



SPRING/
SUMMER
2023

CITY OF SAN CARLOS

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

SAN CARLOS EDUCATION FOUNDATION'S REVEL @ DEVILS



Saturday, May 6, 7:00 p.m.

Featuring the Smoothest Songs
from Mustache Harbor



Buy tickets now: scefkids.org/events

MUSIC IN THE PARK

June 16 – August 4

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



www.cityofsancarlos.org/music

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



**Pride
in the Park!**

June 17
11:00 a.m. to 2:00 p.m.
Burton Park
cityofsancarlos.org/events

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YOUTH SUMMER CAMPS

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



CITY OF SAN CARLOS

Serving you – cityofsancarlos.org

**Parks
Make
Life
Better!**

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

Parks & Recreation Staff

Recreation Staff

Amy Newby, Parks & Recreation Director

Tyler Muela, Recreation Manager

Vicky Galea, Administrative Assistant

Caitlyn Matoso, Recreation Supervisor

Wendy Schettino, 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.



June 3, 2023
9:00 a.m.

NO FOOLIN' FOOT RACE
5K/10K Trail Run

Big Canyon & Eaton Parks
San Carlos

Register by April 1 for 'early bird' pricing!
All proceeds benefit trail maintenance and improvement.

PRFSANCARLOS.ORG

The Foundation is a registered 501(c) (3) non-profit organization and your donation is tax-deductible to fullest extent of the law.
Our Federal Tax ID # is 94-3203214

SPRING & SUMMER SAN CARLOS COMMUNITY CALENDAR

City Council meets 2nd & 4th Mondays at 7:00 p.m.

Planning and Transportation Commission meets 1st & 3rd Mondays at 7:00 p.m.

Parks, Recreation, & Culture Commission meets every even month, 1st Wednesday at 7:00 p.m.

Youth Advisory Council meets 2nd Wednesday at 7:00 p.m.

Agenda materials may be viewed online at www.cityofsancarlos.org/agenda at least 72 hours prior to a regular meeting.

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 16

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



Music in the Park

June 16, 23, 30 • July 7, 14, 21, 28 • August 4



Family Campout

August 11-12



Pride in the Park

June 17



Hometown Days

May 19-21



Pedro Tournament

April 1



Movie Nights

July 22, August 5, August 19



End of Summer Luau

August 26



Community Pasta Bingo Night

June 24

TOT/PRESCHOOL ACTIVITIES

Arts & Music

Little Musicians – Music Together

(Ages 5 and under)

Little Musicians is excited to offer nationally acclaimed Music Together, a parent-child music and movement program. During class, you will sing, dance, and play instruments to songs. These fun activities are developmentally appropriate for children and easy for parents and caregivers to participate in regardless of their own musical ability. Tuition includes our Music Together Spring 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

Dance Studio at Youth Center

Resident: \$270 Non-residents \$290

17665	M	9:00 a.m. – 9:45 a.m.	10 classes	4/3 – 6/12
17666	M	10:00 a.m. – 10:45 a.m.	10 classes	4/3 – 6/12
17669	M	11:00 a.m. – 11:45 a.m.	10 classes	4/3 – 6/12
17667	M	4:00 p.m. – 4:45 p.m.	10 classes	4/3 – 6/12
17668	M	5:00 p.m. – 5:45 p.m.	10 classes	4/3 – 6/12

Resident: \$248 Non-residents \$268

17672	Sa	9:00 a.m. – 9:45 a.m.	9 classes	4/8 – 6/10
17673	Sa	10:00 a.m. – 10:45 a.m.	9 classes	4/8 – 6/10
17674	Su	9:00 a.m. – 9:45 a.m.	9 classes	4/9 – 6/11
17675	Su	10:00 a.m. – 10:45 a.m.	9 classes	4/9 – 6/11
17676	Su	11:00 a.m. – 10:45 a.m.	9 classes	4/9 – 6/11

Les Mundell Grove at Burton Park

Resident: \$270 Non-residents \$290

17677	T	9:00 a.m. – 9:45 a.m.	10 classes	4/4 – 6/6
17678	T	10:00 a.m. – 10:45 a.m.	10 classes	4/4 – 6/6
17679	T	11:00 a.m. – 11:45 a.m.	10 classes	4/4 – 6/6
17680	F	9:00 a.m. – 9:45 a.m.	10 classes	4/7 – 6/9
17681	F	10:00 a.m. – 10:45 a.m.	10 classes	4/7 – 6/9
17682	F	11:00 a.m. – 11:45 a.m.	10 classes	4/7 – 6/9

SUMMER SESSION

Stage Area at Burton Park

Resident: \$204 Non-resident \$224

17683	T	9:00 a.m. – 9:45 a.m.	7 classes	7/11 – 8/22
17684	T	10:00 a.m. – 10:45 a.m.	7 classes	7/11 – 8/22
17685	T	11:00 a.m. – 10:45 a.m.	7 classes	7/11 – 8/22
17686	F	9:00 a.m. – 9:45 a.m.	7 classes	7/14 – 8/25
17687	F	10:00 a.m. – 10:45 a.m.	7 classes	7/14 – 8/25
17688	F	11:00 a.m. – 11:45 a.m.	7 classes	7/14 – 8/25

Arts & Crafts Room at Youth Center

17689	M	9:00 a.m. – 9:45 a.m.	7 classes	7/10 – 8/21
17691	M	10:00 a.m. – 10:45 a.m.	7 classes	7/10 – 8/21
17690	M	11:00 a.m. – 11:45 a.m.	7 classes	7/10 – 8/21
17692	M	4:00 p.m. – 4:45 a.m.	7 classes	7/10 – 8/21
17693	M	5:00 a.m. – 5:45 a.m.	7 classes	7/10 – 8/21
17694	W	10:00 a.m. – 10:45 a.m.	7 classes	7/12 – 8/23
17695	W	11:00 a.m. – 11:45 a.m.	7 classes	7/12 – 8/23
17696	Sa	9:00 a.m. – 9:45 a.m.	7 classes	7/15 – 8/26
17697	Sa	10:00 a.m. – 10:45 a.m.	7 classes	7/15 – 8/26
17698	Su	9:00 a.m. – 9:45 a.m.	7 classes	7/16 – 8/27
17699	Su	10:00 a.m. – 10:45 a.m.	7 classes	7/16 – 8/27
17700	Su	11:00 a.m. – 11:45 a.m.	7 classes	7/16 – 8/27



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

17660 M 10:00 a.m. – 10:45 a.m. 4 classes 5/15 – 6/12

Resident: \$130 Non-resident: \$150

17499 M 10:00 a.m. – 10:45 a.m. 5 classes 4/3 – 5/8



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

17662 M 11:00 a.m. – 11:45 a.m. 4 classes 5/15 – 6/12

Resident: \$130 Non-resident: \$150

17661 M 11:00 a.m. – 11:45 a.m. 5 classes 4/3 – 5/8

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

17481 W 10:00 a.m. – 11:00 a.m. 8 classes 4/19 – 6/7

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



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

17704	Th	10:45 a.m. – 11:30 a.m.	4 classes	4/20 – 5/11
17808	Th	10:45 a.m. – 11:30 a.m.	4 classes	5/18 – 6/8

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 development 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

17664	Th	9:30 a.m. – 10:30 a.m.	4 classes	4/20 – 5/11
17809	Th	9:30 a.m. – 10:30 a.m.	4 classes	5/11 – 6/8

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	17825	Fee: \$50
Family of 3	17826	Fee: \$75
Family of 4	17827	Fee: \$100
Family of 5	17828	Fee: \$125
Family of 6	17829	Fee: \$150
Family of 7	17830	Fee: \$175
Family of 8	17831	Fee: \$200

www.cityofsancarlos.org/register

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



YOUTH ACTIVITIES

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

17416	M	3:30 p.m. – 5:30 p.m.	4 classes	4/3 – 4/24
17417	M	3:30 p.m. – 5:30 p.m.	4 classes	5/1 – 5/22
17418	M	3:30 p.m. – 5:30 p.m.	4 classes	6/5 – 6/26
17419	M	3:30 p.m. – 5:30 p.m.	4 classes	7/24 – 8/14



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
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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
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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
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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

17383	Th	3:30 p.m. – 4:15 p.m.	9 classes	4/6 – 6/8
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Sound Waves (Ages 9–12 years)

Resident: \$320 Non-resident: \$340

17384	Th	3:30 p.m. – 4:30 p.m.	9 classes	4/6 – 6/8
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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 Coimisiun 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

17452	T	3:15 p.m. – 4:00 p.m.	10 classes	4/4 – 6/13
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Beginner 1 & 2

Resident: \$230 Non-resident: \$250

17453	T	3:45 p.m. – 4:30 p.m.	10 classes	4/4 – 6/13
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Novice Prize Winner

Resident: \$260 Non-resident: \$280

17454	T	4:30 p.m. – 6:00 p.m.	10 classes	4/4 – 6/13
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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

17379	W	2:00 p.m. – 3:00 p.m.	5 classes	4/5 – 5/3
17380	W	2:00 p.m. – 3:00 p.m.	5 classes	5/10 – 6/7
17381	W	2:00 p.m. – 3:00 p.m.	5 classes	6/21 – 7/19
17382	W	2:00 p.m. – 3:00 p.m.	5 classes	7/26 – 8/23



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

17385	M-F	9:00 a.m. – 1:00 p.m.	5 classes	4/10 – 4/14
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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

17375 M-F 9:00 a.m. – 12:00 p.m. 5 classes 4/10 – 4/14

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

17376 M-F 1:00 p.m. – 4:00 p.m. 5 classes 4/10 – 4/14

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

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

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

17719 Sa 9:00 a.m. – 1:00 p.m. 1 class 4/1

Slime all the Time & How to Clean it Up

17720 Sa 9:00 a.m. – 1:00 p.m. 1 class 4/8

Baby Animals

17721 Sa 9:00 a.m. – 1:00 p.m. 1 class 4/15

Happy Earth Day Planet Earth

17722 Sa 9:00 a.m. – 1:00 p.m. 1 class 4/22

Tricky Pictures & Trick Photography

17723 Sa 9:00 a.m. – 1:00 p.m. 1 class 4/29

Reptiles Around Us

17724 Sa 9:00 a.m. – 1:00 p.m. 1 class 5/6

Fun with Critters

17725 Sa 9:00 a.m. – 1:00 p.m. 1 class 5/13

Ocean Adventures

17727 Sa 9:00 a.m. – 1:00 p.m. 1 class 5/27

Fluffy Adorable Cute Animals

17728 Sa 9:00 a.m. – 1:00 p.m. 1 class 6/3

Almost Summertime Science Fun

17729 Sa 9:00 a.m. – 1:00 p.m. 1 class 6/10

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

17495 Th 3:30 p.m. – 5:00 p.m. 8 classes 4/20 – 6/8

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

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

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

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



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

17374 T 4:45 p.m. – 6:00 p.m. 8 classes 4/4 – 5/23

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

17476 Th 3:30 p.m. – 4:30 p.m. 8 classes 4/20 – 6/8

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

17474 W 2:30 p.m. – 3:30 p.m. 8 classes 4/19 – 6/7

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

17368 Th 4:00 p.m. – 5:00 p.m. 8 classes 4/6 – 5/25

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

17428 W 1:30 p.m. – 2:30 p.m. 7 classes 4/5 – 5/24

17429 W 2:30 p.m. – 3:30 p.m. 7 classes 4/5 – 5/24

17430 W 3:30 p.m. – 4:30 p.m. 7 classes 4/5 – 5/24



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

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 – 5/22

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

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



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

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 one's 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

17591 Sa 10:00 a.m. – 10:50 a.m. 4 classes 4/15 – 5/6

17592 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

17594	Sa	9:00 a.m. – 9:50 a.m.	4 classes	4/15 – 5/6
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17593	Sa	9:00 a.m. – 9:50 a.m.	5 classes	5/13 – 6/10
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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

Ages 4-6 years

17587	T	4:00 p.m. – 5:00 p.m.	7 classes	4/4 – 5/23
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17589	Th	4:00 p.m. – 5:00 p.m.	7 classes	4/6 – 5/25
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Ages 7-9 years

17588	T	5:00 p.m. – 6:00 p.m.	7 classes	4/4 – 5/23
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17590	Th	5:00 p.m. – 6:00 p.m.	7 classes	4/6 – 5/25
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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.sancarlostenniscub.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.

Resident: \$155 Non-resident: \$175

17548	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	4/18 – 5/4
17549	W	4:30 p.m. – 5:30 p.m.	6 classes	4/19 – 5/24
17550	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	5/16 – 6/1
17551	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	6/13 – 6/29
17552	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	7/11 – 7/27
17553	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	8/1 – 8/17

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.

Resident: \$155 Non-resident: \$175

17570	Sa	9:00 a.m. – 10:00 a.m.	6 classes	4/15 – 5/20
17571	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	4/18 – 5/4
17572	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	5/16 – 6/1
17573	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	6/13 – 6/29
17574	Sa	9:00 a.m. – 10:00 a.m.	6 classes	6/17 – 7/22
17575	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	7/11 – 7/27
17576	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	8/1 – 8/17



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.

Resident: \$155 Non-resident: \$175

17566	T,Th	7:00 p.m. – 8:00 p.m.	12 classes	4/18 – 5/4
17567	T,Th	7:00 p.m. – 8:00 p.m.	12 classes	5/16 – 6/1
17568	T,Th	7:00 p.m. – 8:00 p.m.	12 classes	7/11 – 7/27
17569	T,Th	7:00 p.m. – 8:00 p.m.	12 classes	8/1 – 8/17

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.

Resident: \$155 Non-resident: \$175

17562	Sa	8:00 a.m. – 9:00 a.m.	12 classes	4/15 – 5/20
17563	W	7:30 p.m. – 8:30 p.m.	12 classes	4/19 – 5/24
17564	T,Th	7:00 p.m. – 8:00 p.m.	12 classes	6/13 – 6/29
17565	Sa	8:00 a.m. – 9:00 a.m.	12 classes	6/17 – 7/22

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

17597 M 5:40 p.m. – 6:30 p.m. 9 classes 4/3 – 6/12

Ages 4–6 years

Resident: \$380 Non-resident: \$400

17596 M 5:40 p.m. – 6:30 p.m. 10 classes 6/26 – 8/28



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

17600 M 6:30 p.m. – 7:30 p.m. 10 classes 6/26 – 8/28

Resident: \$343, Non resident: \$363

17601 M 6:30 p.m. – 7:30 p.m. 9 classes 4/3 – 6/12



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

17598 M 7:30 p.m. – 8:30 p.m. 10 classes 6/26 – 8/28

Resident: \$343 Non resident: \$363

17599 M 7:30 p.m. – 8:30 p.m. 9 classes 4/3 – 6/12

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

Ages 4–5 years

17602 M 3:30 p.m. – 4:30 p.m. 9 classes 4/3 – 6/12

Ages 8–11 years

17603 M 4:30 p.m. – 5:30 p.m. 9 classes 4/3 – 6/12

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



FREE DROP-IN PROGRAM AGES 10-17

Zen Den

Safe place to talk and to be heard, the Youth Center staff is here for you.

Homework Center

FREE Tutoring and homework support
Monday-Thursday

Activities Room

Ping-Pong, basketball, pool tables,
Playstation and more.

Gym

Full sized court; open gym for
basketball, volleyball, indoor soccer,
pickle-ball, and group games.

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.

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

Stay in the Loop

For up-to-date program information, please follow us on Instagram [@sancarlosyouthcenter](https://www.instagram.com/sancarlosyouthcenter).

Questions?

Call Emma Licko at (650) 802-4122
or email elicko@cityofsancarlos.org



Kid's Night Out

(Ages 5-10 years)

Youth Center

Drop off your kids at the Youth Center while parents enjoy an evening out. Children participate in organized crafts, games, and sports in a safe and fun environment. Pizza dinner, a piece of fruit, and snacks are included!

Fridays, 6:00 p.m. – 9:00 p.m.

Fee: \$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.

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. 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

17424	T	6:30 p.m. – 8:30 p.m.	4 classes	5/2 – 5/23
17425	T	6:30 p.m. – 8:30 p.m.	4 classes	7/25 – 8/15



Beginning Sewing (Ages 18+ years)

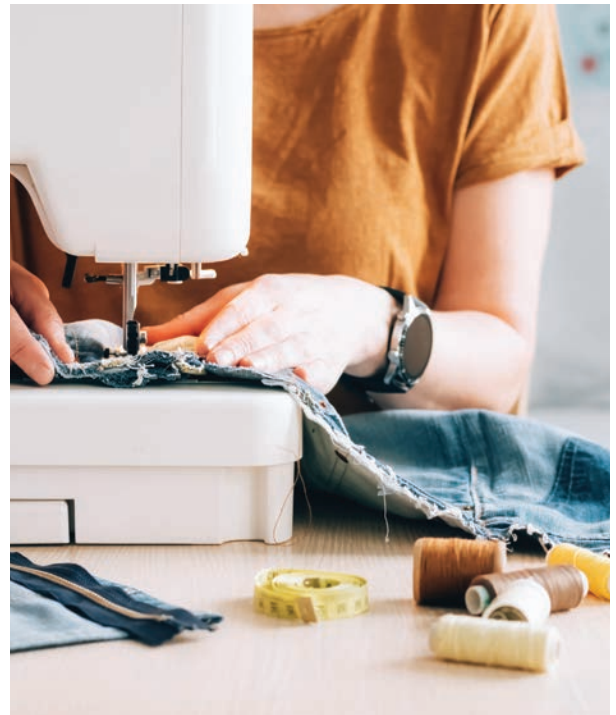
Have a sewing machine and don't know where to start? Start with this class. This class will cover the basics and get you sewing. Learn how to select and read a pattern. We will prepare, layout and cut the pattern pieces. Finally, we will sew the items in class. We make a reversible apron and if time 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 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

17420	M	6:30 p.m. – 8:30 p.m.	4 classes	4/3 – 4/24
17421	M	6:30 p.m. – 8:30 p.m.	4 classes	6/5 – 6/26



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

17422	M	6:30 p.m. – 8:30 p.m.	4 classes	5/1 – 5/22
17423	M	6:30 p.m. – 8:30 p.m.	4 classes	7/24 – 8/14

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

17450	W	6:00 p.m. – 7:00 p.m.	11 classes	4/5 – 6/14
17451	W	6:00 p.m. – 7:00 p.m.	11 classes	6/21 – 8/30

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

17432	Th	11:30 a.m. – 12:45 p.m.	9 classes	4/6 – 6/1
17433	Th	11:30 a.m. – 12:45 p.m.	9 classes	6/29 – 8/24

Intermediate

17434	Th	12:45 p.m. – 2:00 p.m.	9 classes	4/6 – 6/1
17435	Th	12:45 p.m. – 2:00 p.m.	9 classes	6/29 – 8/24



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

17448	W	7:00 p.m. – 8:00 p.m.	11 classes	4/5 – 6/14
17449	W	7:00 p.m. – 8:00 p.m.	11 classes	6/21 – 8/30



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

17100	T	7:30 p.m. – 8:30 p.m.	6 classes	4/11 – 5/16
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Intermediate

17101	T	8:30 p.m. – 9:30 p.m.	6 classes	4/11 – 5/16
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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

June 10	9:00 a.m.	Yoga for Every Body	Julia Harkola
June 24	9:00 a.m.	Yoga for Every Body	Julia Harkola
July 22	10:00 a.m.	Zumba	Lori Dachauer
August 5	9:00 a.m.	Yoga for Every Body	Julia Harkola
August 19	9:00 a.m.	Beginning Yoga	Rima Qobti
September 9	10:00 a.m.	Zumba	Lori Dachauer



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

17707	W	10:00 a.m. – 11:00 a.m.	10 classes	4/18 – 6/21
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Resident: \$130 Non-resident: \$150

17708	W	10:00 a.m. – 11:00 a.m.	8 classes	7/12 – 8/30
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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 sfpensinsula.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 body 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

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

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

Resident: \$75 Non-resident: \$91

17370	T	9:00 a.m. – 10:00 a.m.	5 classes	4/11 – 5/9
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Resident: \$88 Non-resident: \$104

17371	T	9:00 a.m. – 10:00 a.m.	6 classes	5/16 – 6/20
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Resident: \$62 Non-resident: \$78

17372	T	9:00 a.m. – 10:00 a.m.	4 classes	7/11 – 8/1
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17373	T	9:00 a.m. – 10:00 a.m.	4 classes	8/8 – 8/29
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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

\$75 per 50 minute session

17437	April – June
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17438	July – August
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\$290 package of 4 - 50 minute sessions

17439	April – June
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17440	July – August
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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

Resident: \$60 Non-resident: \$70

17441	Sa	11:00 a.m. – 12:00 p.m.	2 classes	6/17 – 6/24
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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

Resident: \$190 Non-resident: \$210

17387	W	10:30 a.m. – 11:30 a.m.	8 classes	4/5 – 5/24
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17388	W	10:30 a.m. – 11:30 a.m.	8 classes	6/28 – 8/16
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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

Resident: \$145 Non-resident: \$165

17446	M	9:00 a.m. – 10:00 a.m.	9 classes	4/3 – 6/12
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17447	M	9:00 a.m. – 10:00 a.m.	9 classes	6/19 – 8/14
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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

17455	M	5:45 p.m. – 7:00 p.m.	11 classes	4/3 – 6/19
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Resident: \$214 Non-resident: \$234

17457	W	5:45 p.m. – 7:00 p.m.	12 classes	4/5 – 6/21
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Resident: \$129 Non-resident: \$149

17456	M	5:45 p.m. – 7:00 p.m.	7 classes	7/10 – 8/21
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17458	W	5:45 p.m. – 7:00 p.m.	7 classes	7/12 – 8/23
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Fee Assistance

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

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

17028	T	7:00 p.m. – 8:15 p.m.	10 classes	4/1 – 6/13
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17029	Th	7:00 p.m. – 8:15 p.m.	10 classes	4/13 – 6/15
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17705	T	7:00 p.m. – 8:15 p.m.	10 classes	6/20-8/29
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17711	T	7:00 p.m. – 8:15 p.m.	10 classes	6/22-8/24
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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

17030	T	5:45 p.m. – 6:45 p.m.	10 classes	4/11 – 6/13
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17031	Th	5:45 p.m. – 6:45 p.m.	10 classes	4/13 – 6/15
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17712	T	5:45 p.m. – 6:45 p.m.	10 classes	6/20-8/29
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17713	T	5:45 p.m. – 6:45 p.m.	10 classes	6/22-8/24
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Special Interest

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

17497 Th 7:30 p.m. – 8:30 p.m. 3 classes 4/27 – 5/11



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

17498 Th 7:30 p.m. – 8:30 p.m. 3 classes 6/1 – 6/15

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

Beginning

17443 T 7:00 p.m. – 8:00 p.m. 6 classes 7/18 – 8/29

Intermediate

17445 T 6:00 p.m. – 7:00 p.m. 6 classes 7/18 – 8/29

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 Arnaut

Dance Studio at Youth Center

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

17405 W 7:00 p.m. – 8:00 p.m. 6 classes 4/19 – 5/24





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
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Cinco de Mayo Celebration

17461	W	6:00 p.m. – 7:30 p.m.	1 classes	5/3
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NEW A Day in the Philippines

17462	W	6:00 p.m. – 7:30 p.m.	1 classes	5/24
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It's All Greek to Me

17464	W	6:00 p.m. – 7:30 p.m.	1 classes	6/14
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NEW Namaste!

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

17466	W	6:00 p.m. – 7:30 p.m.	1 classes	7/12
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NEW Summer in Sicily

17467	W	6:00 p.m. – 7:30 p.m.	1 classes	7/26
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NEW Flavors of Mexico

17468	W	6:00 p.m. – 7:30 p.m.	1 classes	8/9
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NEW The Cheese Shop

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

17577	Sa	1:30 p.m. – 2:30 p.m.	6 classes	4/15 – 5/20
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17579	Sa	2:30 p.m. – 3:30 p.m.	6 classes	6/17 – 7/22
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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

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

Tennis Courts 1-2 at Highlands Park

17580	Sa	12:30 p.m. – 1:30 p.m.	6 classes	4/15 – 5/20
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17582	Sa	1:30 p.m. – 2:30 p.m.	6 classes	6/17 – 7/22
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Gymnasium at Youth Center

17581	Th	11:00 a.m. – 12:00 p.m.	6 classes	4/20 – 5/25
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Adult Novice Pickleball (Ages 15+ years)

Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.

Tom Sarsfield

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

FAMILY FUN EVENTS



SAN CARLOS
BLOCK PARTY
EAT • DRINK • PLAY



4:00 to 8:00 p.m.

Downtown Laurel Street

Sunday

JULY
16

Sunday

AUGUST
27

Friday

JUNE
16

THROUGH

Friday

AUGUST
4

MUSIC IN THE PARK

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

Burton Park

cityofsancarlos.org/events

FAMILY CAMPOUT

Check-In Begins at 4:00 p.m.

Burton Park Field

cityofsancarlos.org/register

See Page 8 for Registration Information

Friday

AUGUST

11



VOLUNTEER

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

Men's Basketball	Mondays
Women's Basketball	Tuesdays
Men's Softball	Mondays / Tuesdays / Fridays
Bocce Ball	Tuesdays / Wednesdays / Thursdays
Cornhole	Thursdays
Coed Softball	Sundays



SUMMER LEAGUES

Men's Basketball	Mondays
Women's Basketball	Tuesdays
Men's Soccer	Wednesdays
Men's 35+ Soccer	Wednesdays
Coed 35+ Soccer	Thursdays
Coed Soccer	Thursdays



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.

CURBSIDE LUNCH PROGRAM



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 Bingo Night

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 Dinner Dance

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)

17617	Th	11:00 a.m. – 12:00 p.m.	4 classes	4/6 – 4/27
17618	Th	11:00 a.m. – 12:00 p.m.	4 classes	5/4 – 5/25
17619	Th	11:00 a.m. – 12:00 p.m.	5 classes	6/1 – 6/29
17620	Th	11:00 a.m. – 12:00 p.m.	4 classes	7/6 – 7/27
17621	Th	11:00 a.m. – 12:00 p.m.	4 classes	8/3 – 8/31

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)

17627	W	11:00 a.m. – 12:00 p.m.	4 classes	4/5 – 4/26
17628	W	11:00 a.m. – 12:00 p.m.	5 classes	5/3 – 5/31
17629	W	11:00 a.m. – 12:00 p.m.	4 classes	6/7 – 6/28
17630	W	11:00 a.m. – 12:00 p.m.	4 classes	7/5 – 7/26
17631	W	11:00 a.m. – 12:00 p.m.	5 classes	8/2 – 8/30

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

17632	W	12:15 p.m. – 1:15 p.m.	10 classes	4/5 - 6/7
17633	W	12:15 p.m. – 1:15 p.m.	10 classes	6/21 – 8/23

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

17634	Th	12:15 p.m. – 1:15 p.m.	10 classes	4/6 – 6/8
17635	Th	12:15 p.m. – 1:15 p.m.	10 classes	6/22 – 8/24

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

Free

17636	Th	9:30 a.m. – 10:30 a.m.	10 classes	4/6 – 6/8
17637	Th	9:30 a.m. – 10:30 a.m.	10 classes	6/22 – 8/24

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

Free

17638	F	9:00 a.m. – 10:00 a.m.	10 classes	4/7 – 6/9
17639	F	9:00 a.m. – 10:00 a.m.	10 classes	6/23 – 8/25

Tai Chi

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

Jan Smith

Adult Community Center

Free

T/W	9:00 a.m. – 9:30 a.m.	Ongoing
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Tai Chi Advanced

Susan Hu

Adult Community Center

Free

W	8:45 a.m. – 10:15 a.m.	Ongoing
Th	9:00 a.m. – 10:30 a.m.	Ongoing

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

Free

F	10:00 a.m. – 11:00 a.m.	Ongoing
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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)

17640	T	10:45 a.m. – 11:30 a.m.	4 classes	4/4 – 4/25
17641	T	10:45 a.m. – 11:30 a.m.	5 classes	5/2 – 5/30
17642	T	10:45 a.m. – 11:30 a.m.	4 classes	6/6 – 6/27
17643	T	10:45 a.m. – 11:30 a.m.	3 classes	7/11 – 7/25
17644	T	10:45 a.m. – 11:30 a.m.	5 classes	8/1 – 8/29

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)

17645	T	12:00 p.m. – 12:45 p.m.	4 classes	4/4 – 4/25
17646	T	12:00 p.m. – 12:45 p.m.	5 classes	5/2 – 5/30
17647	T	12:00 p.m. – 12:45 p.m.	4 classes	6/6 – 6/27
17648	T	12:00 p.m. – 12:45 p.m.	3 classes	7/11 – 7/25
17649	T	12:00 p.m. – 12:45 p.m.	5 classes	8/1 – 8/29

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

17810 T 9:00a.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 it's 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)

17655	M	1:45 p.m. – 2:30 p.m.	4 classes	4/3 – 4/24
17656	M	1:45 p.m. – 2:30 p.m.	4 classes	5/1 – 5/22
17657	M	1:45 p.m. – 2:30 p.m.	4 classes	6/5 – 6/26
17658	M	1:45 p.m. – 2:30 p.m.	5 classes	7/3 – 7/31
17659	M	1:45 p.m. – 2:30 p.m.	4 classes	8/7 – 8/28

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

Th	1:30 p.m. – 3:30 p.m.	Ongoing
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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

F	11:00 a.m. – 12:30 p.m.	Ongoing
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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.cityofsancarlos.org/acc.

Safari West

17815	M	8:00 a.m. – 5:00 p.m.	March 27
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Garré Winery & Vineyard

17817	W	9:00 a.m. – 5:30 p.m.	April 26
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Thunder Valley Casino

17816	W	8:00 a.m. – 6:00 p.m.	May 10
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San Francisco's 49 Mile Scenic Drive Tour with Craig Smith

17818	W	10:00 a.m. – 5:00 p.m.	May 31
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Broadway SF: Book of Mormon

17820	W	11:00 a.m. – 5:30 p.m.	June 7
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Santa Cruz Roaring Camp Train

17819	M	8:30 a.m. – 5:00 p.m.	June 19
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California Academy of Sciences

17821	Th	9:00 a.m. – 5:00 p.m.	July 20
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Broadway SF: Tina – The Tina Turner Musical

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

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

To view Collette Extended Tours, please visit cityofsancarlos.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.



**Parks
Make
Life
Better!**

47

Primary Contact

Name (Adult):

LAST

FIRST

Address:

STREET ADDRESS

CITY

ZIP

Phone Number:

()

()

PRIMARY NUMBER (INCLUDE AREA CODE)

SECONDARY NUMBER (INCLUDE AREA CODE)

Cell Phone:

()

Cell Phone Carrier: ()

(INCLUDE AREA CODE)

IF YOU WISH TO RECEIVE TEXT ALERTS (ATT, VERIZON, ETC.)

Email Address:

FOR RECEIPTS, NEWS, UPDATES, ETC.

Emergency Contact:

()

NAME

PHONE NUMBER (INCLUDE AREA CODE)

Activity Registration

Course #	Participant's Name	Date of Birth	Gender Identity	Program Title	Fee
					\$
					\$
					\$
					\$
					\$
TOTAL					\$



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

☐ Please contact me about my need for disabled services.

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

If yes, please describe:

Liability Waiver and Photo Release

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

Participant Signature

Date

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

Payment

☐ Visa ☐ MasterCard ☐ Use credit card on file.

CARD NUMBER

CVV#

EXPIRATION DATE

CARDHOLDER'S NAME (PRINT)

SIGNATURE

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

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

SAN CARLOS PARKS DIRECTORY



Lost items recovered from our parks are stored at the Corp Yard for 30 days.

Visit www.cityofsancarlos.org/lostandfound to submit a form. For assistance please call the Recreation Office (650) 802-4382.

	Picnic Area	Play Equipment	Trails/Paths	Open Space	Dog Exercise Area	Bar-B-Que	Restrooms	Basketball Courts	Baseball Diamonds	Soccer Fields	Tennis Courts
Arguello Park 260 Wellington Dr. (at Phelps Rd.)											
Big Canyon Park 3190 Brittan Ave.											
Burton Park 900 Chestnut (Brittan Ave., Cedar St., Arroyo Ave.)											
Cedar Street Neighborhood Park 100 Block of Cedar St.											
Chilton Park 48 Bayview Dr.											
City Hall Park 1401 San Carlos Ave.											
Crestview Park (Nannarone Field) 1000-A Crestview Dr. (at Leslie Ct.)											
Eaton Park 3000 Eaton Ave. (west end of Eaton Ave.)											
Frank D. Harrington Park 759 Laurel St.											
Heather Dog Area 2700 Melendy Dr. (west side of Heather School)											
Highlands Park 2600 Melendy Dr. (at Aberdeen Dr.)											
Hillcrest Circle Park 280 Hillcrest Rd. (at Arundel Rd.)											
Laureola Park 503 Old County Rd.											
North Crestview 350 Crestview Dr.											
San Carlos Avenue Neighborhood Park 2400 Block of San Carlos Ave.											
Vista Park 401 Crestview Dr.											



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

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



Community
Pasta
and **Bingo**
Night

JUNE 24
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



Parks and Recreation
Foundation of San Carlos
600 Elm Street
San Carlos, CA 94070

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San Carlos, CA 94070

www.cityofsancarlos.org



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Visit sancarloshometowndays.com



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