. – 5:00 p.m.</td>
<td>4:30 p.m. – 5:30 p.m.</td>
</tr>
<tr>
<td>6 classes</td>
<td>6 classes</td>
</tr>
</tbody>
</table>

**Adult Intermediate Tennis** (Ages 15+ years)
Special service, only 3-6 players per class! For players (NTRP 3.0) 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.

<table>
<thead>
<tr>
<th>Resident: $155</th>
<th>Non-resident: $175</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17566</strong></td>
<td><strong>17567</strong></td>
</tr>
<tr>
<td>T, Th</td>
<td>T, Th</td>
</tr>
<tr>
<td>7:00 p.m. – 8:00 p.m.</td>
<td>7:00 p.m. – 8:00 p.m.</td>
</tr>
<tr>
<td>12 classes</td>
<td>12 classes</td>
</tr>
</tbody>
</table>

**Adult Low Intermediate Tennis** (Ages 15+ years)
Special service, only 3-6 players per class! 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.

<table>
<thead>
<tr>
<th>Resident: $155</th>
<th>Non-resident: $175</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17570</strong></td>
<td><strong>17571</strong></td>
</tr>
<tr>
<td>Sa</td>
<td>T, Th</td>
</tr>
<tr>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>8:00 p.m. – 9:00 p.m.</td>
</tr>
<tr>
<td>6 classes</td>
<td>6 classes</td>
</tr>
</tbody>
</table>

**Adult Novice Tennis** (Ages 15+ years)
Special Service, only 3-6 players per class! Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate rules, sportsmanship, and basic doubles play.

<table>
<thead>
<tr>
<th>Resident: $155</th>
<th>Non-resident: $175</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17562</strong></td>
<td><strong>17563</strong></td>
</tr>
<tr>
<td>Sa</td>
<td>W</td>
</tr>
<tr>
<td>8:00 a.m. – 9:00 a.m.</td>
<td>7:30 p.m. – 8:30 p.m.</td>
</tr>
<tr>
<td>12 classes</td>
<td>12 classes</td>
</tr>
</tbody>
</table>

**Individual Tennis Lessons**
- Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Hall of Famer John Whitlinger and longtime Stanford/USPTA Pro Tom Sarsfield.
- All ages welcome, from beginners to advanced.
- Please visit WhitlingerSarsfieldTennis.com, click on “San Carlos”, and contact our instructor(s) directly to arrange your first lesson.
- Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SARSFIELD will be accepted (no cash or credit card).

**Fee:** $85 – One hour lesson for one person
Add $5 per hour for each additional person. Discount of $5 per hour for three hours or more paid in advance.

- **Burton Park Ct. 1**
  - M-F 8 a.m. – 9 p.m.
  - Sa, Sun 8 a.m. – 6 p.m.

- **Highlands Park Ct. #1**
  - Sat 12 p.m. – 6 p.m.
**Pee Wee Tennis (Ages 4-6 years)**

Have fun and learn tennis basics at the same time with our Pee Wee Tennis sessions. 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 racquet size 19 or 21. No class 4/10 & 5/29.

**Euro School of Tennis**  
*HP Tennis Court # 4 at Highlands Park*

**Ages 4-5 years**  
Resident: $343 Non resident: $363

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17597</td>
<td>M</td>
<td>5:40 p.m. – 6:30 p.m.</td>
<td>9 classes</td>
<td>4/3 – 6/12</td>
</tr>
</tbody>
</table>

**Ages 4-6 years**  
Resident: $380 Non-resident: $400

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17596</td>
<td>M</td>
<td>5:40 p.m. – 6:30 p.m.</td>
<td>10 classes</td>
<td>6/26 – 8/28</td>
</tr>
</tbody>
</table>

---

**Mini Aces Novice (Ages 6-8 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. Wear tennis shoes and bring a tennis racquet size 21 or 23. No classes 4/10 & 5/29.

**Euro School of Tennis**  
*HP Tennis Court # 4 at Highlands Park*

Resident: $380 Non-resident: $400

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17600</td>
<td>M</td>
<td>6:30 p.m. – 7:30 p.m.</td>
<td>10 classes</td>
<td>6/26 – 8/28</td>
</tr>
</tbody>
</table>

**Ages 4-5 years**  
Resident: $343 Non resident: $363

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17601</td>
<td>M</td>
<td>6:30 p.m. – 7:30 p.m.</td>
<td>9 classes</td>
<td>4/3 – 6/12</td>
</tr>
</tbody>
</table>

---

**Teen Tennis Stars Novice (Ages 9-14 years)**

Ready to help your children develop a passion for the sport of tennis? Our Teen Tennis Stars program is the perfect way to do just that. Designed for ages 9–14 with little or no tennis experience, we focus on having fun with the game while learning the fundamentals. By session’s end, they will be skilled at hitting the ball with consistency, allowing them to enjoy a quick game with you or any player. Wear tennis shoes and bring a tennis racquet size 25 or 27.

**Euro School of Tennis**  
*HP Tennis Court # 4 at Highlands Park*

Resident: $380 Non-resident: $400

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17598</td>
<td>M</td>
<td>7:30 p.m. – 8:30 p.m.</td>
<td>10 classes</td>
<td>6/26 – 8/28</td>
</tr>
</tbody>
</table>

**After School Tennis (Ages 4-11 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. Tennis equips students with great skills that carry over to other sports and even into the classroom:  
- Students increase their level of physical endurance and coordination  
- Students gain mental strength through enhanced concentration and self-discipline  
- Students learn the value of integrity and honesty  
No classes 4/10 & 5/29.

**Euro School of Tennis**  
*Tennis Court # 4 at Highlands Park*

Resident: $470 Non-resident: $490

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17602</td>
<td>M</td>
<td>3:30 p.m. – 4:30 p.m.</td>
<td>9 classes</td>
<td>4/3 – 6/12</td>
</tr>
</tbody>
</table>

**Ages 4-5 years**  
Resident: $470 Non-resident: $490

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17603</td>
<td>M</td>
<td>4:30 p.m. – 5:30 p.m.</td>
<td>9 classes</td>
<td>4/3 – 6/12</td>
</tr>
</tbody>
</table>
TEEN ACTIVITIES

Special Interest

SAT Prep (Ages 14-18 years)
The 6-session course will cover strategies, techniques, and concepts. 2 practice tests will be assigned to complete at home toward the end of the course. 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://www.26alphaprep.com. A material fee of $41 for a study guide, 9 sets of lecture notes, and 2 SAT practice tests will be due on the first day of class.

Ruby Chen
Homework Room at Youth Center

Resident: $625  Non-resident: $645

17386  Su  10:00 a.m. – 1:00 p.m.  6 classes  6/18 – 7/23

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 www.economicdrivingschool.com/online

Fee: $68.50 Enter Code: 4382
After School Drop-In Hours

Open Monday-Friday
Spring Drop-In Hours
Monday-Friday 3:00 p.m. – 6:00 p.m.
Wednesday 1:00 p.m. – 6:00 p.m.

Spring/Summer Extended Hours
April 10 – 14 10:00 a.m. – 4:00 p.m.
February 21 – 24 10:00 a.m. – 4:00 p.m.
May 26 1:00 p.m. – 6:00 p.m.
June 15 1:00 p.m. – 6:00 p.m.

The Center will be CLOSED on the following days:
May 29 – Memorial Day Holiday

Summer Drop-In Program

About
Looking for a fun place to hang after school? 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 2022-2023 membership form. Membership forms are available online by visiting www.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

Summer Hours
Beginning Friday, June 16 through Friday, August 18
Monday–Friday ........... 10:00 a.m. – 4:00 p.m.
The Youth Center will be CLOSED on the following day:
Tuesday, July 4 – Independence Day
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: $30 per child
For more information please contact Emma Licko at (650) 802-4122.

April 7
Myths and Legends
Course: 17714

May 19
Critter Country
Course: 17715

June 2
Luau
Course: 17716

Youth Center Special Events

Fondue and Final Four (Ages 10-17)
April 3
3:00 p.m. – 5:00 p.m.
Youth Center
FREE with Youth Center Membership

Mini-Golf (Ages 10-17)
June 7
1:00 p.m. – 4:00 p.m.
Youth Center
FREE with Drop-In Membership

Extreme Excursion

Sandbox VR (Ages 10–17 years)
May 26
Fee: $65
2:00 p.m. – 5:00 p.m.
Course: 17832

Great America (Ages 13-17)
June 22
Fee: $65
8:00 a.m. – 4:00 p.m.
Course: 17833

LaserMaxx (Ages 13-17)
July 20
Fee: $60
12:00 p.m. – 3:00 p.m.
Course: 17834

For more information, contact Emma Licko at (650) 802-4122.
**Summer L.I.T.E. Program**  
*(Ages 13–17 years)*

**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 Tuesday, March 1. Completed applications due by Friday, April 1. Interviews will be held the week of April 4th and April 11th. For more information and to apply, visit [cityofsancarlos.org/camps](http://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 activities and events suggested by youth, for youth. The YAC does volunteer work throughout 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 Homework Room.

**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 [www.cityofsancarlos.org/yac](http://www.cityofsancarlos.org/yac). Completed applications are due by Friday, April 30.

April 22 – Earth Day Cleanup  
April 30 – Pop Up Thrift Shop

For more information, contact Emma Licko at (650) 802-4122
NEW! Youth Center After School Drop-In Garden Activity

Tuesdays & Thursdays
3:00 p.m. – 5:00 p.m.

The Youth Center Garden to Table Program, in partnership with Each Green Corner, aims to bring Youth Center members together to enjoy the outdoors, learn about gardening, get their hands dirty, and grow their own vegetables. For all registered after-school drop-in participants starting April 1.

COMMUNITY BLOOD DRIVE

Saturday, March 11
Saturday, June 3
9:00 a.m. – 2:00 p.m.

For more information and to schedule an appointment, visit www.cityofsancarlos.org/events

For more information, call (650) 802-4122

Sunday Drop-In

Fun throughout the day for all ages!

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

Adult Basketball (Ages 18+ years)
1:00 p.m. – 5:00 p.m.
Fee: $5

Adult Volleyball (Ages 18+ years)
5:30 p.m. – 7:30 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+ years)

We will work with buttercream icing and a variety of decorating techniques: stars, shells, drop flowers, borders, roses, basketweave, and more. One class will be dedicated 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 plus icing to the last three classes. Questions? Email the instructor: hopkinsce@gmail.com.

**Christine Hopkins**
*Kitchen at Adult Community Center*

Resident: $135  Non-resident: $155

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17424</td>
<td>T</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>5/2 – 5/23</td>
</tr>
<tr>
<td>17425</td>
<td>T</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>7/25 – 8/15</td>
</tr>
</tbody>
</table>

**Begining Sewing** (Ages 18+ years)

Have a sewing machine and don’t know where to start? Start with this class. This class will cover the basics and get you sewing. Learn how to select and read a pattern. We will prepare, layout and cut the pattern pieces. Finally, we will sew the items in class. We make a reversible apron and if time allows, a small zippered bag. Don’t worry if you have no sewing experience – just come to class with a willingness to learn and you will be sewing in no time. 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 Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17420</td>
<td>M</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>4/3 – 4/24</td>
</tr>
<tr>
<td>17421</td>
<td>M</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>6/5 – 6/26</td>
</tr>
</tbody>
</table>

**Intermediate Sewing** (Ages 18+ years)

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 Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17422</td>
<td>M</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>5/1 – 5/22</td>
</tr>
<tr>
<td>17423</td>
<td>M</td>
<td>6:30 p.m. – 8:30 p.m.</td>
<td>4</td>
<td>7/24 – 8/14</td>
</tr>
</tbody>
</table>

**Persian Drumming** (Ages 18+ years)

Learn to play the traditional Persian Frame Drum ‘Daf’. The course takes you step-by-step from the very basics to more intermediate and advanced techniques such as various Riz (roll) techniques and chain control. You will need to bring your own drum. Instructor will email you information once enrolled regarding drum requirements.

**Afshaneh Pakdaman**
*Loft Room at Adult Community Center*

Resident: $208  Non-resident: $228

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17450</td>
<td>W</td>
<td>6:00 p.m. – 7:00 p.m.</td>
<td>11</td>
<td>4/5 – 6/14</td>
</tr>
<tr>
<td>17451</td>
<td>W</td>
<td>6:00 p.m. – 7:00 p.m.</td>
<td>11</td>
<td>6/21 – 8/30</td>
</tr>
</tbody>
</table>
Dance

Line Dancing (Ages 18+ years)
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.

Cathy Dacumos
Parkview Room at Adult Community Center
Resident: $55  Non-resident: $64

Beginning

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17432</td>
<td>Th</td>
<td>11:30 a.m. – 12:45 p.m.</td>
<td>9 classes</td>
<td>4/6 – 6/1</td>
</tr>
<tr>
<td>17433</td>
<td>Th</td>
<td>11:30 a.m. – 12:45 p.m.</td>
<td>9 classes</td>
<td>6/29 – 8/24</td>
</tr>
</tbody>
</table>

Intermediate

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17434</td>
<td>Th</td>
<td>12:45 p.m. – 2:00 p.m.</td>
<td>9 classes</td>
<td>4/6 – 6/1</td>
</tr>
<tr>
<td>17435</td>
<td>Th</td>
<td>12:45 p.m. – 2:00 p.m.</td>
<td>9 classes</td>
<td>6/29 – 8/24</td>
</tr>
</tbody>
</table>

Persian Belly Dance Fusion (Ages 18+ years)
Learn a combination of Egyptian Style Belly Dance with the elegance of Persian Dance movements and fundamentals of posture, isolations, steps, and shimmies. We will cover the accents of belly dance along with delicate arm and foot patterns of Persian Dancing. Class begins with a quick warm-up, followed by technique and combinations, and ends with stretching. Classes are suitable for all ability levels and students with no experience are welcome. Please wear comfortable clothing, preferably fitted to the body and no shoes.

Afshaneh Pakdaman
San Carlos Room at Adult Community Center
Resident: $208  Non-resident: $228

Social Ballroom Dance (Ages 18+ years)
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

Basic

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17100</td>
<td>T</td>
<td>7:30 p.m. – 8:30 p.m.</td>
<td>6 classes</td>
<td>4/11 – 5/16</td>
</tr>
</tbody>
</table>

Intermediate

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Duration</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17101</td>
<td>T</td>
<td>8:30 p.m. – 9:30 p.m.</td>
<td>6 classes</td>
<td>4/11 – 5/16</td>
</tr>
</tbody>
</table>
Fitness & Wellness

Fitness In the Park (Ages 18+ years)
Ready…set…get fit! Fitness in the Park offers free, fun and upbeat classes in Burton Park led by our class instructors. Open to adults or under 18 years old with an adult. All levels welcome. No need to pre-register, just show up a few minutes early to sign a waiver form.

Burton Park Stage
FREE – Saturdays Mornings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 10</td>
<td>9:00 a.m.</td>
<td>Yoga for Every Body</td>
<td>Julia Harkola</td>
</tr>
<tr>
<td>June 24</td>
<td>9:00 a.m.</td>
<td>Yoga for Every Body</td>
<td>Julia Harkola</td>
</tr>
<tr>
<td>July 22</td>
<td>10:00 a.m.</td>
<td>Zumba</td>
<td>Lori Dachauer</td>
</tr>
<tr>
<td>August 5</td>
<td>9:00 a.m.</td>
<td>Yoga for Every Body</td>
<td>Julia Harkola</td>
</tr>
<tr>
<td>August 19</td>
<td>9:00 a.m.</td>
<td>Beginning Yoga</td>
<td>Rima Qobti</td>
</tr>
<tr>
<td>September 9</td>
<td>10:00 a.m.</td>
<td>Zumba</td>
<td>Lori Dachauer</td>
</tr>
</tbody>
</table>

Cardio Bootcamp: Total Body Strength & Toning (Ages 18+ years)
All levels, high impact, total body conditioning class that includes cardio, strength, toning and balance exercises. Classes will feature a combination of bodyweight and dumbbell based exercises (instructor will notify in advance if dumbbells are needed for class).

Ellen Lee
San Carlos Room at Adult Community Center
Resident: $160  Non-resident: $180

| 17390   | T       | 6:00 p.m. – 7:00 p.m. | 10 classes | 4/19-6/20 |
|---------|---------|-----------------------|------------|
| Resident: $115 Non-resident $135 |

| 17706   | T       | 6:00 p.m. – 7:00 p.m. | 7 classes | 7/18-8/29 |

Couch to a 5K in 7 Weeks (Ages 18+ years)
Want to run or run-walk a race this Spring? Join Run Coach Ellen for a beginner focused class that allows you to safely ramp up your mileage to complete a 5k race. Classes will feature a combination of lecture (learning concepts) and running (practicing the concepts). No equipment needed, just wear your running shoes! Youth 10 years and up are welcomed to register with a registered parent.

Ellen Lee
Homework Room at Youth Center
Resident: $130  Non-resident: $150

| 17407   | Su      | 9:00 a.m. – 10:00 a.m. | 7 classes | 4/9 – 5/21 |

Dance Fitness (Ages 18+ years)
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
Resident: $106  Non-resident: $126

| 17436   | Th      | 6:00 p.m. – 7:00 p.m. | 8 classes | 4/20 – 6/8 |

Low Impact Fitness Ages (Ages 18+ years)

All levels, low impact, total body conditioning class that includes cardio, strength, toning and balance exercises. Classes will feature a combination of bodyweight, chair and dumbbell based exercises (instructor will notify in advance if dumbbells are needed for class).

Ellen Lee
San Carlos Room at Adult Community Center

Resident: $160  Non-resident: $180

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/18 – 6/21</td>
<td>W</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>17707</td>
</tr>
<tr>
<td>7/12 – 8/30</td>
<td>W</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>17708</td>
</tr>
</tbody>
</table>

Body Boost® (Ages 18+ years)

Body Boost® classes are High-Intensity Interval Training (HIIT) total-body workouts that challenge even the elite athlete. Our safe and effective workouts address the body of the postnatal woman, whether she had her baby six months ago or 20 years ago. All classes are taught by certified fitness professionals with postnatal expertise. Please bring a resistance band and yoga mat to your first class. Your first class is free.

Website: sfpeninsula.fit4mom.com; call (650) 395-7558 or email sfsocial@fit4mom.com or sfpensinsula@fit4mom.com for more info.

Fee: Pre-registration and liability waiver required.
$28 single class $109 monthly membership
Su 9:30 a.m. – 10:30 a.m. Highlands Park
T 9:30 a.m. – 10:30 a.m. Highlands Park
Th 4:30 p.m. – 5:30 p.m. Crestview Park

Fit4Mom Stroller Strides® and Stroller Barre® (Ages 18+ years)

Fit4Mom Stroller Strides® is a stroller-based fitness program designed for moms with kids from 6 weeks to 6 years, as well as pregnant moms. Each 60-minute, total workout incorporates power walking or jogging, strength exercises, songs, and activities. Stroller Barre®, also a stroller-based program, is a blend of ballet, Pilates, and barre designed to help moms and moms-to-be build strength and muscle tone and improve posture. All classes are taught by certified fitness professionals with prenatal and postnatal expertise. Please bring a yoga mat and resistance band to your first class. Your first class is free. Website: call (650) 395-7558 or email sfsocial@fit4mom.com or sfpensinsula@fit4mom.com for more info.

Fee: Pre-registration and liability waiver required.
$25 single class $99 5-class pass
$109 unlimited monthly membership

Stroller Strides

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>M,T,F</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>Burton Park</td>
</tr>
</tbody>
</table>

Stroller Barre

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>W,Th</td>
<td>9:30 a.m. – 10:30 a.m.</td>
<td>Burton Park</td>
</tr>
</tbody>
</table>
**Zumba Gold (Ages 18+ years)**

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*

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17370</strong></td>
<td>T</td>
<td>T</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>5 classes</strong></td>
<td><strong>4/11 – 5/9</strong></td>
</tr>
<tr>
<td><strong>Resident: $75</strong></td>
<td><strong>Non-resident: $91</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17371</strong></td>
<td>T</td>
<td>T</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>6 classes</strong></td>
<td><strong>5/16 – 6/20</strong></td>
</tr>
<tr>
<td><strong>Resident: $88</strong></td>
<td><strong>Non-resident: $104</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17372</strong></td>
<td>T</td>
<td>T</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>4 classes</strong></td>
<td><strong>7/11 – 8/1</strong></td>
</tr>
<tr>
<td><strong>Resident: $62</strong></td>
<td><strong>Non-resident: $78</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17373</strong></td>
<td>T</td>
<td>T</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>4 classes</strong></td>
<td><strong>8/6 – 8/29</strong></td>
</tr>
</tbody>
</table>

**Personal Training & Wellness Coach**  
*(Ages 18+ years)*

Having support improves your chances of getting and staying healthy. Enjoy a safe, well-rounded fitness program tailored to your needs by combining strength, core, cardio, and flexibility training in our well-equipped gym. Monique is a certified Personal Trainer, Health Coach/nutritionist, yoga and Pilates Instructor. Fee is per 50 minute session. Contact Monique at (650) 367-6559 or Monique@joyfullybalanced.com to schedule appointments. Training sessions are offered in-person at Burton Park OR online via Zoom.

Monique Story  
*Stage at Burton Park*

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17441</strong></td>
<td>Sa</td>
<td>Sa</td>
</tr>
<tr>
<td><strong>11:00 a.m. – 12:00 p.m.</strong></td>
<td><strong>2 classes</strong></td>
<td><strong>6/17 – 6/24</strong></td>
</tr>
<tr>
<td><strong>Resident: $60</strong></td>
<td><strong>Non-resident: $70</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17437</strong></td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td><strong>10:30 a.m. – 11:30 a.m.</strong></td>
<td><strong>8 classes</strong></td>
<td><strong>4/5 – 5/24</strong></td>
</tr>
<tr>
<td><strong>Resident: $190</strong></td>
<td><strong>Non-resident: $210</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17438</strong></td>
<td>M</td>
<td>M</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>9 classes</strong></td>
<td><strong>6/28 – 8/16</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17439</strong></td>
<td>M</td>
<td>M</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>9 classes</strong></td>
<td><strong>4/3 – 6/12</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17440</strong></td>
<td>M</td>
<td>M</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>9 classes</strong></td>
<td><strong>6/19 – 8/14</strong></td>
</tr>
</tbody>
</table>

**Strength Training Home Workout Workshop (Ages 18+ years)**

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  
*Stage at Burton Park*

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17444</strong></td>
<td>Sa</td>
<td>Sa</td>
</tr>
<tr>
<td><strong>11:00 a.m. – 12:00 p.m.</strong></td>
<td><strong>2 classes</strong></td>
<td><strong>6/17 – 6/24</strong></td>
</tr>
<tr>
<td><strong>Resident: $60</strong></td>
<td><strong>Non-resident: $70</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Stretch, Strength, and Posture (Ages 18+ years)**

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  
*Parkview Room at Adult Community Center*

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17387</strong></td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td><strong>10:30 a.m. – 11:30 a.m.</strong></td>
<td><strong>8 classes</strong></td>
<td><strong>4/5 – 5/24</strong></td>
</tr>
<tr>
<td><strong>Resident: $190</strong></td>
<td><strong>Non-resident: $210</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17388</strong></td>
<td>W</td>
<td>W</td>
</tr>
<tr>
<td><strong>10:30 a.m. – 11:30 a.m.</strong></td>
<td><strong>8 classes</strong></td>
<td><strong>6/28 – 8/16</strong></td>
</tr>
</tbody>
</table>

**Vinyasa Flow Yoga (Ages 18+ years)**

This all level Vinyasa Flow class with modification combines yoga poses with both traditional flow movements and innovative transitions which helps develop strength and proprioception to build body control, awareness, and energy. Please bring mat. No class 4/10 & 5/29.

Rima Qobti  
*Chestnut Room at Adult Community Center*

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17446</strong></td>
<td>M</td>
<td>M</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>9 classes</strong></td>
<td><strong>4/3 – 6/12</strong></td>
</tr>
<tr>
<td><strong>Resident: $145</strong></td>
<td><strong>Non-resident: $165</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17447</strong></td>
<td>M</td>
<td>M</td>
</tr>
<tr>
<td><strong>9:00 a.m. – 10:00 a.m.</strong></td>
<td><strong>9 classes</strong></td>
<td><strong>6/19 – 8/14</strong></td>
</tr>
</tbody>
</table>
Yoga Beginning/Intermediate (Ages 18+ years)
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. No class 5/29.

Gloria Baumann
Parkview Room at Adult Community Center

Resident: $197  Non-resident: $217

<table>
<thead>
<tr>
<th>17455</th>
<th>M 5:45 p.m. – 7:00 p.m. 11 classes 4/3 – 6/19</th>
</tr>
</thead>
</table>

Resident: $214  Non-resident: $234

<table>
<thead>
<tr>
<th>17457</th>
<th>W 5:45 p.m. – 7:00 p.m. 12 classes 4/5 – 6/21</th>
</tr>
</thead>
</table>

Resident: $129  Non-resident: $149

<table>
<thead>
<tr>
<th>17456</th>
<th>M 5:45 p.m. – 7:00 p.m. 7 classes 7/10 – 8/21</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17458</th>
<th>W 5:45 p.m. – 7:00 p.m. 7 classes 7/12 – 8/23</th>
</tr>
</thead>
</table>

Yoga For You – Beginning/Intermediate Yoga (Ages 18+ years)
Recharge in a safe and friendly environment. This series covers a range of basic yoga postures with sun salutations, breathing exercises and meditation techniques. Beginners as well as experienced yogis are welcome. Stretch and align your body as you quiet your mind, leaving class prepared for a restful night. No class 7/4.

Julia Harkola
Chestnut Room at Adult Community Center

Resident: $165  Non-resident: $185

<table>
<thead>
<tr>
<th>17028</th>
<th>T 7:00 p.m. – 8:15 p.m. 10 classes 4/1 – 6/13</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17029</th>
<th>Th 7:00 p.m. – 8:15 p.m. 10 classes 4/13 – 6/15</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17705</th>
<th>T 7:00 p.m. – 8:15 p.m. 10 classes 6/20 – 8/29</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17711</th>
<th>T 7:00 p.m. – 8:15 p.m. 10 classes 6/22 – 8/24</th>
</tr>
</thead>
</table>

Yoga For You – Extra Gentle Yoga (Ages 18+ years)
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. Wear comfortable clothes and bring a yoga mat, 1 or 2 yoga blocks, and a strap. No class 7/4.

Julia Harkola
Chestnut Room at Adult Community Center

Resident: $135  Non-resident: $155

<table>
<thead>
<tr>
<th>17030</th>
<th>T 5:45 p.m. – 6:45 p.m. 10 classes 4/11 – 6/13</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17031</th>
<th>Th 5:45 p.m. – 6:45 p.m. 10 classes 4/13 – 6/15</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17712</th>
<th>T 5:45 p.m. – 6:45 p.m. 10 classes 6/20 – 8/29</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>17713</th>
<th>T 5:45 p.m. – 6:45 p.m. 10 classes 6/22 – 8/24</th>
</tr>
</thead>
</table>

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 www.cityofsancarlos.org/feeassistance.
**NEW Starting Your Genealogy Project**
(Ages 18+ years)

This class will help you find resources you might already have and a couple of websites to help you start your search for your roots. Class will include where to search in your personal papers for more family information, the basics of Ancestry and Family Search including the differences and similarities between the two, useful forms, and the basic principles of accurate searching and how to check the accuracy of any inherited genealogical research.

**Mary Lynn Wilson**
*Loft Room at Adult Community Center*

**Resident: $40  Non-resident: $46**

**NEW Genealogical Research Beyond Ancestry**
(Ages 18+ years)

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: $40  Non-resident: $46**

**NEW Puppy Kindergarten**
(Ages 18+ years)

The class will focus on the main issues an owner will face when bringing a puppy home: potty training, crate training, management, communication markers, leash skills, proper socialization, handling drills for grooming, vet visits, polite greetings, beginning stages of recall, luring basic positions, and intro to place bed. Instructor will administer the AKC S.T.A.R. Puppy test at the end of the course for those who wish to participate (optional). Upon passing the test, you’ll receive a ribbon and an application to send to AKC® for enrollment in the AKC S.T.A.R. Puppy Program ($15 fee). Your puppy will receive the AKC S.T.A.R. Puppy Medal and a frameable certificate directly from the AKC.

**Will Arnaout**
*Dance Studio at Youth Center*

**Resident: $210  Non-resident: $230**

**Dog Training**
(Ages 18+ years)

The focus of this class is on building more connection between owner and dog. A space for finding out all that your dog is, good and bad. All dogs are accepted and helped. Touching, moving, placing, and showing your dogs what you want from them. Verbal and physical praise with play for reward. Heeling on the left side with sit, down, stay, come, off, quiet, and loose leash walking will be taught. Dogs are also taught to move freely and easily with a provided nylon choke collar. Intermediate uses these commands under more distraction and a dropped leash with a 30ft long line. All dogs are evaluated individually to determine what they are ready for. Contact instructor with questions at (415) 602-1122. No class 8/8.

**Paige Tyson**
*Burton Park*

**Resident: $99  Non-resident: $117**

**NEW**

**NEW Dog Training**

**NEW**
In the Kitchen with Chef Steve
(Ages 18+ years)
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: $74  Non-resident: $87

NEW Malta in Spring
17459  W  6:00 p.m. – 7:30 p.m.  1 classes  4/26

Cinco de Mayo Celebration
17461  W  6:00 p.m. – 7:30 p.m.  1 classes  5/3

NEW A Day in the Philippines
17462  W  6:00 p.m. – 7:30 p.m.  1 classes  5/24

It’s All Greek to Me
17464  W  6:00 p.m. – 7:30 p.m.  1 classes  6/14

NEW Namaste!
17465  W  6:00 p.m. – 7:30 p.m.  1 classes  6/28

NEW Seoul Food
17466  W  6:00 p.m. – 7:30 p.m.  1 classes  7/12

NEW Summer in Sicily
17467  W  6:00 p.m. – 7:30 p.m.  1 classes  7/26

NEW Flavors of Mexico
17468  W  6:00 p.m. – 7:30 p.m.  1 classes  8/9

NEW The Cheese Shop
17469  W  6:00 p.m. – 7:30 p.m.  1 classes  8/23

Sports

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</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17577</td>
<td>Sa</td>
<td>1:30 p.m. – 2:30 p.m.</td>
<td>$149</td>
<td>6 classes</td>
<td>4/15 – 5/20</td>
</tr>
<tr>
<td>17579</td>
<td>Sa</td>
<td>2:30 p.m. – 3:30 p.m.</td>
<td>$169</td>
<td>6 classes</td>
<td>6/17 – 7/22</td>
</tr>
</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</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17580</td>
<td>Sa</td>
<td>12:30 p.m. – 1:30 p.m.</td>
<td>$149</td>
<td>6 classes</td>
<td>4/15 – 5/20</td>
</tr>
<tr>
<td>17582</td>
<td>Sa</td>
<td>1:30 p.m. – 2:30 p.m.</td>
<td>$169</td>
<td>6 classes</td>
<td>6/17 – 7/22</td>
</tr>
</tbody>
</table>

Gymnasium at Youth Center

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Classes</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>17581</td>
<td>Th</td>
<td>11:00 a.m. – 12:00 p.m.</td>
<td>$169</td>
<td>6 classes</td>
<td>4/20 – 5/25</td>
</tr>
</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
Gymnasium at Youth Center
Resident: $149  Non-resident: $169

17578  Th  12:00 p.m. – 1:00 p.m.  6 classes  4/20 – 5/25

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
Resident: $149  Non-resident: $169
Gymnasium at Youth Center

17583  Th  10:00 a.m. – 11:00 a.m.  6 classes  4/20 – 5/25
Tennis Courts 1-2 at Highlands Park

17584  Sa  12:30 p.m. – 1:30 p.m.  6 classes  6/17 – 7/22

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! 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.

San Carlos Youth Center Gym
$5 drop-in
T/F  9:00 a.m. – 12:00 p.m.

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.

San Carlos Youth Center Gym
$5 drop-in
Su  5:30 p.m. – 7:30 p.m.
Planning a Special Event or Business Meeting?

We’ve Got the Place For It!

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 place to be!

Facility Types
Banquet Facilities
Commercial Kitchen
Outdoor Patio Area
Picnic Area
Gymnasium
Bocce Ball

Adult Community Center
(650) 802-4113

Youth Center
(650) 802-4471

Picnic and Bocce Ball Reservations
(650) 802-4382

Spring/Summer 2023 | Register online at cityofsancarlos.org/register
FAMILY FUN EVENTS

SAN CARLOS BLOCK PARTY

EAT • DRINK • PLAY

4:00 to 8:00 p.m.
Downtown Laurel Street

Check-In Begins at 4:00 p.m.
Burton Park Field

cityofsancarlos.org/register
See Page 8 for Registration Information

Friday JUNE 16
Friday AUGUST 4

MUSIC IN THE PARK

Fridays, 6:00 to 8:00 p.m.
Burton Park

Sunday JULY 16
Sunday AUGUST 27

cityofsancarlos.org/events
Check-In Begins at 4:00 p.m.
Burton Park Field

cityofsancarlos.org/register
See Page 8 for Registration Information

Friday
AUGUST
11

Love San Carlos Events?
Join the Fun!

Summer Movie Nights
Burton Park

Saturday
JULY
22

Saturday
AUGUST
5

Saturday
AUGUST
19
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: www.quickscores.com/cityofsancarlos

**SPRING LEAGUES**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Mondays</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Men’s Softball</td>
<td>Mondays / Tuesdays / Fridays</td>
</tr>
<tr>
<td>Bocce Ball</td>
<td>Tuesdays / Wednesdays / Thursdays</td>
</tr>
<tr>
<td>Cornhole</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Coed Softball</td>
<td>Sundays</td>
</tr>
</tbody>
</table>

**SUMMER LEAGUES**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Mondays</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Men’s 35+ Soccer</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Coed 35+ Soccer</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Coed Soccer</td>
<td>Thursdays</td>
</tr>
</tbody>
</table>

Visit www.quickscores.com/sancarlos or email athletics@cityofsancarlos.org for more information.
ACTIVE ADULTS 50+ ACTIVITIES

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 – Friday from 9:00 a.m. – 5:00 p.m.
Contact: (650) 802-4384

For more information, visit cityofsancarlos.org/acc

JOIN THE FUN!
BECOME AN ACC MEMBER FOR FREE!

✓ Explore our monthly newsletter
✓ Volunteer and meet new friends
✓ Reserve a Curbside Lunch
✓ Attend an event
✓ Workout in the Fitness Room
✓ Play in our Billiard Room
✓ Participate in a class or lecture
✓ Take a Day Trip

DROP-IN GAMES & ACTIVITIES

Movies  Monday, 1:30 p.m. – 3:30 p.m.
Pedro Cards  Tuesday, 12:30 p.m. – 4:00 p.m.
Ping Pong  Wednesday, 1:00 p.m. – 4:00 p.m.
Mah Jongg  Wednesday, 1:00 p.m. – 4:00 p.m.
Poker  Tues & Thurs, 12:30 p.m. – 4:00 p.m.
Hearts  Thursday, 12:00 p.m. – 4:00 p.m.
Chinese Social  Friday, 10:30 a.m. – 12:00 p.m.
Billiards  Daily, 9:00 a.m. – 4:00 p.m.
The ACC offers meals four days a week, Tuesday through Friday (except for 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 www.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, please visit www.cityofsancarlos.org/lunch

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

17604  Friday, April 14  Swing Into Spring
17605  Friday, May 12  Mother’s Day
17606  Friday, June 9  Father’s Day
17607  Friday, July 14  Fiesta Fireworks
17608  Friday, August 11  Diner Days

SPECIAL EVENTS
Pedro Tournament
Saturday, April 1
11:00 a.m. – 4:00 p.m.
Fee: $60
Friendsoftheacc.org

Community Pasta
Saturday, June 24
6:00 p.m. – 9:00 p.m.
Fee: $25
Course #: 17710

Summer BBQ
Saturday, July 22
5:00 p.m. – 8:00 p.m.
Fee: $50
Friendsoftheacc.org

End of Summer Luau
Saturday, August 26
5:00 p.m. – 9:00 p.m.
Fee: $35
Course #: 17709
Fitness & Wellness

ACC FITNESS ROOM

The ACC Fitness Room is open Monday through Friday for Drop-In between 9:00 a.m. to 5:00 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)

Stretch, Strength and Balance

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, 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 5/30.

Stephanie Meyer, Tom Feledy, Sandy Abrahamson, Sara Haller
Adult Community Center

Free

M/F 9:00 a.m. – 10:00 a.m. Ongoing
W 10:30 a.m. – 11:30 a.m. Ongoing

Virtual Senior Boot Camp

Senior Boot Camp focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance, and core. No class 5/30 & 7/4.

Paul Scherman
Virtual Class

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

Virtual Balance & Brains

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills. No class 5/30.

Paul Scherman
Virtual Class

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

Virtual Conditioning to the Core

This is a one-hour class focusing 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.

Paul Scherman
Virtual Class

Fee: $40 per session

Virtual Flexibility Past 50

This 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-stretched muscle more easily achieves full range of motion during daily activities.

Paul Scherman
Virtual Class

Fee: $40 per session
Friends of the ACC

The Friends of the San Carlos Adult Community Center provides financial support to supplement a wide range of programs and services for the ACC. As a 501(c)(3) non-profit organization, the Friends raise funds through generous donations from the community and by applying for grants. For information on how to support the Friends of the ACC, please visit www.friendsoftheacc.org/donate.

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. This free class for beginning newcomers is offered in partnership with Sequoia Hospital-Dignity Health.

Elliott Mao  
Virtual Class

| Fee |  
|------|---|
| Free |   |

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>17636</td>
<td>Th</td>
<td>9:30 a.m. – 10:30 a.m.</td>
</tr>
<tr>
<td>17637</td>
<td>Th</td>
<td>9:30 a.m. – 10:30 a.m.</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.

Elliott Mao  
Virtual Class

| Fee |  
|------|---|
| Free |   |

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>17638</td>
<td>F</td>
<td>9:00 a.m. – 10:00 a.m.</td>
</tr>
<tr>
<td>17639</td>
<td>F</td>
<td>9:00 a.m. – 10:00 a.m.</td>
</tr>
</tbody>
</table>

Tai Chi

Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body.

Jan Smith  
Adult Community Center

| Fee |  
|------|---|
| Free |   |

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m. – 9:30 a.m.</td>
<td>T/W</td>
</tr>
</tbody>
</table>

Tai Chi Advanced

Susan Hu  
Adult Community Center

| Fee |  
|------|---|
| Free |   |

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
</table>
| 8:45 a.m. – 10:15 a.m. | W  
| 9:00 a.m. – 10:30 a.m. | Th |

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. No class 11/11 & 11/25.

Rosemary Field & Liane Benedict  
Adult Community Center

| Fee |  
|------|---|
| Free |   |

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>F</td>
</tr>
</tbody>
</table>

Virtual Chair Yoga

Yoga brings a calm mind, a flexible body, and helps with balance and stability. While seated on chairs, seniors can do versions of twists, hip stretches, forward bends and mild backbends. Enjoy the health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. No class 7/4.

Christine Salah  
Virtual Class

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>17640</td>
<td>T</td>
<td>10:45 a.m. – 11:30 a.m.</td>
</tr>
<tr>
<td>17641</td>
<td>T</td>
<td>10:45 a.m. – 11:30 a.m.</td>
</tr>
<tr>
<td>17642</td>
<td>T</td>
<td>10:45 a.m. – 11:30 a.m.</td>
</tr>
<tr>
<td>17643</td>
<td>T</td>
<td>10:45 a.m. – 11:30 a.m.</td>
</tr>
<tr>
<td>17644</td>
<td>T</td>
<td>10:45 a.m. – 11:30 a.m.</td>
</tr>
</tbody>
</table>

Virtual Gentle Mat Yoga

This class will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing, and guided meditation. It 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. No class 7/4.

Christine Salah  
Virtual Class

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>17645</td>
<td>T</td>
<td>12:00 p.m. – 12:45 p.m.</td>
</tr>
<tr>
<td>17646</td>
<td>T</td>
<td>12:00 p.m. – 12:45 p.m.</td>
</tr>
<tr>
<td>17647</td>
<td>T</td>
<td>12:00 p.m. – 12:45 p.m.</td>
</tr>
<tr>
<td>17648</td>
<td>T</td>
<td>12:00 p.m. – 12:45 p.m.</td>
</tr>
<tr>
<td>17649</td>
<td>T</td>
<td>12:00 p.m. – 12:45 p.m.</td>
</tr>
</tbody>
</table>
Chestnut Creamery

Enjoy a sweet treat for only $1!
The “ACC Chestnut Creamery” serves ice cream cones/cups and root beer floats every Wednesday and Thursday from 12:00 p.m. to 3:00 p.m.

Diabetes & Prediabetes

Learn about diabetes/prediabetes and the way it impacts your health. The class will provide you a tool chest to prevent or control these conditions so you can enjoy the benefits of a healthier, more energetic lifestyle.

Janel Jurosky, Sequoia Hospital Dignity Health
Adult Community Center
Free
17717 T 10:00 a.m. – 11:00 a.m. 1 class 5/9

Your Feet Are Your Foundation: Tips for Healthy Feet

Foot care is vitally important to your overall well-being and for sustaining a quality of life. However, it is often the most neglected part of our body. Come and learn about ways to keep your feet in good condition.

Janel Jurosky, Sequoia Hospital Dignity Health
Adult Community Center
Free
17718 T 10:00 a.m. – 11:00 a.m. 1 class 6/6

Creative Arts

The Art of Drawing

Drawing teaches us to observe the world around us and to express the world inside of us. Learn basic skills and explore a variety of drawing tools and subject matter in this fun and supportive class. Material list available at the ACC prior to class start date. All skills levels are welcome.

Lisa Evans
Adult Community Center
Fee: $30
17610 T 9:00 a.m. – 11:00 a.m. 6 classes 4/4 – 5/9

Adult Coloring

Coloring isn’t just for kids! Adult Coloring can be beneficial for adults, namely for its de-stressing power. The Center will supply all coloring materials (paper, color sheets, pens and pencils).

Class is self taught
Adult Community Center
Fee: $15
17650 W 10:30 a.m. – 12:00 p.m. 4 classes 4/5 – 4/26
17651 W 10:30 a.m. – 12:00 p.m. 5 classes 5/3 – 5/31
17652 W 10:30 a.m. – 12:00 p.m. 4 classes 6/7 – 6/28
17653 W 10:30 a.m. – 12:00 p.m. 4 classes 7/5 – 7/26
17654 W 10:30 a.m. – 12:00 p.m. 5 classes 8/2 – 8/30

NEW 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. Leaders: Tom Feledy and Mary Lynn Wilson. Come and sing! No class 5/29.

Tom Feledy
Peninsula Community Chorus
Adult Community Center
Free
M 10:00 a.m. – 11:00 a.m. Ongoing

Volunteer!

The ACC has several volunteer opportunities to work with local seniors, including our Curbside Lunch service, Caring Cupboard grocery bag distribution, and the ACC front desk. We offer volunteer opportunities on various days for people of all ages. Make an impact in your community by volunteering today!

For more information or to sign up to volunteer, please contact Caitlyn Matoso at (650) 802-4114 or cmatoso@cityofsancarlos.org.
Dance

**Advanced Tap Dance**

Tap Dance is a fun way to exercise with tap steps! Tap dancing can improve your balance and flexibility. This class keeps seniors on their toes mentally and physically. No class 5/29.

**Judy Rechsteiner**
Adult Community Center

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Classes</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>17655</td>
<td>M 4/3-4/24</td>
<td>4</td>
<td>1:45 p.m. – 2:30 p.m.</td>
</tr>
<tr>
<td>17656</td>
<td>M 5/1-5/22</td>
<td>4</td>
<td>1:45 p.m. – 2:30 p.m.</td>
</tr>
<tr>
<td>17657</td>
<td>M 6/5-6/26</td>
<td>4</td>
<td>1:45 p.m. – 2:30 p.m.</td>
</tr>
<tr>
<td>17658</td>
<td>M 7/3-7/31</td>
<td>5</td>
<td>1:45 p.m. – 2:30 p.m.</td>
</tr>
<tr>
<td>17659</td>
<td>M 8/7-8/28</td>
<td>4</td>
<td>1:45 p.m. – 2:30 p.m.</td>
</tr>
</tbody>
</table>

Special Interest

**News & Views**

Provocative and controversial discussions of current events such as the economy and state, national and world issues.

**Roland Vallecillo**
Adult Community Center

**Free**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th ongoing</td>
<td>1:30 p.m. – 3:30 p.m.</td>
</tr>
</tbody>
</table>

**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. There is no fee for this discussion group that meets on the first Friday of each month at 1:00 p.m.

**Carmen Adams**
Adult Community Center

**Free**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>F ongoing</td>
<td>11:00 a.m. – 12:30 p.m.</td>
</tr>
</tbody>
</table>

**Book Club**

If you love to read then this is the opportunity to share your thoughts with others. There is no fee for this discussion group that meets on the first Monday of each month.

**Cecile Lee**
Adult Community Center

**Free**

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! Roundtrip transportation for Day Trips from the ACC will be provided on a commercial motor coach. 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 and pricing, visit: [www.cityofsanjose.org/acc](http://www.cityofsanjose.org/acc).

**Safari West**

17815 M 8:00 a.m. - 5:00 p.m. March 27

**Garré Winery & Vineyard**

17817 W 9:00 a.m. - 5:30 p.m. April 26

**Thunder Valley Casino**

17816 W 8:00 a.m. – 6:00 p.m. May 10

**San Francisco’s 49 Mile Scenic Drive Tour with Craig Smith**

17818 W 10:00 a.m. – 5:00 p.m. May 31

**Broadway SF: Book of Mormon**

17820 W 11:00 a.m. – 5:30 p.m. June 7

**Santa Cruz Roaring Camp Train**

17819 M 8:30 a.m. – 5:00 p.m. June 19

**California Academy of Sciences**

17821 Th 9:00 a.m. – 5:00 p.m. July 20

**Broadway SF: Tina — The Tina Tuner Musical**

17822 W 11:00 a.m. – 5:00 p.m. August 2

**Hard Rock Casino**

17823 Tu 8:00 a.m. – 6:00 p.m. August 15

**Collette Extended Tours**

To view Collette Extended Tours, please visit [cityofsanjose.org/acc](http://cityofsanjose.org/acc) or call (650)-802-4384.
NEW! 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 Schrempp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 11:00 a.m. Vikas Chinnan will be on board with his technology expertise every Wednesday from 9:00 a.m. – 11:00 a.m. For more information, call (650) 802-4384.

Resources

Caring Cupboard Food Assistance Program

Is your food budget not stretching far enough?

Caring Cupboard is a free and confidential food support program run by San Carlos Service Clubs for Seniors in partnership with the San Carlos Adult Community Center.

Who can apply: Caring Cupboard is open to all San Carlos residents who meet the eligibility requirements.

How to help: Volunteers are needed to help pack and deliver groceries every Tuesday. Donations of 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 www.cityofsancarlos.org/caringcupboard or call (650) 802-4113.

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.

No appointments necessary!

Redi-Wheels

Redi-Wheels is a transportation service for people who cannot use the regular public bus system. It is part of SamTrans Transportation for Mobility Impaired. For more info or to request a Redi-Wheels application, call (800) 660-4287.

Lyft Transportation Little House

If you need a ride from your home to the Adult Community Center, the doctor or dentist, grocery stores, and pharmacies you can call the transportation hotline number at (650) 272-5040. Little House will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you’re ready to return, call us back and we will get you a safe, comfortable ride home. Hours are Monday-Friday 9:00 a.m. – 4:00 p.m. Pre-Registration is required for all users. Pick up an application at the Adult Community Center.

Medical Equipment Loan Program (MELP)

MELP is a nonprofit partnership of local Rotary Clubs, Villages of San Mateo County, and the City of San Carlos. MELP aims to assist those in need of medical equipment by taking in donated equipment from those that no longer need it. Equipment is repaired, cleaned and sanitized for re-use. People looking for items like wheelchairs, walkers, crutches, and canes have benefitted from MELP. Equipment is available for loan to clients who live within the mid-Peninsula area and there is no cost to the recipients. 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, and Fax-in Registration.

- **Residents**
  - Starts March 7
  - at 8:00 a.m.

- **Non-Residents**
  - Starts March 14
  - at 8:00 a.m.

**4 Easy Ways to Register**

- **Online**
  - www.cityofsancarlos.org/register

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

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

**Questions?**

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

**Online Registration Account**

To register online, create an account by visiting www.cityofsancarlos.org/register and click on the "Create My Account" tab. 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**

Monday through Friday, 9:00 a.m. – 5:00 p.m.
Call (650) 802-4382 for information about registration, classes, special events, rentals, and activities.

**Resident/Non-Resident Fees**

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

**Refund/Transfer Request**

**Refunds:** If you request to withdraw from a activity at least five or more working days before the activity starts, a refund will be issued, less the $10 refund fee. A refund request less than five working days before the class/activity begins will not be issued.

**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 www.cityofsancarlos.org/registrationinfo or call the Recreation Department at (650) 802-4382 for more information.

**Payment Methods**

We gladly accept Visa, MasterCard, check, and cash.

**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 www.cityofsancarlos.org/feeassistance.
SAN CARLOS PARKS & RECREATION
REGISTRATION FORM  Please complete entire form.

Primary Contact

Name (Adult):

Address:

Phone Number:

Cell Phone:

Email Address:

Emergency Contact:

Activity Registration

Course # | Participant’s Name | Date of Birth | Gender | Program Title | Fee
--- | --- | --- | --- | --- | ---

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

Payment

□ Visa □ MasterCard □ Use credit card on file.

CARD NUMBER CVV

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 2023  |  Register online at cityofsancarlos.org/register
Lost items recovered from our parks are stored at the Corp Yard for 30 days. Visit [www.cityofsancarlos.org/lostandfound](http://www.cityofsancarlos.org/lostandfound) to submit a form. For assistance please call the Recreation Office (650) 802-4382.

<table>
<thead>
<tr>
<th>Picnic Area</th>
<th>Play Equipment</th>
<th>Trails/Paths</th>
<th>Open Space</th>
<th>Dog Exercise Area</th>
<th>Bar-B-Que</th>
<th>Restrooms</th>
<th>Basketball Courts</th>
<th>Baseball Diamonds</th>
<th>Soccer Fields</th>
<th>Tennis Courts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arguello Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>260 Wellington Dr. (at Phelps Rd.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Big Canyon Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3190 Brittan Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Burton Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>900 Chestnut (Brittan Ave., Cedar St., Arroyo Ave.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cedar Street Neighborhood Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 Block of Cedar St.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chilton Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48 Bayview Dr.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>City Hall Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1401 San Carlos Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Crestview Park</strong> (Nannarone Field)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1000-A Crestview Dr. (at Leslie Ct.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eaton Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3000 Eaton Ave. (west end of Eaton Ave.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Frank D. Harrington Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>759 Laurel St.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Heather Dog Area</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2700 Melendy Dr. (west side of Heather School)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Highlands Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2600 Melendy Dr. (at Aberdeen Dr.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hillcrest Circle Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>280 Hillcrest Rd. (at Arundel Rd.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Laureola Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>503 Old County Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>North Crestview</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>350 Crestview Dr.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>San Carlos Avenue Neighborhood Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2400 Block of San Carlos Ave.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vista Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>401 Crestview Dr.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
6:00 p.m. – 9:00 p.m.  
Fee: $25  
Adult Community Center  
cityofsancarlos.org/acc

END OF SUMMER LUAU
Saturday, August 26 • 5:00 p.m. – 9:00 p.m.  
Fee: $35 • Adult Community Center  
cityofsancarlos.org/acc

Community Pasta and Bingo Night
JUNE 24
6:00 p.m. – 9:00 p.m.  
Fee: $25  
Adult Community Center  
cityofsancarlos.org/acc

San Carlos FARMERS’ Market
Sundays 9:00 a.m. – 1:00 p.m.

Downtown Laurel Street Between Cherry Street and San Carlos Avenue  
The Market returns in April!  
cityofsancarlos.org/farmersmarket

SUMMER BBQ
SATURDAY, JULY 22
5:00 p.m. – 8:00 p.m.  
Fee: $50  
Adult Community Center  
Friendsoftheacc.org

The Market returns in April!

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

Spring/Summer 2023  |  Register online at cityofsancarlos.org/register
A full weekend of entertainment & fun for the entire family!
Visit sancarloshometowndays.com