



FALL 2023

CITY OF SAN CARLOS

THE GUIDE

to Good Living



GOBLIN WALK

FRIDAY, OCTOBER 27

4:00 P.M. – 5:30 P.M. • DOWNTOWN LAUREL STREET

Children must be accompanied by a parent or adult.

Sponsorship opportunities are available!

Call Parks & Recreation at (650) 802-4382 for information.

www.cityofsancarlos.org/events



13th Annual Night of Holiday Lights

Friday, December 1 • 5:00 p.m. – 8:30 p.m. • Join Us Downtown!

Music • Family Fun • Holiday Lights • Decorations and Entertainment

RESTAURANTS AND BUSINESSES OPEN

Laurel Street and Cherry Street intersection

A free community event presented by San Carlos Parks & Recreation and partner sponsor Parks & Recreation Foundation of San Carlos. For more information and sponsorship opportunities, visit www.cityofsancarlos.org/events.

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Music
in the Park
SAN CARLOS

SPECIAL THANKS TO OUR 2023 SUMMER CONCERT SERIES SPONSORS!

Thank you to our generous family of corporate and local sponsors who made the 2023 San Carlos Parks & Recreation Summer Concert Series possible:

Presenting Sponsor

Parks & Recreation Foundation of San Carlos

One Medical

Recology San Mateo County

San Carlos Elms

For information on how to become a sponsor for the 2024 Concert Series, please call Parks & Recreation at (650) 802-4129.



CITY OF SAN CARLOS

Serving you – cityofsancarlos.org

**Parks
Make
Life
Better!**

Recreation Facilities

Recreation Offices

(650) 802-4382

Located at the Adult Community Center
601 Chestnut Street, San Carlos
Monday-Thursday, 9:00 a.m. – 5:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.

Youth Center

(650) 802-4471

1001 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.
Saturday and Sunday, Closed
See page 26 for Youth Center drop-in
and extended hours schedule.

Adult Community Center

(650) 802-4384

601 Chestnut Street, San Carlos
Monday-Thursday, 9:00 a.m. – 5:00 p.m.
Friday, 9:00 a.m. – 3:00 p.m.
Open evenings for classes as scheduled.

Athletics Office

(650) 802-4124

Located at the Youth Center
1001 Chestnut Street, San Carlos
Monday-Friday, 9:00 a.m. – 5:00 p.m.

Parks & Recreation Administration Office

(650) 802-4112

Field Conditions Hotline

(650) 802-4333

Parks & Recreation Staff

Recreation Staff

Amy Newby, Parks & Recreation Director
Tyler Muela, Recreation Manager
Hilda Pacheco, Administrative Assistant
Caitlyn Matoso, Recreation Supervisor
Wendy Schettino, Recreation Supervisor
Janet Guerry, Recreation Coordinator
Emma Licko, Recreation Coordinator
Linda Scannell, Recreation Coordinator
Lauren Schneider, Recreation Coordinator
George Holland, Sr. Admin. Clerk
Tracie 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
Matthew Richards, 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
John Dugan, Vice Mayor
Ron Collins
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
Robert Bollier
Cecile Lee
Mark Maxwell
Julie Lubetkin, Alternate



Youth Advisory Council

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

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

Fee Assistance Program

A Fee Assistance Program, funded in partnership with the Parks and Recreation Foundation of San Carlos and City of San Carlos, is available to help San Carlos residents participate in San Carlos Parks & Recreation classes and programs. Requests must be 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.

Give Where You Live

Your generous donations support our parks and programs. Last year alone, the Foundation contributed over \$250,000 for park capital improvements and over \$8,000 in fee assistance for recreational programs.

Consider the Parks and Recreation Foundation of San Carlos in Your Year End Giving

“When deciding which organization we should give some of our annual budget of donations to, we choose the San Carlos Parks and Recreation Foundation because it adds value to our community.”

— San Carlos Donor



www.prfsancarlos.org

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

FALL 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

www.cityofsancarlos.org/farmersmarket

August

August 4

Music in the Park

6:00 p.m. – 8:00 p.m.

Burton Park

www.cityofsancarlos.org/music

August 4

Diner Days Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

August 5

Movie Night

Sunset approximately 8:30 p.m.

Burton Park

www.cityofsancarlos.org/events

August 11-12

Family Campout

Burton Park

www.cityofsancarlos.org/events

August 19

Movie Night

Sunset approximately 8:30 p.m.

Burton Park

www.cityofsancarlos.org/events

August 26

End of Summer Luau

5:00 p.m. – 9:00 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

August 27

Block Party

4:00 p.m. – 8:00 p.m.

Downtown Laurel Street

www.cityofsancarlos.org/events

September

September 8

End of Summer BBQ Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

September 9

Horsepower Car Show

8:00 a.m. – 3:00 p.m.

Washington & Varian Streets

www.horsepowercarshow.com



Farmers' Market
Every Sunday



Music in the Park
August 4



Movie Nights
August 5, August 19



End of Summer Luau
August 26



End of Summer BBQ Luncheon
September 8



Horsepower Car Show
September 9



Pedro Tournament
September 30



Art & Wine Faire
October 7 & 8



Goblin Walk
October 27



Nutcracker Tea Party
November 18



Night of Holiday Lights
December 1



Holly Jolly Luncheon
December 8

September 30

Pedro Tournament

11:00 a.m. – 4:00 p.m.

Adult Community Center

www.friendsoftheacc.org

October

October 7 & 8

Art & Wine Faire

10:00 a.m. – 6:00 p.m.

www.cityofsancarlos.org/artandwinefaire

October 13

Spooktacular Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

October 20

Halloween Movie Night

6:00 p.m. – 8:45 p.m.

Youth Center

www.cityofsancarlos.org/events

October 27

Goblin Walk

4:00 p.m. – 5:30 p.m.

Downtown Laurel Street

www.cityofsancarlos.org/events

November

November 3

Let's Give Thanks Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

November 18

Nutcracker Tea Party

10:00 a.m. – 11:30 a.m.

Adult Community Center

www.cityofsancarlos.org/acc

December

December 1

Night of Holiday Lights

5:00 p.m. – 8:30 p.m.

www.cityofsancarlos.org/events

December 8

Holly Jolly Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

www.cityofsancarlos.org/acc

City Facility Closures

September 4

Labor Day

November 10

Veterans Day

November 23-24

Thanksgiving Holiday

December 25 – January 1

Furlough

Thanks to
**Parks & Recreation
Foundation of San Carlos**
for their generous support
of our community events!
www.prfsancarlos.org

TOT/PRESCHOOL ACTIVITIES

Arts & Music

Little Musicians – Music Together

(Ages 5 and under)

Little Musicians is excited to offer nationally acclaimed Music Together, a parent-child music and movement program. During class, you will sing, dance, and play instruments to songs. These fun activities are developmentally appropriate for children and easy for parents and caregivers to participate in regardless of their own musical ability. Tuition includes our Music Together Fall Bongos 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 \$132 for the 9-week session and \$150 for the 10-week session per additional siblings. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. Makeup classes are available. No class 11/10.

Little Musicians Instructors

Instructor: Steven (M/F), Gaby (T/Sun), Amy (Sat)

Dance Studio at Youth Center

Resident: \$302 Non-resident: \$322

18281	M	9:00 a.m. – 9:45 a.m.	10 classes	9/11 – 11/13
18282	M	10:00 a.m. – 10:45 a.m.	10 classes	9/11 – 11/13
18283	M	11:00 a.m. – 11:45 a.m.	10 classes	9/11 – 11/13
18284	M	4:00 p.m. – 4:45 p.m.	10 classes	9/11 – 11/13
18285	M	5:00 p.m. – 5:45 p.m.	10 classes	9/11 – 11/13
18286	T	9:00 a.m. – 9:45 a.m.	10 classes	9/12 – 11/14
18287	T	10:00 a.m. – 10:45 a.m.	10 classes	9/12 – 11/14
18288	T	11:00 a.m. – 11:45 a.m.	10 classes	9/12 – 11/14
18292	Sa	9:00 a.m. – 9:45 a.m.	10 classes	9/16 – 11/18
18293	Sa	10:00 a.m. – 10:45 a.m.	10 classes	9/16 – 11/18
18294	Sa	11:00 a.m. – 11:45 a.m.	10 classes	9/16 – 11/18
18295	Su	9:00 a.m. – 9:45 a.m.	10 classes	9/17 – 11/19
18296	Su	10:00 a.m. – 10:45 a.m.	10 classes	9/17 – 11/19
18297	Su	11:00 a.m. – 11:45 a.m.	10 classes	9/17 – 11/19

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

18289	F	9:00 a.m. – 9:45 a.m.	9 classes	9/15 – 11/17
18290	F	10:00 a.m. – 10:45 a.m.	9 classes	9/15 – 11/17
18291	F	11:00 a.m. – 11:45 a.m.	9 classes	9/15 – 11/17

Little Musicians – Music Together Holiday Session (Ages 5 and under)

Join our Little Musicians Teachers for two weeks of holiday fun as we sing favorites such as Frosty the Snowman, Rudolf, and Jingle Bells! Infant siblings under 8 months may attend for free. Siblings 8 months and over are offered a registration discount at \$30 per additional siblings. Discount registration is not available online. Please call the Recreation Office at (650) 802-4382. Makeup classes are available.

Instructors: Steven (M/F), Gaby (T/Sun), Amy (Sat)

Dance Studio at Youth Center

Resident: \$55 Non-resident: \$64

18299	M	9:00 a.m. – 9:45 a.m.	2 classes	12/4 – 12/11
18300	M	10:00 a.m. – 10:45 a.m.	2 classes	12/4 – 12/11
18301	M	11:00 a.m. – 11:45 a.m.	2 classes	12/4 – 12/11
18302	M	4:00 p.m. – 4:45 p.m.	2 classes	12/4 – 12/11
18303	M	5:00 p.m. – 5:45 p.m.	2 classes	12/4 – 12/11
18304	T	9:00 a.m. – 9:45 a.m.	2 classes	12/5 – 12/12
18305	T	10:00 a.m. – 10:45 a.m.	2 classes	12/5 – 12/12
18306	T	11:00 a.m. – 11:45 a.m.	2 classes	12/5 – 12/12
18309	F	9:00 a.m. – 9:45 a.m.	2 classes	12/8 – 12/15
18311	F	10:00 a.m. – 10:45 a.m.	2 classes	12/8 – 12/15
18312	F	11:00 a.m. – 11:45 a.m.	2 classes	12/8 – 12/15
18313	Sa	9:00 a.m. – 9:45 a.m.	2 classes	12/9 – 12/16
18314	Sa	10:00 a.m. – 10:45 a.m.	2 classes	12/9 – 12/16
18315	Su	9:00 a.m. – 9:45 a.m.	2 classes	12/10 – 12/17
18316	Su	10:00 a.m. – 10:45 a.m.	2 classes	12/10 – 12/17
18317	Su	11:00 a.m. – 11:45 a.m.	2 classes	12/10 – 12/17



NEW Pre-K Poetry and Crafts – Caregiver & Me (Ages 1.5–5 years)

Introduce your little one to the world of poetry! Each week in this caregiver & me class, learners will be introduced to a kid-friendly classical or contemporary poem. We'll play with the sound and sense of the language, and then create a craft inspired by the poem of the week. We'll build reading and pre-reading skills while engaging in sensory play activities designed to engage our fine-motor skills, our imaginations, and our love of language. \$20 materials fee is payable to the instructor at the first class.

Sarah Fama

Arts and Crafts Room at Youth Center

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

Ages 1.5–3 years

18238	W	9:00 a.m. – 9:45 a.m.	6 classes	9/20 – 10/25
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Ages 3–5 years

18239	W	10:00 a.m. – 10:45 a.m.	6 classes	9/20 – 10/25
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Art Exploration: Caregiver and Me (Ages 1.5–3 years)

In this caregiver & me visual arts class, you and your toddler will be exposed to a variety of developmentally appropriate material centered experiences. You and your child will engage with art making through material exploration, play, and choice. Participants will have a choice of the type of materials they choose to explore during class with multiple material centered provocations set up each week. This allows participants to express themselves and create their own experiences. Materials include drawing, finger-painting, building, salt-dough, sensory items, and more! An adult caregiver must be present at all times to attend this class. Dress to get messy. www.A-ZCreativity.org. No class 11/20.

A-Z Creativity Instructors

Arts and Crafts Room at Youth Center

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

18210	M	10:00 a.m. – 10:45 a.m.	4 classes	9/11 – 10/2
18211	M	11:00 a.m. – 11:45 a.m.	4 classes	9/11 – 10/2
18212	M	10:00 a.m. – 10:45 a.m.	4 classes	10/16 – 11/6
18213	M	11:00 a.m. – 11:45 a.m.	4 classes	10/16 – 11/6
18214	M	10:00 a.m. – 10:45 a.m.	4 classes	11/13 – 12/11
18215	M	11:00 a.m. – 11:45 a.m.	4 classes	11/13 – 12/11

Fitness & Wellness

NEW Zumba Kids Jr. (Ages 4–6 years)

Zumba helps kids develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, spatial awareness, and cultural awareness.

Kalina Kotseva

Dance Studio at Youth Center

Resident: \$385 Non-resident: \$405

18208	W	3:00 p.m. – 3:50 p.m.	15 classes	9/6 – 12/13
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Performing Arts

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

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home. No class 10/31.

San Carlos Children's Theater Instructors

SCCT Studio, 1314 Old Country Road, Belmont

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

18247	T	9:00 a.m. – 9:50 a.m.	8 classes	9/12 – 11/7
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Preschool Musical Theater – Enchanting Encanto (Ages 3–5 years)

Introduce your preschooler to the fun and excitement of theater arts! Using a song from the popular film Encanto and lots of imaginative games, we'll explore how to express ourselves through singing, dancing and acting. Children will build confidence and stretch their imaginations as they develop the building blocks of musical theater. Class ends with a showcase performance for families.

San Carlos Children's Theater Instructors

SCCT Studio, 1314 Old Country Road, Belmont

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

18246	Th	2:30 p.m. – 3:30 p.m.	8 classes	9/14 – 11/2
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Tiny Spotlight – Caregiver & Me (Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We'll explore sound and rhythm as we sing and dance to popular children's songs. 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

18245	W	10:00 a.m. – 11:00 a.m.	8 classes	9/13 – 11/1
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Special Interest

Infant and Caregiver Learn with Less® Enrichment (Ages 1 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 bond with your baby and other caregivers as you play, talk, move, and sing together. This group is for 0-12 month olds, and each class will focus on one developmental domain per series: motor, cognition, communication, and social-emotional skills.

Allie Glazer

Dance Studio at Youth Center

Resident: \$180 Non-resident: \$200

18196	Th	2:45 p.m. – 3:45 p.m.	4 classes	9/28 – 10/19
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18197	Th	2:45 p.m. – 3:45 p.m.	4 classes	10/26 – 11/16
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Toddler and Caregiver Learn with Less® Enrichment (Ages 1–3 years)

Get ready to play, talk, move and sing with your 12-36 month 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.

Allie Glazer

Dance Studio at Youth Center

Resident: \$180 Non-resident: \$200

18198	Th	4:00 p.m. – 5:00 p.m.	4 classes	9/28 – 10/19
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18199	Th	4:00 p.m. – 5:00 p.m.	4 classes	10/26 – 11/16
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YOUTH ACTIVITIES

Arts & Music

NEW Little Musicians – Rhythm Kids (Ages 5–8 years)

Little Musicians is excited to offer Rhythm Kids, an exciting music, movement, and drumming class for children in Kindergarten through second grade (ages 5 through 8). During class your child will sing, dance, move, drum, and play to songs and beats from around the world. Rhythm Kids is proud to be a part of Music Together, the internationally recognized early childhood music education program. Tuition includes a Rhythm Kids Fall collection, a professionally recorded CD, as well as digital access to the music, and a songbook with music/drumming activity ideas. Siblings are offered a registration discount at \$150 per additional siblings. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382.

Little Musicians Instructors

Dance Studio at Youth Center

Resident: \$302 Non-resident: \$322

18298 S 12:30 p.m. – 1:15 p.m. 10 classes 9/17 – 11/19

Sea Stars Children's Choir – Music and Singing Basics (Ages 6–8 years)

In this lively group, your child will sing and play while learning the basics of musicianship and singing together. We learn about beat, rhythm, movable do solfège and music notation, and sing songs kids love. The last class is a mini-recital for friends and family. No class 9/28.

Emily Bender

Activity Room at Laureola Park

Resident: \$340 Non-resident: \$360

18201 Th 3:45 p.m. – 4:30 p.m. 10 classes 9/7 – 11/16



Sound Waves Children's Choir – Singing in Harmony (Ages 9–12 years)

After joining the Sea Stars for music and vocal basics, singers in the Sound Waves stay for an extra 30 minutes to dip their toes into the world of harmony singing, both a cappella and accompanied. Singers learn to follow musical scores, hold their own part, listen to their fellow singers, and sing with confidence. This class is great preparation for (or accompaniment to) singing in middle and high school choirs, a cappella groups, and musical theater productions. The last class will be a mini-recital for friends and family. No class 9/28.

Emily Bender

Activity Room at Laureola Park

Resident: \$400 Non-resident: \$420

18202 Th 3:45 p.m. – 5:00 p.m. 10 classes 9/7 – 11/16

NEW Beginning Knitting (Ages 8–13 years)

In this 6-session course for knitting novices, students will learn the fundamentals of knitting (and a little history of the textile arts). We'll master the knit stitch and purl stitch, and explore how they can be used together to create different patterns in our knitting. We'll learn methods for casting on, and for binding off and finishing. The course will cover how to handle common beginner mistakes, and we'll learn why knitting is such a great way to practice a growth mindset. \$20 materials fee is payable to the instructor at the first class which includes a pair of needles and a ball of yarn to take home.

Sarah Fama

Loft Room at Adult Community Center

Resident: \$135 Non-resident: \$155

18240 T 3:30 p.m. – 4:30 p.m. 6 classes 9/19 – 10/24

NEW Imagination Station – Fun with Crafts (Ages 6–12 years)

In this new class, we will spend two hours a week getting crafty! We will work with a variety of different materials and techniques to make fun and useful crafts. We will decorate t-shirts, make jewelry, work with clay, paint and more! \$25 materials fee payable to instructor at the first class.

Christine Hopkins

Loft Room at Adult Community Center

Resident: \$135 Non-resident: \$155

18193 M 3:30 p.m. – 5:30 p.m. 4 classes 10/16 – 11/6

Comic Creations (Ages 7-12 years)

Comics are one of the most popular and exciting ways to tell a story. Students learn to create a genre of comic strips, draw characters developed through their imagination, and plot a storyline for their comic creation. Whether students have tried their hand at comics before or are simply interested in investigating how comics work, this course will provide insights to help storytellers make the most of every page. A step-by-step process will be adopted to guide and coach the students through this creative and artistic program. \$50 material fee is payable to instructor at the first class. No class 11/23.

EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$335 Non-resident: \$355

18243	Th	4:00 p.m. – 5:00 p.m.	7 classes	9/7 – 10/19
18244	Th	4:00 p.m. – 5:00 p.m.	7 classes	10/26 – 12/14

Cookies and Canvas (Ages 5-12 years)

Let your creative juices flow and alleviate your creative dormancy, come and explore the world of painting with Out Of The Box Kids. This wonderfully creative Paint Party is perfect for 5-12 year old's who don't mind getting messy while creating works of art. They will make canvas paintings through the week and showcase their work on the last day for all to see. All the necessary art supplies will be provided. Kids create their masterpieces while munching on cookies. This is a hands-on class with lots of guidance and support.

Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$410 Non-resident: \$430

18205	Sa	12:00 p.m. – 1:30 p.m.	8 classes	9/9 – 10/28
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Da Vinci's Workshop (Ages 6-12 years)

Our Renaissance instructors will guide your child through exciting new lessons every class. Students will learn fundamental artistic skills in a variety of mediums including acrylic painting, watercolors, clay sculptures, cartoons, anime, manga, sketching and drawing. Students will have a blast, and bring home tons of new artworks.

Athena Coding Instructors

Arts and Crafts Room at Youth Center

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

18223	F	3:30 p.m. – 4:30 p.m.	8 classes	9/15 – 11/3
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Learn to Sew for Kids (Ages 8-12 years)

Learn how to sew with a sewing machine. We will layout cut and sew a pillowcase and a pair of pajama pants. Each child will work at their own pace and get 1:1 instruction. This is a fun, no pressure class where everyone can have fun sewing and finishing great projects! Materials list will be sent out approximately one week prior to start date. Sewing machine required. Sewing machines available for use during class for an additional one-time payment of \$25 payable to instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com. No class 10/2.

Christine Hopkins

Loft Room at Adult Community Center

Resident: \$135 Non-resident: \$155

18191	M	3:30 p.m. – 5:30 p.m.	4 classes	9/11 – 10/9
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Gingerbread Decorating Workshop – Caregiver & Child (Ages 5-12 years)

In this workshop, each caregiver/child pair will work as a team and have fun decorating a gingerbread house! We will use royal icing and a variety of candies to decorate a house that you can use for decoration for the Holiday season. This is a hands-on workshop, and you can create your own personalized masterpiece! \$25 material fee is payable to instructor at class.

Christine Hopkins

Loft Room at Adult Community Center

Resident: \$50 Non-resident: \$58

18192	M	3:30 p.m. – 5:30 p.m.	1 class	12/11
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Dance

NEW Kinder Expressions (Ages 5-6 years)

Students will be introduced to fundamental dance technique and dance terminology. Self-expression is encouraged as children glide, hop, skip, and leap across the dance floor. Listening skills, rhythm, and memorization skills are developed. Fitted dance attire such as leotards along with dance skirts, jazz shorts, or leggings are required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back and away from the face. Jazz and ballet basics will be taught while expressing creativity.

Dance Expressions Instructors

Dance Studio at Youth Center

Resident: \$202 Non-resident: \$222

18348	F	4:00 p.m. – 4:45 p.m.	8 classes	9/15-11/3
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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.

Mary Jo Feeney

San Carlos Room at Adult Community Center

First Beginner

Resident: \$160 Non-resident: \$180

18225	T	3:15 p.m. – 4:00 p.m.	8 classes	9/5 – 10/24
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Resident: \$141 Non-resident: \$161

18226	T	3:15 p.m. – 4:00 p.m.	7 classes	10/31 – 12/12
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Beginner 1 & 2

Resident: \$180 Non-resident: \$200

18227	T	3:45 p.m. – 4:45 p.m.	8 classes	9/5 – 10/24
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Resident: \$160 Non-resident: \$180

18228	T	3:45 p.m. – 4:45 p.m.	7 classes	10/31 – 12/12
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Advanced

Resident: \$195 Non-resident: \$215

18229	T	4:45 p.m. – 6:15 p.m.	8 classes	9/5 – 10/24
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Resident: \$172 Non-resident: \$192

18230	T	4:45 p.m. – 6:15 p.m.	7 classes	10/31 – 12/12
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Fitness & Wellness

NEW Zumba (Ages 7–11 years)

Zumba helps kids develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, spatial awareness, and cultural awareness.

Kalina Kotseva

Dance Studio at Youth Center

Resident: \$385 Non-resident: \$405

Zumba Kids Jr. (Ages 4–6 years)

18208	W	3:00 p.m. – 3:50 p.m.	15 classes	9/6 – 12/13
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Zumba Kids (Ages 7–11 years)

18209	W	4:00 p.m. – 4:50 p.m.	15 classes	9/6 – 12/13
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Holiday Fun

Boo! Spooky Haunted House LEGO® Workshop (Ages 5–10 years)

Put on your Halloween costumes and get ready to build the spookiest haunted house ever, completely out of LEGO® In this workshop, participants will get to spend the ghostly holiday building and creating with LEGO®, discovering new ways to make spooky creations. Please note: Costumes must not cover face and should not include any accessories/weapons. Costumes are not required to participated.

Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

18232	Sa	9:00 a.m. – 12:00 p.m.	1 class	10/28
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NEW Get Cooking for Turkey Day

(Ages 5–11 years)

Try out some new recipes in this holiday cooking camp. We will learn about some of the chemistry involved in preparing some of our favorite foods and maybe you'll discover a great new recipe to add to your Thanksgiving feast. Bring a snack and lunch. Material fee of \$24 payable to instructor at first class.

Robin Lise-Nielsen

Activity Room at Laureola Park

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

18277	M-W	9:00 a.m. – 1:00 p.m.	3 classes	11/20 – 11/22
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Chewie's Holiday Special with LEGO® Workshop (Ages 5–10 years)

Spend the holiday season helping Chewie make enough presents for his family to celebrate Life Day! In this workshop, participants will be introduced to STEM concepts while building and exploring through the story of Chewie's holiday present making on Kashyyyk. Get ready to imagine, build, and discover in this Star Wars themed workshop with Brick Tech!

Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

18234	Sa	9:00 a.m. – 12:00 p.m.	1 class	12/9
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San Carlos Children's Theater

For questions regarding San Carlos Children's Theater, please call Donna Avanzino, Executive Operations Director, at (650) 594-2730, or email info@sancarloschildrenstheater.com. **San Carlos Children's Theater Instructors**

NEW Baby Play – Caregiver & Me

(Ages 4–12 months)

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home. No class 2/23, 10/31.

SCCT Studio, 1314 Old Country Road, Belmont

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

18247 T 9:00 a.m. – 9:50 a.m. 8 classes 9/12 – 11/7

Tiny Spotlight – Caregiver & Me

(Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We'll explore sound and rhythm as we sing and dance to popular children's songs. 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.

SCCT Studio, 1314 Old Country Road, Belmont

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

18245 W 10:00 a.m. – 11:00 a.m. 8 classes 9/13 – 11/1

Preschool Musical Theater – Enchanting Encanto (Ages 3–5 years)

Introduce your preschooler to the fun and excitement of theater arts! Using a song from the popular film Encanto and lots of imaginative games, we'll explore how to express ourselves through singing, dancing and acting. Children will build confidence and stretch their imaginations as they develop the building blocks of musical theater. Class ends with a showcase performance for families.

SCCT Studio, 1314 Old Country Road, Belmont

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

18246 Th 2:30 p.m. – 3:30 p.m. 8 classes 9/14 – 11/2

NEW Storybook Theater – Superheroes to the Rescue! (Ages 5–7 years)

Budding actors bring exciting superhero stories to life as they learn the basics of acting technique and creating a character. Using fun theater games, pantomime and even silly sound effects, young students discover how to relax in front of a group and let their imaginations fly as they reach for the stars. Last class includes a showcase for friends and family. No class 10/31.

Dance Studio at Youth Center

Resident: \$240 Non-resident: \$260

18200 T 3:30 p.m. – 5:00 p.m. 8 classes 9/12 – 11/7

NEW Broadway Rising Stars I – Encanto (Ages 5–7 years)

Featuring songs from the hit film Encanto, this exciting performance-based class encourages budding young performers to get creative through movement and music. Working with a vocal coach and choreographer, students explore the foundations of music and movement on stage while collaborating to create a song and dance routine. The young Broadway Rising Stars will showcase their delightful talents in an exciting performance of two songs from Encanto for friends and family on the last day of class. No class 10/8.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$270 Non-resident: \$290

18251 Su 9:00 a.m. – 10:30 a.m. 8 classes 9/10 – 11/5

18252 Su 11:00 a.m. – 12:30 p.m. 8 classes 9/10 – 11/5

NEW Broadway Rising Stars II – Newsies (Ages 8–10 years)

Stop the presses! If your child loves to sing and dance, this is the perfect class! Using songs from the hit musical Newsies, young performers of all experience levels work together under the guidance of a professional vocal coach and choreographer to create an original song and dance routine. This lively performance-based class encourages students to take risks and get creative as they learn the foundations of musical theater. Class culminates with a performance of two songs from Newsies for friends and family. No class 10/8.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$270 Non-resident: \$290

18253 Su 11:00 a.m. – 12:30 p.m. 8 classes 9/10 – 11/5

NEW Costume & Makeup for Theater

(Ages 12-17 years)

Discover the exciting world of costume, makeup and hair design for the stage! During this creative hands-on class, students will learn the principles of design, including color theory, texture, and pattern, as well as explore different materials and techniques and how to apply them to create stunning designs for the theater. Through a series of fun, inspirational activities, students will sketch and create their own unique costume, makeup and hair designs for a fictional production. This class is part of SCCT's Ghostlight program for teens. Find out more at sancarloschildrenstheater.com/ghostlight. No class 10/9.

SCCT Studio, 1314 Old Country Road, Belmont

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

18248 M 6:45 p.m. – 8:15 p.m. 8 classes 9/11 – 11/6

NEW Advanced Acting Technique

(Ages 12-17 years)

This course is designed to give experienced young actors the tools to dig deeper and take their acting to the next level. Students will work on advanced audition prep, as well as enhancing their skills in character development, scene work, improv, and ensemble work. A must for all serious performers. Last day of class includes a presentation of monologues and/or scenes for family and friends. This class is part of SCCT's Ghostlight program for teens. Find out more at <https://sancarloschildrenstheater.com/ghostlight/>.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$240 Non-resident: \$260

18255 Th 6:00 p.m. – 7:30 p.m. 8 classes 9/14 – 11/2



Improv – Think Fast! Act Quick!

(Ages 10-14 years)

This highly engaging improv class teaches students how to be more spontaneous, trust their instincts, and think quickly on their feet, all while having fun! Through a variety of hilarious improv games and activities, actors of all levels discover the thrill of performing unscripted scenes that can drastically change from moment to moment! With an emphasis on positivity, students learn the importance of accepting and celebrating mistakes, making bold choices, being a team player and active listening. All great life skills. No class 10/31.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$240 Non-resident: \$260

18249 T 4:45 p.m. – 6:15 p.m. 8 classes 9/12 – 11/7

Pocket Productions – Jackie and the Beans Talk (Ages 7-10 years)

This funny mini production is a great opportunity for children to experience the fun of theater on the small stage. Your budding actor will never think of the classic Jack and the Beanstalk fairy tale in the same way again! While rehearsing and playing lively theater games, students will learn the basics of performance technique as well as simple theater terminology. Final class features a fun performance for family and friends.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$240 Non-resident: \$260

18254 Th 3:45 p.m. – 5:15 p.m. 8 classes 9/14 – 11/2

SCCT Performing Troupe (Ages 9-14 years)

Explore the world of show choir with SCCT! Sing songs from contemporary pop charts, movies and Broadway musicals, while performing cutting-edge dance choreography! Students will improve their vocal range, experiment with different dance styles, and learn how to integrate choreography without compromising vocal technique. Working in a creative, collaborative environment, students will rehearse musical numbers to perform at local events like the San Carlos Art and Wine Festival and other venues throughout the semester. Performances will take place outside of the allotted class time. No class 10/31 & 11/21.

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$595 Non-resident: \$615

18250 T 6:30 p.m. – 8:30 p.m. 13 classes 9/12 – 12/19

School Break Camps

FLEXZONE Leadership Camps (Ages 5-14)

LEMO FLEXZONE - LEADership, FITness & LIFEskills - come play BIG @ LEMO! Play unlocks a kid's potential, fuels their spirit and inspires their imagination. At FLEXZONE we believe that by making play accessible and a force for change, we can impact the world. At FLEXZONE we have built a play space for kids to think outside the box and explore new opportunities for personal growth through LEADership, FITness and LIFEskills. Every week is filled with sport specific activities, health and wellness practices, cooking and design workshops! Kids will be encouraged to use their imagination, critical skills and competitive spirits to navigate the FLEXZONE playground where they'll meet new friends, share new ideas, and encounter new experiences.

LEMO Instructors

LEMO, 2575 East Bayshore, Redwood City

NEW Cooking & More – Life Skills (Ages 5-14 years)

FLEXZONE campers will focus on building hands-on cooking skills in the chef's kitchen on the daily. Fruit smoothies, lemonade, hummus, salsa, soup, pancakes and more are all on the FLEXZONE menu. Nutrition, cuisines from around the world, cooking science and menu building are LIFEskills students will develop in this hands-on cooking class packed with food trivia, active games/recreation, farming/composting learning and more.

Resident: \$585 Non-resident: \$605

18351 M-F 8:30 a.m. – 4:30 p.m. 5 classes 10/2 – 10/6

Resident: \$460 Non-resident: \$480

18356 T-F 8:30 a.m. – 4:30 p.m. 4 classes 1/2 – 1/5

NEW Teams & Games – Leadership (Ages 5-14 years)

Campers will focus on building hands-on cooking skills in the chefs kitchen on the daily. Fruit smoothies, lemonade, hummus, salsa, soup, pancakes and more, are all on the FLEXZONE menu. Nutrition, cuisines from around the world, cooking science and menu building are LIFEskills students will develop in this hands-on cooking class packed with food trivia, active games/recreation, farming/composting learning and more.

Resident: \$385 Non-resident: \$405

18352 W-F 8:30 a.m. – 4:30 p.m. 3 classes 11/20-11/22

NEW Amazing Races (Ages 5-14 years)

FLEXZONE Campers will race against time, relay in teams and literally race to the finish line. Personal and team skill development will create an amazing race environment where all kids succeed. The Amazing Race week is all about unlocking cooperation and completing challenges focused on sportsmanship, leadership and kindness. Campers will PLAY games encouraging communication, determination and physical FITness. Activities will include relay races, game design, goal setting, volleyball skills, and a hands on cooking challenge.

Resident: \$385 Non-resident: \$405

18353 W-F 8:30 a.m. – 4:30 p.m. 3 classes 12/27-12/29

Encore JR Volleyball (Ages 5-14 years)

Come PLAY volleyball with Encore Juniors – develop skills, access playtime, compete! Encore Juniors is a volleyball program for aspiring players to learn basic skills and fundamentals at an introductory level while developing a solid understanding of competition. Take any one week or build skills, amass playtime and compete with all three classes that build upon each other.

LEMO Instructors

LEMO, 2575 East Bayshore, Redwood City

NEW Volleyball – Compete (Ages 5-14 years)

Encore Juniors Compete week is an introductory volleyball summer camp program to initiate a love of volleyball, an understanding of the rules of engagement, a sense of competition and an excitement to work as a team. Compete week will focus on targeting each players skill set to develop unique teams to compete in weeklong tournament style programming. Each day will consist of a mixture of cardio, strength and agility exercises, volleyball skill development and FUN competition games. Outstanding opportunity to compete in volleyball games mastering understanding of each position's role, how to maximize personal strengths and develop a competition mindset.

Resident: \$385 Non-resident: \$405

18358 W-F 8:30 a.m. – 4:30 p.m. 3 classes 12/27-12/29



NEW Volleyball – Playtime (Ages 5–14 years)

Encore Juniors PLAYtime is an introductory volleyball summer camp program to develop skills, a love of volleyball with an extra focus on plenty of on court, game play time. Each day will consist of a mixture of cardio, strength and agility exercises, volleyball skill development and FUN competition games. First rate opportunity for interested volleyball players to get lots of on court game time to build confidence. Extra bonus – meet accomplished high school players and hear how the game matters most to them.

Resident: \$385 Non-resident: \$405

18357 M-W 8:30 a.m. – 4:30 p.m. 3 classes 11/20 – 11/22



NEW Volleyball – Skills Development (Ages 5–14 years)

Encore Juniors Skills Development is an introductory volleyball summer camp program to initiate a love of volleyball, an understanding of the rules of engagement, a sense of competition and an excitement to work as a team. Each day will consist of a mixture of cardio, strength and agility exercises, volleyball skill development and FUN competition games. Excellent introduction to volleyball for novice players.

Resident: \$585 Non-resident: \$605

18354 M-F 8:30 a.m. – 4:30 p.m. 5 classes 10/2 – 10/6

Resident: \$450 Non-resident: \$460

18355 T-F 8:30 a.m. – 4:30 p.m. 4 classes 1/2 - 1/5

NEW Flora & Fauna of the San Francisco Bay Area (Ages 5–11 years)

On this special holiday Robin is looking forward to sharing some of her Native American heritage. As a descendant of the Wintu people of Northern California we will take a look at plants and animals that were important to the native people of the San Francisco Bay Area. Camp will have live animal visitors from Robin's ranch for campers to interact with. Bring a snack and lunch. Material fee of \$10 payable to instructor at class.

Robin Lise-Nielsen

Activity Room at Laureola Park

Resident: \$50 Non-resident: \$58

18276 M 9:00 a.m. – 1:00 p.m. 1 class 10/9

Minecraft With LEGO STEM Workshop (Ages 5–10 years)

Come explore your favorite Minecraft biomes structures and STEM concepts with LEGO®. Build houses and traps to defend against mobs. Build tools, mines, caves to explore and help Steve defeat the ender dragon! Please note there will be no video games played in this class.

Brick Tech Instructors

Arts and Crafts Room at Youth Center

Resident: \$65 Non-resident: \$76

18231 M 9:00 a.m. – 12:00 p.m. 1 class 10/9

NEW Get Cooking for Turkey Day (Ages 5–11 years)

Try out some new recipes in this holiday cooking camp. We will learn about some of the chemistry involved in preparing some of our favorite foods and maybe you'll discover a great new recipe to add to your Thanksgiving feast. Bring a snack and lunch. Material fee of \$24 payable to instructor at first class.

Robin Lise-Nielsen

Activity Room at Laureola Park

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

18277 M-W 9:00 a.m. – 1:00 p.m. 3 classes 11/20 – 11/22



Future of Robotics with LEGO Spike Prime Camp (Ages 6–11 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

Arts and Crafts Room at Youth Center

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

18233 M-W 9:00 a.m. – 12:00 p.m. 3 classes 11/20 – 11/22

Animation and 3D Modeling (Ages 9–15 years)

Campers will learn the principles of 3D modeling, animation, lighting and rendering, understand Blender and its interface, and create 3D models. This beginner's level class covers the basics of modeling techniques and animation through hands-on assignments and demonstrations. Some ideas of projects we may work on are creating a snowman and or a mushroom working on modeling, sculpting, texture, lighting, and putting together characters and scenes.

Digital Monkey School Instructors

Digital Monkey School 720 El Camino Real #304, Belmont

Resident: \$280 Non-resident: \$300

18256 T-F 9:00 a.m. – 12:00 p.m. 4 classes 12/26 – 12/29

Digital Painting and Illustration (Ages 9–15 years)

This camp is perfect for kids who love art and want to bring their skills to the next level. They will learn how to paint and draw digitally, edit photos, make collages, and work with fonts. We start our course by teaching the basics of digital painting and drawing tools: types of brushes, color mixing, magic wand, lasso tools, adjustment layers and effects. We teach how to use a stylus and a drawing tablet and utilize pressure sensitivity to achieve a variety of brush strokes. This camp is recommended for kids who want to learn how to improve their drawing skills, digitally manipulate images, and create graphic design projects.

Digital Monkey School Instructors

Digital Monkey School 720 El Camino Real #304, Belmont

Resident: \$280 Non-resident: \$300

18257 T-F 9:00 a.m. – 12:00 p.m. 4 classes 1/2 – 1/5

Winter Critter Camp (Ages 5–11 years)

Back by popular demand, enjoy a great time learning about animals and having fun! Each day we will learn about 2 new animals. Each camp has live animal visitors from Robins ranch for campers to interact with. Bring a snack and lunch. Material fee of \$40 for the 5-day camp, \$32 for the 4-week camp, and \$10 for the 1-day camp payable to instructor at first class.

Robin Lise-Nielsen

Activity Room at Laureola Park

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

18278 T-F 9:00 a.m. – 1:00 p.m. 4 classes 1/2 – 1/5

Resident: \$50 Non-resident: \$58

18279 M 9:00 a.m. – 1:00 p.m. 1 class 1/8

Camp Combo

Enroll for all 5 days and save!

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

18280 M-F 9:00 a.m. – 1:00 p.m. 5 classes 1/2 – 1/8

Special Interest

NEW Fall Baking with Junior Chef Stars (Ages 7–13 years)

Introducing a brand new and exciting session of all things baking! Students may enter with any level of skill and will leave with a working knowledge of important baking processes and confidence that only time and experience can give them. This session will consist of sweet and savory recipes. Your junior chef will develop critical life skills, all while making new friends and having a blast! Material fee of \$60 payable to instructor at first class. No class 10/31 & 11/21.

Junior Chef Stars

Kitchen at Youth Center

Resident: \$250 Non-resident: \$270

18206 T 5:00 p.m. – 6:30 p.m. 6 classes 9/5 – 10/10

18207 T 5:00 p.m. – 6:30 p.m. 6 classes 10/24 – 12/12



Building Public Speaking Confidence

(Ages 7–11 years)

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, and 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.

Gurus Education Instructors

Loft Room at Adult Community Center

Resident: \$359 Non-resident: \$379

18203 T 4:50 p.m. – 5:50 p.m. 10 classes 9/12 – 11/14

Olympic Chess (Ages 6–12 years)

Come play the world's oldest game! Students will play against each other and challenge themselves with fun puzzles. Whether they can't tell the bishop from the rook, or are ready to master the London System, students will learn a lot, have a ton of fun, and finish the camp with a tournament. No class 10/9.

Athena Coding Instructors

Homework Room at Youth Center

Resident: \$150 Non-resident: \$170

18220 M 4:45 p.m. – 5:45 p.m. 8 classes 9/11 – 11/6

Hollywood Filmmaking (Ages 6–12 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: \$170 Non-resident: \$190

18217 W 2:45 p.m. – 3:45 p.m. 8 classes 9/13 – 11/1

Junior Alchemists: Chemistry for Kids

(Ages 6–12 years)

Want to master the secrets of the universe? Learn how to create a lava lamp from scratch, pass secret messages in invisible ink, and cause a volcanic eruption to rival Pompeii? You'll perform all these experiments and more, while learning the scientific principles behind them! Junior Alchemists is designed to not only pique an interest in scientific inquiry, but to introduce students to a deeper understanding of its development and application. We allow them to see the basic principles of science in the world around them, while having a ton of fun creating cool projects.

Athena Coding Instructors

Art & Craft Room at Youth Center

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

18224 T 4:45 p.m. – 5:45 p.m. 8 classes 9/12 – 10/31

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.

John McGovern

Activity Room at Laureola Park

Resident: \$310 Non-resident: \$330

18236 W 1:30 p.m. – 2:30 p.m. 10 classes 9/13 – 11/15

18237 W 2:30 p.m. – 3:30 p.m. 10 classes 9/13 – 11/15



MineCraft Coding and Design Studio

(Ages 6–12 years)

Minecraft isn't just the world's most popular game; it's also an excellent tool for teaching a wide array of subjects. At Athena, we've developed a project-based approach to a variety of important topics using Minecraft Educational; our course will cover personalized game design, animation, and storytelling, programming in Python, JavaScript, architecture and design. Students will learn the fundamentals of electrical circuitry using Minecraft's patented Redstone circuit system, logic gates, multi-system mechanisms, modding and more. At the end of each class, students take home a freshly minted 3D-printed model of one of their designs. Bring own laptop, chrome book, or iPad or rent one for a one-time payment for \$40 for the session. No class 10/9.

Athena Coding

Arts and Crafts Room at Youth Center

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

18219 M 3:30 p.m. – 4:30 p.m. 8 classes 9/11 – 11/6



Game Design and Animation with Scratch and Python (Ages 6–12 years)

Our unique project-based class is designed to allow young students to develop their creative storytelling and game designing abilities, and then gives them the opportunity to bring them to life through Scratch and Python. 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: \$170 Non-resident: \$190

18221 T 3:30 p.m. – 4:30 p.m. 8 classes 9/12 – 10/31

Roblox Game and Design Studio

(Ages 6–12 years)

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

Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$175 Non-resident: \$195

18218 W 4:00 p.m. – 5:00 p.m. 8 classes 9/13 – 11/1

Robotics & Engineering (Ages 7–12 years)

EASE Education offers a stimulating robotics program for young engineers. Utilizing Artificial Intelligence (A.I.) concepts and Machine Learning algorithm as theoretical foundation, students work in teams to plan, build, test, and modify their own robotic creations! We use the VEX123 & VEX GO construction system that teaches the fundamentals of STEM through fun, hands-on activities that help young students perceive coding and engineering in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork. No class 11/23.

EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$365 Non-resident: \$385

18241 Th 5:00 p.m. – 6:00 p.m. 7 classes 9/7 – 10/19

18242 Th 5:00 p.m. – 6:00 p.m. 7 classes 10/26 – 12/14



Pokémon Master STEM with LEGO® Workshop (Ages 5–10 years)

Come build with Brick Tech this fall and become the ultimate Pokémon master. In this workshop, participants will build Pokémon inspired projects out of LEGO® while learning about STEM concepts. Design your own Pokémon, train for battle in the LEGO® gym, and unlock the secrets of LEGO® Pokémon eggs. Get ready to train for the ultimate LEGO® Pokémon battle.

Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

18235	Sa	9:00 a.m. – 12:00 p.m.	1 class	11/11
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NEW Boo! Spooky Haunted House LEGO Workshop (Ages 5–10 years)

Put on your Halloween costumes and get ready to build the spookiest haunted house ever, completely out of LEGO® In this workshop, participants will get to spend the ghostly holiday building and creating with LEGO® discovering new ways to make spooky creations. Please note: Costumes must not cover face and should not include any accessories/weapons. Costumes are not required to participated.

Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

18232	Sa	9:00 a.m. – 12:00 p.m.	1 class	10/28
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NEW Chewie’s Holiday Special with LEGO® Workshop (Ages 5–10 years)

Spend the holiday season helping Chewie make enough presents for his family to celebrate Life Day! In this workshop, participants will be introduced to STEM concepts while building and exploring through the story of Chewie’s holiday present making on Kashyyyk. Get ready to imagine, build, and discover in this Star Wars themed workshop with Brick Tech!

Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

18234	Sa	9:00 a.m. – 12:00 p.m.	1 class	12/9
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Saturday Science with Robin (Ages 5–11 years)

The San Carlos Science and Creativity Camp program at Laureola Park is running Saturday camps full of fun and adventure. Each camp is a one-day program designed around a general science principle. Campers typically do 2 science projects a day along with include games and recess activities. At recess campers are offered crafts and a supervised recess on the lawn and play structure. The camp is made even more special with our animal visitors which attend are part of every camp, regardless of theme. \$10 material fee payable to instructor at class. Each week offers different projects. No class 9/16,

Robin Lise-Nielsen

Activity Room at Laureola Park

Resident: \$50 Non-resident: \$58

Crazy Critters

Let’s have some fun learning about some different animals.

18258	Sa	9:00 a.m. – 1:00 p.m.	1 class	9/9
18259	Sa	9:00 a.m. – 1:00 p.m.	1 class	9/23
18260	Sa	9:00 a.m. – 1:00 p.m.	1 class	9/30

NEW Creature Features

The coolest animals are the ones that are a little bit different and sometimes strange. We will learn about animals that can do amazing things and live in strange places.

18262	Sa	9:00 a.m. – 1:00 p.m.	1 class	10/7
18263	Sa	9:00 a.m. – 1:00 p.m.	1 class	10/14
18264	Sa	9:00 a.m. – 1:00 p.m.	1 class	10/21
18265	Sa	9:00 a.m. – 1:00 p.m.	1 class	10/28

NEW Science Meets Art

So much art, so little time! All kinds of art mediums are based in scientific principles. We will try out some different and exciting types of art and create a beautiful masterpiece each week!

18267	Sa	9:00 a.m. – 1:00 p.m.	1 class	11/4
18268	Sa	9:00 a.m. – 1:00 p.m.	1 class	11/11
18269	Sa	9:00 a.m. – 1:00 p.m.	1 class	11/18
18270	Sa	9:00 a.m. – 1:00 p.m.	1 class	11/25

Animals in Winter

As the weather gets colder how do animals adjust to the winter? We will take a look at how some animals change their bodies as well as their environment for the sake of survival.

18273	Sa	9:00 a.m. – 1:00 p.m.	1 class	12/9
18274	Sa	9:00 a.m. – 1:00 p.m.	1 class	12/16

Sports

San Carlos Flag Football Fundamentals

(Ages 8-13 years)

Come learn the fundamentals of flag football in a fun and safe environment! Classes will consist of various drills to help catching, throwing, running and other essential skills related to flag football. This is a non-contact flag football class, and the class is open to players of all skill levels, no prior football experience is required. For more information, please email athletics@cityofsancarlos.org.

San Carlos Sports Staff

Stadium Soccer Field at Highlands Park

Resident: \$105 Non-resident: \$125

Ages 8-10 years

18058	T	3:45 p.m. – 4:45 p.m.	5 classes	9/12 – 10/10
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Ages 11-13 years

18061	T	5:00 p.m. – 6:00 p.m.	5 classes	9/12 – 10/10
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San Carlos Youth Basketball Skills & Drills

(Ages 5-10 years)

Come learn the fundamentals of basketball in a fun and safe environment! Classes will consist of various drills to help shooting, passing, dribbling and other essential basketball skills. This class is open to players of all skill levels, no prior basketball experience is required. For more information, please email athletics@cityofsancarlos.org

San Carlos Sports Staff

Burton Park Outdoor Basketball Courts

Resident: \$105 Non-resident: \$125

Ages 5-7 years

18162	Th	3:45 p.m. – 4:30 p.m.	5 classes	9/14 – 10/12
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Ages 8-10 years

18163	Th	4:45 p.m. – 5:30 p.m.	5 classes	9/14 – 10/12
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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.sancarosyouthsoftball.com

sancarosyouthsoftball@gmail.com

City Field Conditions Hotline

(650) 802-4333

NEW LEMO Encore JR Volleyball

(Ages 7-13 years)

Encore JR Volleyball is a program for aspiring players to learn the basic skills and fundamentals of volleyball at an introductory level - yet competitive level. Sessions will include a mixture of cardio, strength & agility exercises, volleyball skill development, and fun competitive games. Our sessions are open to all athletes of various ages and skill levels.

LEMO Instructors

LEMO, 2575 East Bayshore Road, Redwood City

Resident: \$235 Non-resident: \$255

18431	Su	10:00 a.m. – 12:00 p.m.	3 classes	9/10 – 9/24
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18432	Su	10:00 a.m. – 12:00 p.m.	3 classes	10/22 – 11/5
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San Carlos Flag Football League

San Carlos Parks and Recreation is offering coed youth flag football! This 5-on-5 fast paced game provides the opportunity for children to experience the fun of football and learn the sport. This program is intended for boys and girls of all experience levels and emphasizes skill development, good sportsmanship, team work, and fun! Games are 40 minutes long with a 5 minute half time. All games are held on Friday evenings at Highlands Park. Practices are held one hour before game time. Game schedules will be out two weeks prior to the first game on www.quickscores.com/cityofsancarlos. Volunteer coaches are necessary for success of these programs. If you are interested in coaching or would like more information please contact athletics@cityofsancarlos.org.

Registration Deadline:

Friday, November 3

Skills Evaluation Combine:

December 16

Season:

January 12 - March 15

Resident \$200 Non-Resident: \$220

18417 1st/2nd Grade

18418 3rd/4th Grade

18419 5th/6th Grade

18420 7th/8th Grade

Volunteer coaches are necessary for success of these programs. If you are interested in coaching or would like more information please contact athletics@cityofsancarlos.org.



San Carlos Youth Basketball League

Recreation Basketball is a fun, low-pressure way to learn and enjoy the game of basketball. Equal playing time for all! Leagues are divided by grades and are single gender; K/1st grade, 2/3 grade, and 4/5/6 grade. Games are played on Saturdays at the Youth Center. Games are from 9:00 a.m. – 7:00 p.m. with the youngest playing first. Practices are held 30 minutes-one hour before game time on the Burton Park basketball courts. Game schedules will be available online two weeks prior to the first game at www.quickscores.com/cityofsancarlos.

Registration Deadline:

Friday, November 3

Skills Evaluation Day:

Saturday, December 9

Season:

January 13 – March 16

Resident \$180 Non-Resident \$200

Boys

18427 K/1st Grade League

18421 2nd/3rd Grade League

18429 4th/5th Grade League

18430 6th Grade League

Girls

18422 K/1st Grade League

18426 2nd/3rd Grade League

18428 4th/5th/6th Grade League

World Cup Soccer Skills & Games Clinic

(4-9 years old)

World Cup Soccer trainings are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom. No Class: 11/21, 11/23, 11/25.

World Cup Soccer Staff

Highlands Park Field

Ages 4-6 years

Resident: \$269 Non-resident: \$289

18150	Sa	10:00 a.m. – 11:00 a.m.	8 classes	9/9 – 10/28
18152	T	4:00 p.m. – 5:00 p.m.	8 classes	9/12 – 10/31
18154	Th	4:00 p.m. – 5:00 p.m.	8 classes	9/14 – 11/2

Resident: \$209 Non-resident: \$229

18158	T	4:00 p.m. – 5:00 p.m.	6 classes	11/7 – 12/19
18160	Th	4:00 p.m. – 5:00 p.m.	6 classes	11/9 – 12/21
18156	Sa	10:00 a.m. – 11:00 a.m.	6 classes	11/4 – 12/16

Ages 7-9 years

Resident: \$269 Non-resident: \$289

18151	Sa	11:00 a.m. – 12:00 p.m.	8 classes	9/9 – 10/28
18153	T	5:00 p.m. – 6:00 p.m.	8 classes	9/12 – 10/31
18155	Th	5:00 p.m. – 6:00 p.m.	8 classes	9/14 – 11/2

Resident: \$209 Non-resident: \$229

18159	T	5:00 p.m. – 6:00 p.m.	6 classes	11/7 – 12/19
18161	Th	5:00 p.m. – 6:00 p.m.	6 classes	11/9 – 12/21
18157	Sa	11:00 a.m. – 12:00 p.m.	6 classes	11/4 – 12/16



Kuk Sool Won Martial Arts (Ages 4-12 years)

Fun and Challenging classes lead by an 8th degree instructor. This introductory martial arts program is for beginner's ages 5-11 years. The goal of the course is to teach fundamental skills of Kuk Sool Won Martial Arts with emphasis on listening and discipline.

Hafez Adle

1665 Fernside St, Redwood City, Ca 94061

Ages 4-6 years

Resident: \$160 Non-resident: \$180

18092	T	3:30 p.m. – 4:00 p.m.	5 classes	9/5 – 10/3
18093	T	3:30 p.m. – 4:00 p.m.	5 classes	10/10 – 11/7
18094	T	3:30 p.m. – 4:00 p.m.	5 classes	11/14 – 12/12

Age 5-10 years

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

18103	Th	3:30 p.m. – 4:00 p.m.	4 classes	11/16 – 12/14
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Resident: \$160 Non-resident: \$180

18101	Th	3:30 p.m. – 4:00 p.m.	5 classes	9/7 – 10/5
18102	Th	3:30 p.m. – 4:00 p.m.	5 classes	10/12 – 11/9

Age 6-12 years

Resident: \$160 Non-resident: \$180

18086	M	5:00 p.m. – 5:30 p.m.	5 classes	9/11 – 10/9
18087	M	5:00 p.m. – 5:30 p.m.	5 classes	10/16 – 11/13
18088	M	5:00 p.m. – 5:30 p.m.	5 classes	11/13 – 12/11
18089	W	5:00 p.m. – 5:30 p.m.	5 classes	9/6 – 10/4
18090	W	5:00 p.m. – 5:30 p.m.	5 classes	10/11 – 11/8
18091	W	5:00 p.m. – 5:30 p.m.	5 classes	11/15 – 12/13
18095	T	4:00 p.m. – 4:30 p.m.	5 classes	9/5 – 10/3
18096	T	4:00 p.m. – 4:30 p.m.	5 classes	10/10 – 11/7
18097	T	4:00 p.m. – 4:30 p.m.	5 classes	11/14 – 12/12
18098	Th	4:00 p.m. – 4:30 p.m.	5 classes	9/7 – 10/5
18099	Th	4:00 p.m. – 4:30 p.m.	5 classes	10/12 – 11/9

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

18100	Th	4:00 p.m. – 4:30 p.m.	4 classes	11/16 – 12/14
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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 eight 1 hour lessons. Terrific Tiny Tennis classes will consist of eight 40 minute lessons. Students provide own rackets.

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

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

ACES! Junior Low Intermediate Tennis

(Ages 11-14 years)

For players who are consistent on a slow-pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

Resident: \$205 Non-resident: \$225

18073	W	6:30 p.m. – 7:30 p.m.	8 classes	9/13 – 11/1
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ACES! Junior Novice Tennis

(Ages 11-14 years)

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

Resident: \$205 Non-resident: \$225

18070	T,Th	6:00 p.m. – 7:00 p.m.	8 classes	9/12 – 10/5
18071	W	5:00 p.m. – 6:00 p.m.	8 classes	9/13 – 11/1
18072	T,Th	6:00 p.m. – 7:00 p.m.	8 classes	10/17 – 11/9

ACES! Quickstart Tennis (Ages 8-10 years)

Learn simple and efficient techniques on the “60 ft. court” with low compression tennis balls. Emphasis on control, consistency, sportsmanship, and FUN! In general, we recommend the 25” racket.

Resident: \$205 Non-resident: \$225

18066	T,Th	4:00 p.m. – 5:00 p.m.	8 classes	9/12 – 10/5
18067	W	4:00 p.m. – 5:00 p.m.	8 classes	9/13 – 11/1
18068	Sa	10:00 a.m. – 11:00 a.m.	8 classes	9/16 – 11/4
18069	T,Th	4:00 p.m. – 5:00 p.m.	8 classes	10/17 – 11/9

ACES! Terrific Tiny Tennis (Ages 5-7 years)

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 development in a success-oriented environment. We recommend the 21-23” rackets.

Resident: \$135 Non-resident: \$155

18062	T,Th	3:20 p.m. – 4:00 p.m.	8 classes	9/12 – 10/5
18063	W	3:20 p.m. – 4:00 p.m.	8 classes	9/13 – 11/1
18064	Sa	11:00 a.m. – 11:40 a.m.	8 classes	9/16 – 11/4
18065	T,Th	3:20 p.m. – 4:00 p.m.	8 classes	10/17 – 11/9

ACES! Adult Intermediate Tennis

(Ages 15+ years)

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: \$205 Non-resident: \$225

18078	T,Th	8:00 p.m. – 9:00 p.m.	8 classes	9/12 – 10/5
18079	Sa	9:00 a.m. – 10:00 a.m.	8 classes	9/16 – 11/4
18080	T,Th	8:00 p.m. – 9:00 p.m.	8 classes	10/17 – 11/9

ACES! Adult Low Intermediate Tennis

(Ages 15+ years)

For players who are consistent on a slow pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

Resident: \$205 Non-resident: \$225

18076	T,Th	7:00 p.m. – 8:00 p.m.	8 classes	9/12 – 10/5
18077	T,Th	7:00 p.m. – 8:00 p.m.	8 classes	10/17 – 11/9

ACES! Adult Novice Tennis (Ages 15+ years)

Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate rules, sportsmanship, and basic doubles play.

Resident: \$205 Non-resident: \$225

18074	W	7:30 p.m. – 8:30 p.m.	8 classes	9/13 – 11/1
18075	Sa	8:00 a.m. – 9:00 a.m.	8 classes	9/16 – 11/4

Individual Tennis & Pickleball 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 – 1 hour lesson per person

Add \$5 per hour for each additional person. Discount of \$5 per hour for 3 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.
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Highlands Park Ct. #1

Sat	12 p.m. – 6 p.m.
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EURO Tennis

After School Tennis (Ages 5 – 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. No class on 10/9 & 11/20.

Euro School Of Tennis

HP Tennis Court # 4 at Highlands Park

Resident: \$592 Non-resident: \$612

Ages 5-8 years

18148	M	3:30 p.m. – 4:30 p.m.	11 classes	9/18 – 12/11
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Ages 8-11 years

18149	M	4:30 p.m. – 5:30 p.m.	11 classes	9/18 – 12/11
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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 on 10/9 and 11/20.

Euro School Of Tennis

HP Tennis Court # 4 at Highlands Park

Resident: \$504 Non-resident: \$524

18146	M	6:30 p.m. – 7:30 p.m.	11 classes	9/18 – 12/11
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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. From strokes and movements to the motor skills they will need to move forward as they grow. Wear tennis shoes and bring a tennis racquet size 19 or 21. No classes 10/9 and 11/20

Euro School Of Tennis

HP Tennis Court # 4 at Highlands Park

Resident: \$504 Non-resident: \$524

18145	M	5:40 p.m. – 6:30 p.m.	11 classes	9/18 – 12/11
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Teen Tennis Stars (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. 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. No classes on 10/9 and 11/20.

Euro School Of Tennis

HP Tennis Court # 4 at Highlands Park

Resident: \$504 Non-resident: \$524

18147	M	7:30 p.m. – 8:30 p.m.	11 classes	9/18 – 12/11
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TEEN ACTIVITIES

Special Interest

SAT Prep (Ages 14-18 years)

The 9-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 is payable to the instructor on the first day of class. No class 10/8 & 11/12.

Ruby Chen

Homework Room at Youth Center

Resident: \$625 Non-resident: \$645

18216 Su 1:00 p.m. – 3:00 p.m. 9 classes 9/10 – 11/19

Finals & Fries (Ages 14-18)

Calling all High Schoolers! Need somewhere to study for finals? You are invited to study at the Youth Center while trying fries from three different San Carlos staples. Please register in advance to secure your spot!

Youth Center Staff

Homework Room & Dance Studio at Youth Center

Fee: \$5

18447 December 18

18448 December 19

18449 December 20



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





SAN CARLOS
youth center

1001 Chestnut Street | San Carlos | (650) 802-4471

www.cityofsancarlos.org/scyc

FREE DROP-IN PROGRAM AGES 10-17

Zen Den

Safe place to talk and 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

Fall Drop-In Hours

Monday-Friday	3:00 p.m. – 6:00 p.m.
Wednesday	1:00 p.m. – 6:00 p.m.

Fall Extended Hours

September 1	1:00 p.m. – 6:00 p.m.
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Drop-In Open House

August 23	5:00 p.m. – 7:00 p.m.
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The Center will be CLOSED for Drop-In on the following days:

August 21 – 25
November 20 – 24
December 31 – January 5
January 15 – MLK Day

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.

Extended Drop-In Monday Night Football 6:00 – 8:30 p.m.

September 11 – Bills @ Jets

October 23 – 49ers @ Vikings

November 13 – Broncos @ Bills

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

Youth Center Tutoring

Mondays, Tuesdays, Thursdays
4:00 – 6:00 p.m.

Youth Center Homework Room

Did you know the Youth Center offers
FREE after-school tutoring and homework
support? Eric Watts, math teacher at Tierra
Linda Middle School, is here to help!

Kid's Night Out

(Ages 5-10 years)

Youth Center

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

Fridays, 6:00 p.m. – 9:00 p.m.

Fee: \$40 per child

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



September 15

Rainforest

Course: **18439**

October 13

Candyland

Course: **18440**

November 17

Need for Speed

Course: **18441**

December 1

Snowy South Pole

Course: **18442**

Youth Center Special Events

Back to School Dance! (Grades 6-8)

September 29

7:00 p.m. – 9:00 p.m.

San Carlos Youth Center

- Tickets cost \$10 each are ONLY sold in advance at www.cityofsancarlos.org/register.
 - Dances sell out, so get your ticket early!
 - No dance ticket sales at the door and tickets are not refundable or transferable.
 - Appropriate dress and behavior are required in order to attend events.
 - Dances are lock-in, no exiting until the end of the dance.
 - The dances are chaperoned by Youth Center Staff.
- For more information, please call the Youth Center at (650) 802-4471

Youth Center After School Drop-In Open House

August 23

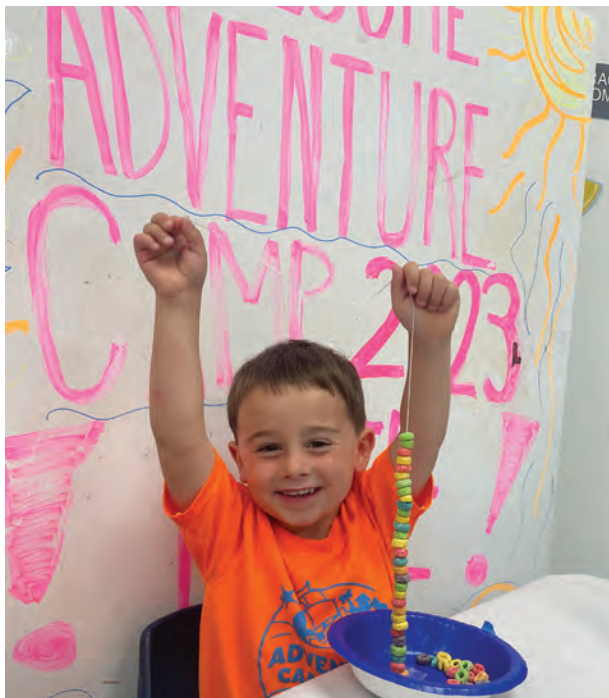
5:00 p.m. – 7:00 p.m.

San Carlos Youth Center

Welcome back to After School Drop-In! Join us for an evening and register for your 2023-24 Drop-In Membership. Parents/Guardians and children will have the opportunity to meet the Drop-In Staff, join a guided tour of the Youth Center, and sign the behavioral standards. Light refreshments will be provided.

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





Fall Adventure Camp

(Ages 5–9)

Explore the wonders of Fall Break with San Carlos Adventure Camp! Trained and experienced staff will lead campers through daily adventures of songs, games, and outdoor activities. Wear layered play clothes and closed-toe shoes, and bring a snack, bagged lunch, and water each day. Staff to camper ratio is 1:8. Drop off at the San Carlos Youth Center (1001 Chestnut) between 8:00 a.m. – 9:00 a.m. Camp activities will begin at 9:00 a.m. For more information, and to register, visit www.cityofsancarlos.org/register.

18443 November 20

18445 November 22

18444 November 21

18446 November 20–22

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.

October 20 – Halloween Movie Night and Haunted House

October 28 – Laurel Street Cleanup

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



Family Tot-Time

Mondays

(August 28 – December 18)

9:00 a.m. – 12:00 p.m.

Ages Walking-5 years old with caregiver

Fee \$5 drop-in fee per child per class

Location Gymnasium at the Youth Center

Enjoy a fun child play zone with scooters, slides, balls and other various play equipment to encourage social skills and develop gross motor skills. Class is unstructured and adult supervision is required at all times. Tot-Time will be closed Monday, September 4th and Monday, November 20.

For more information, call (650) 802-4122.



COMMUNITY BLOOD DRIVE

Saturday, September 23

Saturday, November 18

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 Community Drop-In

Fun throughout the day for all ages!

Youth Center 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)

3:00 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 learn a variety of decorating techniques: stars, shells, drop flowers, borders, roses, basketweave and more. We will dedicate one class to learning several quick and easy ways to decorate cupcakes. This class requires additional supplies; materials list will be provided one week before the class begins. Each participant will need to bring a cake or cupcakes and icing to the last three classes. Questions? Email the instructor at hopkinsce@gmail.com.

Christine Hopkins

Kitchen at Adult Community Center

Resident: \$135 Non-resident: \$155

18189 M 6:30 p.m. – 8:30 p.m. 4 classes 11/13 – 12/4



Holiday Wreath Making Workshop

(Ages 18+ years)

In this workshop, we will use faux/permanent materials to make a holiday wreath. We will use a variety of materials and you will be able to personalize your wreath to fit your décor. These are great to use on an exterior door and will last for a few seasons. We will also make ribbons to make bows to accent the wreaths. \$25 material fee is payable to instructor at class.

Christine Hopkins

Loft Room at Adult Community Center

Resident: \$50 Non-resident: \$58

18190 M 6:30 p.m. – 8:30 p.m. 1 class 12/11

Learn to Sew (Ages 16+ years)

Do you want to learn how to sew? In this class, each person will layout, cut and sew a reversible apron. We will work on sewing machines and each person will get 1:1 help to learn how to use a sewing machine. This is a great class if you want to learn how to sew or have not sewn in a long time. Learn how to use your machine and finish a great project in a fun, no pressure environment. If time allows, we will make a small second project. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of \$25 for the session to the instructor. For more details, please contact the instructor at hopkinsce@yahoo.com. No class 10/2.

Christine Hopkins

Loft Room at Adult Community Center

Resident: \$135 Non-resident: \$155

18187 M 6:30 p.m. – 8:30 p.m. 4 classes 9/11 – 10/9

Intermediate Sewing (Ages 16+ years)

Take your sewing to the next level! We will make a pair of pajama pants and a tote bag and 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

18188 M 6:30 p.m. – 8:30 p.m. 4 classes 10/16 – 11/6

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.

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. No class 11/9 & 11/23.

Cathy Dacumos

Parkview Room at Adult Community Center

Resident: \$50 Non-resident: \$58

Beginning

18059 Th 11:30 a.m. – 12:45 p.m. 8 classes 10/5 – 12/7

Intermediate

18060 Th 12:45 p.m. – 2:00 p.m. 8 classes 10/5 – 12/7



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: \$238 Non-resident: \$258

18186 W 6:00 p.m. – 7:00 p.m. 15 classes 9/6 – 12/13

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

18143 T 7:30 p.m. – 8:30 p.m. 6 classes 9/12 – 10/17

Intermediate

18144 T 8:30 p.m. – 9:30 p.m. 6 classes 9/12 – 10/17

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

August 19	9:00 a.m.	Beginning Yoga	Rima Qobti
September 9	10:00 a.m.	Zumba	Lori Dachauer

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: \$82 Non-resident: \$102

18183 Th 6:00 p.m. – 6:50 p.m. 6 classes 9/7 – 10/12

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. For information visit sfpeninsula.fit4mom.com, call (650) 395-7558 or email at sfsocial@fit4mom.com or sfpensinsula@fit4mom.com.

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. For information visit sfpeninsula.fit4mom.com, call (650) 395-7558 or email at sfsocial@fit4mom.com or sfpensinsula@fit4mom.com.

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: \$115 Non-resident: \$131

18184	T	9:00 a.m. – 10:00 a.m.	8 classes	9/5 – 10/24
18185	T	9:00 a.m. – 10:00 a.m.	8 classes	10/31 – 12/19

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

Virtual and Burton Park

Fee: \$85 per 50-minute session

18164	September – December
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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

18166	Sa	11:00 a.m. – 12:00 p.m.	2 classes	9/23 – 9/30
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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. No class 10/25 & 11/22.

Jill Daly

San Carlos Room at Adult Community Center

Resident: \$205 Non-resident: \$225

18139	W	10:30 a.m. – 11:30 a.m.	13 classes	9/6 – 12/13
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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 mat and an optional yoga block. No class 10/9 & 11/22.

Gloria Baumann

Parkview Room at Adult Community Center

Resident: \$214 Non-resident: \$234

18171	M	5:45 p.m. – 7:00 p.m.	12 classes	9/11 – 12/4
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18172	W	5:45 p.m. – 7:00 p.m.	12 classes	9/13 – 12/6
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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 11/23.

Julia Harkola

Chestnut Room at Adult Community Center

Resident: \$203 Non-resident: \$223

18140	T	5:45 p.m. – 6:45 p.m.	14 classes	9/12 – 12/12
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18141	Th	5:45 p.m. – 6:45 p.m.	14 classes	9/7 – 12/14
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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. Please bring a yoga strap and mat. No class 11/23.

Julia Harkola

Chestnut Room at Adult Community Center

Resident: \$265 Non-resident: \$265

18349	T	7:00 p.m. – 8:15 p.m.	14 classes	9/12 – 12/12
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18350	Th	7:00 p.m. – 8:15 p.m.	14 classes	9/7 – 12/14
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Special Interest

Puppy Kindergarten (Ages 18+ years)

This class is the foundation for a lifetime of good habits. The six-week positive reinforcement-based class includes basic commands such as sit, down, stay, come and leash walking as well as correcting behaviors like biting, chewing, jumping, and housebreaking. Requirements: Puppies should be current on vaccinations and 3-6 months old. No class 10/4.

Will Arnaout

Dance Studio at Youth Center

Resident: \$200 Non-resident: \$220

18173	W	6:00 p.m. – 7:00 p.m.	6 classes	9/13 – 10/25
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NEW Companion Dog Training I

(Ages 18+ years)

This class is designed for dogs 6 months and older. Whether you've just adopted and want to get off on the right track or need a refresher, this class is for you. You will learn various commands, such as sit, down, come, heel, stay, and leave it, and teach your dog to wait at doorways and walk politely on leash. Requirements: Proof of current DHPP and Rabies vaccinations. No class 10/4.

Will Arnaout

Dance Studio at Youth Center

Resident: \$200 Non-resident: \$220

18174	W	7:15 p.m. – 8:15 p.m.	6 classes	9/13 – 10/25
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NEW Genealogy: Drop In for Advice

(Ages 18+ years)

Let our Genealogy instructor, Mary Lynn Wilson, help you with your genealogy project. Whether you are just getting started or are an expert, another set of eyes and ideas can be helpful. Plus, while doing your own genealogy alone is fun, showing your research to others and receiving feedback is a delight! You can either enroll in the session or drop-in for \$10 per class. No class 10/19.

Mary Lynn Wilson

Loft Room at Adult Community Center

Resident: \$50 Non-resident: \$58

18170 Th 6:00 p.m. – 7:00 p.m. 6 classes 9/28 – 11/9

Star Gazing at Crestview Park

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

Saturdays — Dusk to 10:00 p.m.

9/9, 9/16, 10/7, 10/14, 11/11, 11/18, 12/9, 12/16

Genealogy: Organizing Your Genealogy Project (Ages 18+ years)

Doing genealogy is addictive! You often end up with piles of paper or hundreds of links or both. Let's take the time to find an organization system that works for you. Take control of the process of your search, so you always know what you are researching, what your questions are, and what steps to take next.

Mary Lynn Wilson

Loft Room at Adult Community Center

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

18169 Th 7:00 p.m. – 8:00 p.m. 3 classes 9/28 – 10/12

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

18168 Th 7:00 p.m. – 8:00 p.m. 3 classes 10/26 – 11/9

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) 802-4382

Youth Center

(650) 802-4471

Picnic and Bocce Ball Reservations

(650) 802-4382

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: \$68 Non-resident: \$81

Korean BBQ

18175	W	6:00 p.m. – 7:30 p.m.	1 class	9/20
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Favorites of Sicily

18176	W	6:00 p.m. – 7:30 p.m.	1 class	9/27
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Orange Chicken

18177	W	6:00 p.m. – 7:30 p.m.	1 class	10/18
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Birria & Lime-Cilantro Rice

18178	W	6:00 p.m. – 7:30 p.m.	1 class	10/25
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Ramen 101

18179	W	6:00 p.m. – 7:30 p.m.	1 class	11/8
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Autumn Veggies & Pasta

18180	W	6:00 p.m. – 7:30 p.m.	1 class	11/15
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Pinsa Pizza

18181	W	6:00 p.m. – 7:30 p.m.	1 class	12/6
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Holiday Hors D'oeuvres

18182	W	6:00 p.m. – 7:30 p.m.	1 class	12/13
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Upcoming CERT Academy

Please join us for the next Community Emergency Response Team (CERT) Academy! CERT educates people in the community about disaster preparedness for hazards that may impact their area (e.g. earthquakes or fires) and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

Fall CERT Academy Schedule:

Wednesday, September 6 – Unit 1, Intro to CERT & Disaster Preparedness

Thursday, September 14 – Unit 2, CERT Organization

Thursday, September 21 – Unit 3, Disaster Medical, Part 1

Thursday, September 28 – Unit 4, Disaster Medical, Part 2

Thursday, October 5 – Unit 7, Search and Rescue

Thursday, October 12 – Unit 6, Fire Safety and Utilities

Saturday, October 14 – Skills Day

There are two required classes that will need to be taken online: Disaster Psychology and Terrorism, info on this training will be provided during the first evening of the Academy.

Wednesday/Thursday classes will be held at the Red Morton Community Center, 1120 Roosevelt Ave in Redwood City from 6:30 p.m. – 9:00 p.m. The Saturday Class will be from 8:30 a.m. – 3:30 p.m. and will be held at the Armory, 939 Valota Rd in Redwood City.

During the Saturday morning session students will have the opportunity to practice the training they received in the classroom, then in the afternoon students will participate in a mock disaster exercise. Participants must complete all classes and Skills Day in order to receive a CERT Certificate of Completion and become a member of the Redwood City and San Carlos CERT Community.

For more information contact: lbach@redwoodcity.org

Sports

ACES! 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.

Resident: \$195 Non-resident: \$215

Youth Center Gym

18081 Th 12:00 p.m. – 1:00 p.m. 8 classes 9/14 – 11/2

Highlands Park Courts 1 & 2

18082 Sa 1:30 p.m. – 2:30 p.m. 8 classes 9/16 – 11/4

ACES! 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, overload, and stacking formations. Players provide their own paddles.

Resident: \$195 Non-resident: \$215

Youth Center Gym

18083 Th 11:00 a.m. – 12:00 p.m. 8 classes 9/14 – 11/2

Highlands Park Courts 1 & 2

18084 Sa 12:30 p.m. – 1:30 p.m. 8 classes 9/16 – 11/4



ACES! 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

Youth Center Gym

Resident: \$195 Non-resident: \$215

18085 Th 10:00 a.m. – 11:00 a.m. 8 classes 9/14 – 11/2



Adult Drop-in Basketball (Ages 18 yrs+)

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

Youth Center Gym

\$5 drop in fee.

Su 3:00 p.m. – 5:00 p.m.

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.

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.

Youth Center Gym

\$5 drop-in

Su 5:30 p.m. – 7:30 p.m.

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

FALL LEAGUES

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



WINTER 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.

LOVE SAN CARLOS EVENTS?



SPONSOR!

VOLUNTEER!

Support community and togetherness
while engaging with friends and neighbors in
the City of Good Living!

Learn more online! www.cityofsancarlos.org/events

ACTIVE ADULTS 50+ ACTIVITIES

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 – Thursday

from 9:00 a.m. – 5:00 p.m.

Friday from 9:00 a.m. – 3:00 p.m.

Contact: (650) 802-4384

For more information,
visit cityofsancarlos.org/acc



JOIN THE FUN!

The best way to see what we're all about is to come visit us in person.

We invite anyone interested in becoming a member to visit the ACC on the first Wednesday of the month between 12:00 p.m. – 1:00 p.m. for a free ice cream and an introduction tour!

Chestnut Creamery

Enjoy a sweet treat for only \$1!

The “ACC Chestnut Creamery” serves ice cream cones/cups every Wednesday from 12:00 p.m. to 3:00 p.m.

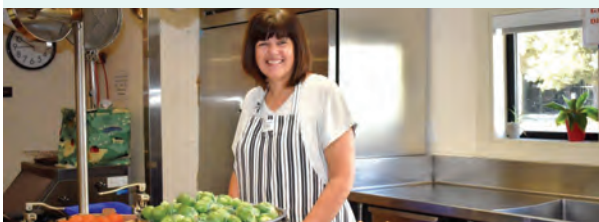


CURBSIDE LUNCH PROGRAM



The ACC offers meals four days a week, Tuesday through Friday (except for the 2nd Friday of the month), prepared by Chef Brenda Sullivan. Meals are \$5 each and are ready onsite for curbside pick-up or home delivery to those living in San Carlos. Orders must be made by 5:00 p.m. the day before online by visiting 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**

- 18328 Friday, Sept. 8** End of Summer BBQ
- 18329 Friday, Oct. 13** Spooktacular Luncheon
- 18330 Friday, Nov. 3** Let's Give Thanks
- 18331 Friday, Dec. 8** Holly Jolly Luncheon



SPECIAL EVENTS

Pedro Tournament
Saturday, Sept. 30
 11:00 a.m. – 4:00 p.m.
 Fee: \$60
www.friendsoftheacc.org

Nutcracker Tea Party
Saturday, Nov. 18
 10:00 a.m. – 11:30 a.m.
Fee: \$35
 1 adult & 1 child

Fee: \$15
 Add'l Family Member
18332



DROP-IN GAMES & ACTIVITIES

Come in and enjoy a free cup of coffee at our Coffee Bar, work on a puzzle, play a game of pool, socialize with friends or play cards!

- Monday** **Movies, Chinese ESL**
- Tuesday** **Pedro Cards & Poker**
- Wednesday** **Coloring, Ping Pong, Bridge, & Mah Jongg**
- Thursday** **Hearts & Poker, Chinese ESL**
- Friday** **Chinese Social**
- Daily** **Billiards**

For a full schedule of Drop-In programs, visit:
www.cityofsancarlos.org/acc



Fitness & Wellness

ACC FITNESS ROOM

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

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

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 9/4.

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 9/4 & 11/23.

Paul Scherman

Virtual Class

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

18272	M	11:00 a.m. – 12:00 p.m.	3 classes	9/11 – 9/25
18307	M	11:00 a.m. – 12:00 p.m.	5 classes	10/2 – 10/30
18308	M	11:00 a.m. – 12:00 p.m.	4 classes	11/6 – 11/27
18310	M	11:00 a.m. – 12:00 p.m.	3 classes	12/4 – 12/18
18318	Th	11:00 a.m. – 12:00 p.m.	4 classes	9/7 – 9/28
18319	Th	11:00 a.m. – 12:00 p.m.	4 classes	10/5 – 10/26
18321	Th	11:00 a.m. – 12:00 p.m.	3 classes	12/7 – 12/21
18320	Th	11:00 a.m. – 12:00 p.m.	4 classes	11/2 – 11/30

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 9/4.

Paul Scherman

Virtual Class

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

18322	M	12:15 p.m. – 1:15 p.m.	3 classes	9/11 – 9/25
18323	M	12:15 p.m. – 1:15 p.m.	5 classes	10/2 – 10/30
18333	M	12:15 p.m. – 1:15 p.m.	4 classes	11/6 – 11/27
18334	M	12:15 p.m. – 1:15 p.m.	3 classes	12/4 – 12/18

Free (Funded by Sequoia Healthcare District)

18335	W	11:00 a.m. – 12:00 p.m.	4 classes	9/6 – 9/27
18336	W	11:00 a.m. – 12:00 p.m.	4 classes	10/4 – 10/25
18337	W	11:00 a.m. – 12:00 p.m.	5 classes	11/1 – 11/29
18338	W	11:00 a.m. – 12:00 p.m.	3 classes	12/6 – 12/20

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

18339	W	12:15 p.m. – 1:15 p.m.	4 classes	9/6 – 9/27
18340	W	12:15 p.m. – 1:15 p.m.	4 classes	10/4 – 10/25
18341	W	12:15 p.m. – 1:15 p.m.	5 classes	11/1 – 11/29
18342	W	12:15 p.m. – 1:15 p.m.	3 classes	12/6 – 12/20

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. No class 11/23.

Paul Scherman

Virtual Class

Free (Funded by Sequoia Healthcare District)

18343	Th	12:15 p.m. – 1:15 p.m.	4 classes	9/7 – 9/28
18344	Th	12:15 p.m. – 1:15 p.m.	4 classes	10/5 – 10/26
18345	Th	12:15 p.m. – 1:15 p.m.	4 classes	11/2 – 11/30
18346	Th	12:15 p.m. – 1:15 p.m.	3 classes	12/7 – 12/21

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. No class 11/23

Elliotte Mao

Virtual Class

Free

17637	Th	9:30 a.m. – 10:30 a.m.	10 classes	6/22 – 8/24
18390	Th	9:30 a.m. – 10:30 a.m.	10 classes	10/12 – 12/21

Virtual Tai Chi Wellness

Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more. No class 11/24

Elliotte Mao

Virtual Class

Free

17639	F	9:00 a.m. – 10:00 a.m.	10 classes	8/4 – 10/6
18391	F	9:00 a.m. – 10:00 a.m.	10 classes	10/13 – 12/22

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. On the 1st Friday of every month this class is via Zoom. No class 11/10 & 11/24.

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 11/10 & 11/24.

Christine Salah

Virtual Class

Free (Funded by Sequoia Healthcare District)

18392	T	10:15 a.m. – 11:00 a.m.	4 classes	9/5 – 9/26
18393	T	10:15 a.m. – 11:00 a.m.	5 classes	10/3 – 10/31
18394	T	10:15 a.m. – 11:00 a.m.	4 classes	11/7 – 11/28
18395	T	10:15 a.m. – 11:00 a.m.	3 classes	12/5 – 12/19

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

18396	F	10:15 a.m. – 11:00 a.m.	5 classes	9/1 – 9/29
18397	F	10:15 a.m. – 11:00 a.m.	4 classes	10/6 – 10/27
18398	F	10:15 a.m. – 11:00 a.m.	3 classes	11/3 – 11/17
18399	F	10:15 a.m. – 11:00 a.m.	4 classes	12/1 – 12/22



The Tuesday Chair Yoga, Wednesday Balance & Brains, and Thursday Flexibility Past 50 classes are fully funded by Sequoia Healthcare District.

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.

Christine Salah

Virtual Class

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

18400	T	11:15 a.m. – 12:00 p.m.	4 classes	9/5 – 9/26
18401	T	11:15 a.m. – 12:00 p.m.	5 classes	10/3 – 10/31
18402	T	11:15 a.m. – 12:00 p.m.	4 classes	11/7 – 11/28
18403	T	11:1 a.m. – 12:00 p.m.	3 classes	12/5 – 12/19

Making the Most of Medicare Open Enrollment

October 15 – December 7

Do you know which Medicare program is right for you? October 15-December 7 is Medicare's Fall Open Enrollment period. Learn how to compare current plans and new options. Plans change every year, and maybe your healthcare needs have changed, too. HICAP is here to help!

Virginia Kroger, HICAP

Adult Community Center

Free

18461	T	10:30 a.m. – 11:30 a.m.	1 class	10/3
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Mobility is Medicine

Have you had your daily dose? Learn about research-based benefits of "moving" and success-based strategies to incorporate physical activity into your daily life.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

18434	Th	10:00 a.m. – 11:00 a.m.	1 class	10/5
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Medication Management

Did you know that 1 in 10 hospitalizations are the result of not taking medications correctly? Come and learn about self-advocacy tools and safety precautions to prevent this from happening to you.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

18435	Th	10:00 a.m. – 11:00 a.m.	1 class	11/9
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Fundamentals of Good Health

According to the World Health Organization (WHO), good health is a state of complete physical, mental, and social well-being, and not just the absence of disease or infirmity. Fundamentals of health and wellness, along with suggestions to achieve them will be included in the discussion.

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18408	Th	11:00 a.m.	1 class	10/19
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Diabetes and Older Adults

Diabetes is a serious disease, and it affects many older adults. People get diabetes when their blood glucose (blood sugar) is too high. Discussion will include the two types of diabetes, and the steps you can take to manage the condition (if you already have it), along with ways to delay or prevent Type 2 diabetes (the form most common to develop in older adults).

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18409	Th	11:00 a.m.	1 class	11/16
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Social Wellness' Impact on our Health and Well-Being

Social interaction has a big influence on our well-being. Fulfillment of one's needs is a balance of nutrition, hygiene, exercise, as well as social interaction to achieve harmony between mind, body, and spirit. Many seniors face loneliness and isolation, which impacts both individual health as well as societal health. We will go over the health impact, as well as tips to achieve social wellness for yourself, along with ways to help others within your sphere.

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18410	Th	11:00 a.m.	1 class	12/14
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Call for Instructors!

The ACC is looking for contract and volunteer instructors. Have a special hobby or experience in teaching? Now is your chance to lead a class. For more information, visit www.cityofsancarlos.org/instructor or call Recreation Supervisor, Caitlyn Matoso at (650) 802-4114.

Creative Arts

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 9/4.

Tom Feledy

Peninsula Community Chorus

Adult Community Center

Free

M	10:00 a.m. – 11:00 a.m.	Ongoing
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Dance

Intermediate/Advanced Tap Dance

This class is ongoing and features warmup exercises, cross the floor movement, and choreographed dances. Tap dancing can improve your balance and flexibility and is a great way to keep seniors on their toes mentally and physically. No class 9/4.

Judy Rechsteiner

Adult Community Center

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

18324	M	1:00 p.m. – 2:00 p.m.	3 classes	9/11 – 9/25
18325	M	1:00 p.m. – 2:00 p.m.	5 classes	10/2 – 10/30
18326	M	1:00 p.m. – 2:00 p.m.	4 classes	11/6 – 11/27
18327	M	1:00 p.m. – 2:00 p.m.	3 classes	12/4 – 12/18

Special Interest

News & Views

Provocative and controversial discussions of current events such as the economy and state, national and world issues. No class 11/23.

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. This discussion group will meet on September 11, October 2, November 6 and December 4. Book Selections – September: Enrique's Journey by Sonia Navario, October: A Wrinkle in Time by Madeline L'Engle, November: TBD, December: Anxious People by Linell Heinbockel

Cecile Lee

Adult Community Center

Free

FREE! Technology Help at the ACC

Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cellphone-related tasks? Jim Schrempp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 11:00 a.m. Vikas Chinnan and Ralph Niewmierzycycki offer their technology expertise every Wednesday from 9:00 a.m. – 11:00 a.m. For more information, call (650) 802-4384. No class 9/4.

Adult Community Center

Free

Collette Extended Tours

The ACC offers destination vacations, both nationally and internationally, with Collette Vacations. Scheduled trips include: Costa Rica, Ireland, America's Music Cities, Spain's Costa del Sol and Madrid, Italy, and Portugal.

To view Collette Extended Tours, please visit cityofsancarlos.org/acc or call (650)-802-4384.



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, visit: www.cityofsancarlos.org/acc.

Safari West

Fee: \$125

18411	M	8:00 a.m. – 5:00 p.m.	September 18
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Thunder Valley Casino Trip

Fee: \$50

18412	W	8:00 a.m. – 6:00 p.m.	October 4
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Farmer John's Pumpkin Farm

Fee: \$40

18413	F	10:00 a.m. – 4:00 p.m.	October 20
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Monterey Bay Aquarium

Fee: \$90

18414	W	8:00 a.m. – 5:00 p.m.	November 7
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Broadway San Jose: How the Grinch Stole Christmas

Fee: TBD

18415	Th	Time TBD	November 30
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Livermore Outlet Holiday Shopping

Fee: \$30

18416	M	9:30 a.m. – 3:30 p.m.	December 4
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Resources

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!

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 paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC.

For more information visit

www.cityofsancarlos.org/caringcupboard or call (650) 802-4114.

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

HOW TO REGISTER

Register Early

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

Registration Dates

Online & Mail-in Registration

Residents

Starts August 8
at 8:00 a.m.

Non-Residents

Starts August 15
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.



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 www.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.											

FREE HALLOWEEN MOVIE NIGHT

Disney • PIXAR
COCO

Friday, October 20
Youth Center
7:00 p.m. – 8:45 p.m.

Free Mister Softee,
Haunted House & Games
from 6:00 p.m. – 7:00 p.m.

www.cityofsancarlos.org/events

Nutcracker Tea Party

Saturday, November 18
10:00 a.m. – 11:30 a.m.
Adult Community Center

\$35 one adult & one child
(course #16044)

\$15 each additional family
member (course #16045)

Advance registration
is required at
www.cityofsancarlos.org/register
before November 1.

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2023

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9:00 a.m. to 1:00 p.m.

www.cityofsancarlos.org/farmersmarket



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www.cityofsancarlos.org/artandwinefaire