



CITY OF SAN CARLOS

FALL 2025

# THE GUIDE

to 100 years of  
Good Living





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**Active Aging Week**

# FALL SAN CARLOS COMMUNITY CALENDAR

**City Council** meets second and fourth 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 [cityofsancarlos.org/agenda](https://cityofsancarlos.org/agenda) at least 72 hours prior to a regular meeting.

## Every Sunday

### Farmer's Market

9:00 a.m. – 1:00 p.m.

Downtown Laurel Street

[cityofsancarlos.org/farmersmarket](https://cityofsancarlos.org/farmersmarket)

## September

### September 7

#### Harringtons

12:00 – 2:00 p.m.

Harrington Park

[cityofsancarlos.org/harringtons](https://cityofsancarlos.org/harringtons)

### September 12

#### Diner Days Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

[cityofsancarlos.org/accevents](https://cityofsancarlos.org/accevents)

### September 19

#### Deep Sea Disco Dance

7:00 p.m. – 9:00 p.m.

Youth Center

[cityofsancarlos.org/scyc](https://cityofsancarlos.org/scyc)

### September 20

#### Boots, Blue Jeans & BBQ

5:00 p.m. – 9:00 p.m.

Adult Community Center

[friendsoftheacc.org](https://friendsoftheacc.org)

### September 24

#### Be Sensitive, Be Brave:

#### For Mental Health Workshop

6:00 p.m. – 8:00 p.m.

Youth Center

[cityofsancarlos.org/register](https://cityofsancarlos.org/register)

### September 28

#### Harringtons

12:00 – 2:00 p.m.

Harrington Park

[cityofsancarlos.org/harringtons](https://cityofsancarlos.org/harringtons)

## October

### October 10

#### Active Aging Week Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

[cityofsancarlos.org/accevents](https://cityofsancarlos.org/accevents)

### October 11 & 12

#### Art & Wine Faire

10:00 a.m. – 6:00 p.m.

[cityofsancarlos.org/artandwinefaire](https://cityofsancarlos.org/artandwinefaire)

### October 17

#### Halloween Haunted House and Movie Night

6:00 p.m. – 10:00 p.m.

Youth Center

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

### October 24

#### Goblin Walk

4:00 – 5:30 p.m.

Downtown Laurel Street

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

### October 25

#### Laurel Street Cleanup

10:00 a.m. – 12:00 p.m.

Laurel Street

[cityofsancarlos.org/VolunTEEN](https://cityofsancarlos.org/VolunTEEN)

## November

### November 1

#### Nutcracker Tea Party

10:00 a.m. – 11:00 a.m.

Adult Community Center

[cityofsancarlos.org/register](https://cityofsancarlos.org/register)

### November 14

#### Teen Movie Night

6:00 p.m. – 9:00 p.m.

Youth Center

[cityofsancarlos.org/register](https://cityofsancarlos.org/register)

### November 15

#### Blood Drive

10:00 a.m. – 3:00 p.m.

Youth Center

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

### November 14

#### Friendsgiving Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

[cityofsancarlos.org/acc](https://cityofsancarlos.org/acc)

### November 15

#### Centennial Wrapped Watch Party

6:00 p.m.

Burton Park

[cityofsancarlos.org/centennial](https://cityofsancarlos.org/centennial)

## December

### December 5

#### Night of Holiday Lights

5:00 – 8:30 p.m.

Downtown Laurel Street

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

### December 7

#### Breakfast with Santa

9:30 a.m. – 11:00 a.m.

Adult Community Center

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

### December 12

#### Holly Jolly Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

[cityofsancarlos.org/events](https://cityofsancarlos.org/events)

## City Facility Closures

### September 1

Labor Day

### November 11

Veteran's Day

### November 27 – 28

Thanksgiving Holiday

### December 24 – January 1

Furlough



# CITY OF SAN CARLOS

Serving you at [cityofsancarlos.org/pr](http://cityofsancarlos.org/pr).

## Recreation Facilities

### Registration Office

(650) 802-4382

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

### Youth Center

(650) 802-4120

1001 Chestnut Street, San Carlos  
Monday-Friday, 9:00 a.m. – 5:00 p.m.  
Saturday and Sunday, Closed

See page 27 for Youth Center drop-in  
and extended hours schedule.

### Adult Community Center

(650) 802-4384

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

### Athletics Office

(650) 802-4124

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

### Parks & Recreation Administration Office

(650) 802-4109

### Field Conditions Hotline

(650) 802-4333

## Parks & Recreation Staff

### Recreation Staff

Amy Newby, Parks & Recreation Director  
Tyler Muela, Recreation Manager  
Hilda Pacheco, Administrative Assistant  
Lauren Burd, Recreation Supervisor  
Caitlyn Matoso, Recreation Supervisor  
Holly Gonzales, Recreation Coordinator  
Janet Guerry, Recreation Coordinator  
Emma Licko, Recreation Coordinator  
Matt Okada, Recreation Coordinator  
Shannon Petersen, Recreation  
Coordinator  
George Holland, Sr. Administrative Clerk  
Brenda Sullivan, Cook  
Ben Thomas, Sr. Facility Attendant

### Public Works

#### Parks Maintenance Staff

Lou Duran, Superintendent  
Angel Noriega, Assistant Superintendent  
Matt Quinn, Assistant Superintendent  
Arturo Burgueno, Sr. Maintenance Worker  
Damian Chen, Sr. Maintenance Worker  
Dempsey Davis, Sr. Maintenance Worker  
Steven Du, Sr. Maintenance Worker  
Luis Estrada, Sr. Maintenance Worker  
Venne Forks, Sr. Maintenance Worker  
Matthew Richards, Sr. Maintenance Worker  
Rick Viles, Sr. Maintenance Worker  
Mia Muegge, Sr. Administrative Clerk



## San Carlos City Council

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

Sara McDowell, Mayor  
Pranita Venkatesh, Vice Mayor  
John Dugan  
Neil Layton  
Adam Rak  
Jeff Maltbie, City Manager

## Parks, Recreation, & Culture Commission

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

Julie Lubetkin, Chair  
Robert Bollier  
Elaine Kistenmacher  
Mark Stogner  
Alexandra Seeber  
Alexis McFarlane, Alternate





## Youth Advisory Council

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

Maya Kacholiya  
Keira Nayberg  
Karan Sangani  
Aditya Gupta  
Avi Cancilla  
Johan Sijp  
Vir Rao  
Nikhil Nunna  
Hanna Kent  
Ellora Mehta  
Eva Greenebaum  
Doris Lin, 1st Alternate  
Connor Huh, 2nd Alternate

## Fee Assistance Program

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



# THANK YOU SAN CARLOS!

Your Donations have allowed the Parks and Recreation Foundation to fund these projects in 2025...

- **Infield Renovations at Burton Park (\$30,000)**
- **The Highlands Park Snack Shack (\$10,000)**
- **Trails Expansion / Improvements (\$20,000)**



We can't do our work without you and there are lots of ways you can help. Scan the code below and learn more about how you can support the Parks and Recreation Foundation of San Carlos! Together, we make the City of Good Living even better!

Scan Me!



[prfsancarlos.org/donate](http://prfsancarlos.org/donate)

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



# 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 Flute 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 \$151 per additional siblings for 10-week session and \$136 for the 9-week session. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. No class 11/8, 11/10 and 11/11.

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

*Dance Studio at Youth Center*

**Resident: \$307 Non-resident: \$327**

22423	M	9:00 a.m. – 9:45 a.m.	10 classes	9/8 – 11/17
22424	M	10:00 a.m. – 10:45 a.m.	10 classes	9/8 – 11/17
22425	M	11:00 a.m. – 11:45 a.m.	10 classes	9/8 – 11/17
22426	M	4:00 p.m. – 4:45 p.m.	10 classes	9/8 – 11/17
22427	M	5:00 p.m. – 5:45 p.m.	10 classes	9/8 – 11/17
22430	T	9:00 a.m. – 9:45 a.m.	10 classes	9/9 – 11/18
22431	T	10:00 a.m. – 10:45 a.m.	10 classes	9/9 – 11/18
22433	T	11:00 a.m. – 11:45 a.m.	10 classes	9/9 – 11/18
22438	F	9:00 a.m. – 9:45 a.m.	10 classes	9/12 – 11/14
22439	F	10:00 a.m. – 10:45 a.m.	10 classes	9/12 – 11/14
22440	F	11:00 a.m. – 11:45 a.m.	10 classes	9/12 – 11/14
22444	Su	9:00 a.m. – 9:45 a.m.	10 classes	9/14 – 11/16
22445	Su	10:00 a.m. – 10:45 a.m.	10 classes	9/14 – 11/16
22446	Su	11:00 a.m. – 11:45 a.m.	10 classes	9/14 – 11/16

**Resident: \$ 282 Non-resident: \$302**

22441	Sa	9:00 a.m. – 9:45 a.m.	9 classes	9/13 – 11/15
22442	Sa	10:00 a.m. – 10:45 a.m.	9 classes	9/13 – 11/15
22443	Sa	11:00 a.m. – 11:45 a.m.	9 classes	9/13 – 11/15

### Little Musicians – Music Together Holiday Session (Ages 6 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 \$31 per additional siblings. Discount registration is not available online. Please call the Recreation Office at (650) 802-4382.

**Little Musicians Instructors:**  
**Steven (M/F), Gaby (Tue), Amy (Sat)**

*Dance Studio at Youth Center*

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

22447	M	9:00 a.m. – 9:45 a.m.	2 classes	12/1 – 12/8
22448	M	10:00 a.m. – 10:45 a.m.	2 classes	12/1 – 12/8
22449	M	11:00 a.m. – 11:45 a.m.	2 classes	12/1 – 12/8
22450	M	4:00 p.m. – 4:45 p.m.	2 classes	12/1 – 12/8
22451	M	5:00 p.m. – 5:45 p.m.	2 classes	12/1 – 12/8
22452	T	9:00 a.m. – 9:45 a.m.	2 classes	12/2 – 12/9
22453	T	10:00 a.m. – 10:45 a.m.	2 classes	12/2 – 12/9
22454	T	11:00 a.m. – 11:45 a.m.	2 classes	12/2 – 12/9
22455	F	9:00 a.m. – 9:45 a.m.	2 classes	12/5 – 12/12
22456	F	10:00 a.m. – 10:45 a.m.	2 classes	12/5 – 12/12
22457	F	11:00 a.m. – 11:45 a.m.	2 classes	12/5 – 12/12
22458	Sa	9:00 a.m. – 9:45 a.m.	2 classes	12/6 – 12/13
22459	Sa	10:00 a.m. – 10:45 a.m.	2 classes	12/6 – 12/13
22460	Sa	11:00 a.m. – 11:45 a.m.	2 classes	12/6 – 12/13
22461	Su	9:00 a.m. – 9:45 a.m.	2 classes	12/7 – 12/14
22462	Su	10:00 a.m. – 10:45 a.m.	2 classes	12/7 – 12/14
22463	Su	11:00 a.m. – 11:45 a.m.	2 classes	12/7 – 12/14





## Mini Maestros: Exploring Rhythm and Melody – Caregiver & Me (Ages 2–3 years)

Explore musical contrasts, steady beat, rhythm and melody using fingerplays, action songs, basic instruments and movement. Each class is a mix of teacher-led activities and individual exploration. Registration Note: Parent/caregiver participation is required. This is a caregiver/child class.

### Community School of Music and Arts

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$346 Non-resident: \$366

**22399** Sa 12:00 p.m. – 12:45 p.m. 10 classes 9/13 – 11/15

## Do Re Mi (Ages 4–6 years)

Do Re Mi introduces musical concepts and fundamental skills as children enjoy activities including singing, ear training, elementary music notation, movement and rhythmic games to build their comprehension of and love for music. No class 11/11.

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$331 Non-resident: \$351

**22402** T 3:30 p.m. – 4:15 p.m. 10 classes 9/9 – 11/18



## Let's Make Art Together! Caregiver & 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 stories. Multiple material engagements will be provided each class to ensure you and your child have a choice of expression. Dress to get messy! Session 1: Colors, shapes, and lines. Session 2: Holiday keepsakes. [www.A-ZCreativity.org](http://www.A-ZCreativity.org). No class 10/13 & 11/24.

### A-Z Creativity Instructors

Arts and Crafts Room at Youth Center

Resident: \$221 Non-resident: \$241

**22323** M 10:00 a.m. – 10:45 a.m. 7 classes 9/8 – 10/27

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

**22324** M 10:00 a.m. – 10:45 a.m. 6 classes 11/3 – 12/15



## Family Tot-Time

**Mondays & Wednesdays**

**9:00 a.m. – 12:00 p.m.**

**Ages:** Walking-5 years old with caregiver

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

**Location:** Gymnasium at the Youth Center

Enjoy a fun child play zone with scooters, slides, balls and other various play equipment to encourage social skills and develop gross motor skills. Class is unstructured and adult supervision is required at all times.

## Little Artists: Art Explorers – Caregiver & Me (Ages 2–3 years)

This exciting family art program is designed to be an introductory artistic experience in a creative and encouraging environment. Children will explore colors, shapes and textures through engaging and sensory materials like paint, glue, pastels, sequins, beads and more. In this process-oriented class, children will explore at their own pace with projects that draw inspiration from the world around us. At the end of the session, students will have developed their motor skills and techniques for mark-making and artistic expression. This is a caregiver/child class.

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$346 Non-resident: \$366

**22400** Sa 9:30 a.m. – 10:15 a.m. 10 classes 9/13 – 11/15



## Little Artists: Animals and Nature – Caregiver & Me (Ages 3–4 years)

This family art program takes inspiration from nature to create artwork based on beloved animals and the environment. Students will explore a variety of materials such as paint, paper, and natural materials to learn fun animal facts and grow foundational art skills. At the end of the session, students will have developed hand-eye coordination skills, expanded their confidence in artmaking, and be familiar with fundamental elements of art. This is a caregiver/child class.

### Community School of Music and Arts Instructors

*Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont*

**Resident: \$346 Non-resident: \$366**

<b>22401</b>	Sa	10:30 a.m. – 11:15 a.m.	10 classes	9/13 – 11/15
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## Performing Arts

### Tiny Toddler Spotlight – Caregiver & Me (Ages 1–3 years)

Young children and their special grownups discover the joys of singing, dancing, and playing make-believe together in this fun, highly engaging class filled with multi-sensory activities that support healthy development. We'll explore sound and rhythm as we sing and dance to popular children's songs. And we'll stretch our imaginations as we read some of our favorite stories. Adult participation is key to helping toddlers gain the confidence to explore and try new things.

### San Carlos Children's Theater Instructors

*Dance Studio at Youth Center*

**Resident: \$245 Non-resident: \$265**

<b>22183</b>	W	10:00 a.m. – 11:00 a.m.	8 classes	9/17 – 11/5
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### Preschool Creative Dance (Ages 2–4 years)

This class gets preschoolers on their feet dancing and laughing! Youngsters explore creative movement and build an understanding of rhythm through songs, stories, and music-based play. Using creative imagery, student imaginations soar as they are inspired to fly like a graceful butterfly, stomp like a herd of dancing elephants, twirl like a magical top, and more. There is no required dress code for dancers. **No class 10/11.**

### San Carlos Children's Theater Instructors

*SCCT Studio, 1314 Old Country Road, Belmont*

**Resident: \$225 Non-resident: \$245**

<b>22188</b>	Sa	9:00 a.m. – 9:50 a.m.	8 classes	9/13 – 11/8
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## NEW! Preschool Musical Theater – Little Mermaid (Ages 3–5 years)

Creativity and fun take center stage as imagination meets movement in this exciting preschool musical theater class. Working in a playful, supportive environment, youngsters gain self-confidence and learn the building blocks of musical theater as they play theater games, sing, and dance to songs like "Part of Your World," from Disney's *The Little Mermaid*. Budding performers will proudly show off their new skills in a showcase for families on the final day of class. **No class 10/11.**

### San Carlos Children's Theater Instructors

**Resident: \$245 Non-resident: \$265**

*Dance Studio at Youth Center*

<b>22179</b>	T	2:00 p.m. – 3:00 p.m.	8 classes	9/16 – 11/4
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*SCCT Studio, 1314 Old Country Road, Belmont*

<b>22189</b>	Sa	11:30 a.m. – 12:30 p.m.	8 classes	9/13 – 11/8
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## Sports

### NEW! San Carlos Mighty Tykes Sports (Ages 3–5 years)

New to Fall 2025, San Carlos Parks and Recreation is bringing a new, in-house toddler sports class perfect for your child to get introduced to sports and physical activity. Through age-appropriate games, songs, and simple drills, toddlers will explore basic motor skills like running, jumping, throwing, and kicking. No experience is needed, just comfortable clothes, tennis shoes, and readiness to play! Parents and caregivers are encouraged to participate. **No class on 10/31 and 11/28.**

### San Carlos Sports Staff

*Youth Center Gymnasium*

**Resident: \$151 Non-resident: \$171**

<b>22265</b>	F	10:00 a.m. – 10:45 a.m.	6 classes	9/5 – 10/10
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<b>22266</b>	F	10:00 a.m. – 10:45 a.m.	6 classes	10/17 – 12/5
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## NEW! EURO School of Tennis: Parent, Guardian and Me Tennis (Ages 2.5–4 years)

Searching for the perfect way to introduce your child to the game of tennis? This class offers a fun way to interact with your child, while teaching them the basics of the game! Kids learn in a number of different ways, and when they are under the age of four, they primarily learn through play. During the class, parents and children participate together in fun, age-appropriate activities that will help your little one develop the motor and socialization skills necessary to continue with tennis as they grow. Please wear tennis shoes and bring a racquet size 19. **No class 11/26.**

### Euro School Of Tennis Instructors

Tennis Courts 4&5 at Highlands Park

Resident: \$501 Non-resident: \$521

<b>22153</b>	W	4:45 p.m. – 5:15 p.m.	12 classes	9/24 – 12/17
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## Rebound Basketball Academy – Parent and Me (Ages 2–3.5 years)

This parent-child class develops gross motor skills and coordination pertinent to the game of basketball. Repetition permits children to build their confidence and esteem. Activities include organized games that help children to develop skills and learn to follow directions. **No class 11/30.**

### Rebound Basketball Academy Instructors

Youth Center Gymnasium

Resident: \$136 Non-resident: \$156

<b>22233</b>	Su	12:05 p.m. – 12:30 p.m.	6 classes	9/7 – 10/12
<b>22234</b>	Su	12:05 p.m. – 12:30 p.m.	6 classes	10/26 – 12/7

## Rebound Basketball Academy – First Shots (Ages 3.5–5 years)

The fundamentals of basketball are learned in a fun recreational environment. The class includes age-appropriate activities and emphasize basketball skills such as shooting, dribbling, and passing. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle. **No class 11/30.**

### Rebound Basketball Academy Instructors

Youth Center Gymnasium

Resident: \$146 Non-resident: \$166

<b>22235</b>	Su	12:35 p.m. – 1:05 p.m.	6 classes	9/7 – 10/12
<b>22236</b>	Su	12:35 p.m. – 1:05 p.m.	6 classes	10/26 – 12/7

## Skyhawks Sports: Multi-Sport Tots (Ages 2–5 years)

Give your little superstar an awesome first step into sports with Multi-Sport Tots! This class uses age-appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 2–3.5 years. **No class 11/27.**

### Skyhawks Sports Instructors

Burton Park Outdoor Basketball Courts

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

#### Ages 2–3.5 years

<b>22246</b>	Th	3:45 p.m. – 4:30 p.m.	6 classes	9/11 – 10/16
<b>22247</b>	Th	3:45 p.m. – 4:30 p.m.	6 classes	10/30 – 12/11

#### Ages 3.5–5 years

<b>22248</b>	Th	4:45 p.m. – 5:30 p.m.	6 classes	9/11 – 10/16
<b>22249</b>	Th	4:45 p.m. – 5:30 p.m.	6 classes	10/30 – 12/11

## Skyhawks Sports: Tots Volleyball (Ages 2–5 years)

Our 6-week tots volleyball program is a fun intro to the game. We'll ditch the volleyballs for colorful balloons and playful games that build coordination, teamwork, and a love for movement. Think tiny high-fives instead of sets, and lots of chasing, bouncing, and learning to catch and throw. It's all about fun, friendship, and fostering a love for teamwork in a safe and supportive environment. Lace up those sneakers and get ready for a volley good time! Parent participation required.

### Skyhawks Sports Instructors

Youth Center Gymnasium

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

#### Ages 2–3.5 years

<b>22250</b>	Sa	8:00 a.m. – 8:45 a.m.	6 classes	9/13 – 10/18
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#### Ages 3.5–5 years

<b>22264</b>	Sa	9:00 a.m. – 9:45 a.m.	6 classes	9/13 – 10/18
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# YOUTH ACTIVITIES

## Holiday Specials and No School Camps

### NEW! Textiles: Sewing & Weaving (Ages 5–9 years)

Designed for both the beginner and advanced sewers, this one day camp combines various aspects of textile arts including sewing and weaving. Campers will have lots of choices in what shape their final art pieces will be, allowing their creativity to flourish while learning tangible skills along the way. No prior sewing skills necessary.

#### A-Z Creativity Instructors

Homework Room at Youth Center

Resident: \$121 Non-resident: \$141

22338	M	9:00 a.m. – 3:00 p.m.	1 class	10/13
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### 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. Each camp has live animal visitors from Robins ranch for campers to interact with. Please bring a snack, water bottle and bag lunch. \$10 material fee is payable to instructor at class.

#### Robin Lise-Nielsen

Activity Room at Laureola Park

Resident: \$51 Non-resident: \$59

22392	M	9:00 a.m. – 1:00 p.m.	1 class	10/13
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### NEW! Spooky Treats & Goblin Eats (Ages 7–13 years)

Embrace the spirit of Halloween with a menu that balances frightful fun with delicious bites. Start with goblin-approved savory dishes that include ghoulishly good options like witches brew, soup, monsters meatballs, and creepy crawly pasta. Perfect for Halloween parties or a spooky family meal, this theme combines the excitement of the season with mouthwatering eats that are both playful and delicious.

#### Junior Chef Stars Instructors

Kitchen at Youth Center

Resident: \$76 Non-resident: \$89

22320	T	5:00 p.m. – 7:00 p.m.	1 class	10/28
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### 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 or weapons. Costumes are not required to participate.

#### Brick Tech

Homework Room at Youth Center

Resident: \$66 Non-resident: \$77

22347	Sa	9:00 a.m. – 12:00 p.m.	1 class	11/1
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### NEW! Stuffed (Ages 7–13 years)

When the weather cools down, it's time to heat up the stove and oven. You will learn to create a lasting and delicious impression with our festive cooking class. From appetizers that are made for gobbling, to traditional and innovative dishes, our chef will show you how to make a cornucopia of recipes that will keep your taste buds asking for more.

#### Junior Chef Stars Instructors

Kitchen at Youth Center

Resident: \$76 Non-resident: \$89

22321	T	5:00 p.m. – 7:00 p.m.	1 class	11/18
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### Get Cooking for Turkey Day! (Ages 5–11 years)

Try out some new recipes in this holiday cooking camp. We will learn about 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. Each camp has live animal visitors from Robins ranch for campers to interact with. Please bring a snack, water bottle and bag lunch. \$30 material fee is payable to instructor on first day of camp.

#### Robin Lise-Nielsen

Activity Room at Laureola Park

Resident: \$146 Non-resident: \$166

22393	M-W	9:00 a.m. – 1:00 p.m.	3 classes	11/24 – 11/26
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## LEGO Ultimate Train Camp (Ages 5–10 years)

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

### Brick Tech

Homework Room at Youth Center

Resident: \$206 Non-resident: \$226

22339	M-W	9:00 a.m. – 12:00 p.m.	3 classes	11/24 – 11/26
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## Gingerbread Decorating Workshop – Caregiver & Child (Ages 5–11 years)

In this fun class, we will use royal icing and a variety of candy to decorate a pre-built gingerbread house. You can decorate your house and make it a one-of-a-kind masterpiece that will last through the holiday season! This is a hands-on class for adult and child. \$25 materials fee payable to instructor at class. Fee is per caregiver/child. Questions? Email the instructor:

[hopkinsce@gmail.com](mailto:hopkinsce@gmail.com)

### Christine Hopkins

Loft Room at Adult Community Center

Resident: \$51 Non-resident: \$59

22293	T	3:30 p.m. – 5:30 p.m.	1 class	12/9
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## 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. Campers typically do 2 science projects a day along with games and recess activities. Please bring a snack, water bottle and bag lunch. \$10 material fee is payable to instructor at class.

### Robin Lise-Nielsen

Activity Room at Laureola Park

Resident: \$51 Non-resident: \$59

22394	F	9:00 a.m. – 1:00 p.m.	1 class	12/19
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22395	M	9:00 a.m. – 1:00 p.m.	1 class	12/22
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22396	T	9:00 a.m. – 1:00 p.m.	1 class	12/23
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22397	F	9:00 a.m. – 1:00 p.m.	1 class	1/2
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22398	M	9:00 a.m. – 1:00 p.m.	1 class	1/5
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## NEW! Musical Theater Winter Break Camps

(Ages 6–12 years)

Lilo & Stitch – Ohana means fun for everyone! In this playful, supportive camp, younger children will explore the world of their favorite blue alien through imaginative movement, catchy songs, and creative drama games all while building friendship, belonging, and stage skills. Matilda - This high-energy camp invites older kids to act out bold characters, perform unforgettable songs, and explore themes of bravery, justice, and big ideas. Perfect for both new and experienced performers ready to take the stage with confidence. Both camps will end the week with a showcase performance for family and friends from 12:00 p.m. – 12:30 p.m. on 12/31.

### San Carlos Children's Theater Instructors

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$325 Non-Resident: \$345

### Lilo and Stitch (Ages 6–8 years)

22554	M-T	9:00 a.m. – 3:00 p.m.	12/29 – 12/30
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W	9:00 a.m. – 12:30 p.m.	12/31
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### Matilda (Ages 9–12 years)

22553	M-T	9:00 a.m. – 3:00 p.m.	12/29 – 12/30
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W	9:00 a.m. – 12:30 p.m.	12/31
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## Arts & Music

### Comic Creations (Ages 7–12 years)

Comics are one of the most popular and exciting ways to tell a story. Students learn to create a genre of comic strips, draw characters developed through their imagination, and plot a storyline for their comic creation. Whether students have tried their hand at comics before or are simply interested in investigating how comics work, this course will provide insights to help storytellers make the most of every page. A step-by-step process will be adopted to guide and coach the students through this creative and artistic program. \$50 material fee is payable to instructor at the first class. No class 11/27.

### EASE Instructors

Loft Room at Adult Community Center

Resident: \$396 Non-resident: \$416

22328	Th	3:50 p.m. – 4:50 p.m.	6 classes	9/11 – 10/16
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22329	Th	3:50 p.m. – 4:50 p.m.	6 classes	10/23 – 12/4
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## Draw with Us (Ages 5–10 years)

We focus on creativity, not copying. This class is a creative journey on building fundamentals of drawing skills. Students will learn basic techniques such as shading, controlling tones, composition, and drawing methods. Additionally, we teach how to see with an artist's eye while exploring different art mediums from oil pastels, chalk pastels, paints, and markers. This class is designed for beginner artists who have an interest in learning how to draw, and create — or for those who simply want to improve their skills. Our friendly local Art instructor will provide all the necessary tools and materials. \$40 material fee is payable to instructor at the first class. **No class 11/8 & 11/29.**

### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

**Resident: \$191 Non-resident: \$211**

22333	Sa	10:30 a.m. – 11:30 a.m.	6 classes	10/25 – 12/13
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## Draw, Paint, Sculpt (Ages 5–11 years)

Be inspired by famous artists, seasons, animals, and your favorite stories as you create both 2D and 3D art. Experiment with a variety of media, including pencils, clay, pastels, paints, and more. New projects every semester mean you never take the same class twice.

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

#### Ages 5–7 years

**Resident: \$351 Non-resident: \$371**

22403	W	3:30 p.m. – 4:30 p.m.	10 classes	9/10 – 11/12
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#### Ages 8–11 years

**Resident: \$401 Non-resident: \$421**

22404	W	4:45 p.m. – 6:15 p.m.	10 classes	9/10 – 11/12
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## Youth Sewing (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 are 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](mailto:hopkinsce@yahoo.com).

### Christine Hopkins

Loft Room at Adult Community Center

**Resident: \$105 Non-resident: \$124**

22292	M	3:30 p.m. – 5:30 p.m.	4 classes	9/8 – 9/29
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## Imagination Station – Fun with Crafts

(Ages 5–12 years)

In this class, we will spend two hours a week getting crafty! We will work with a lot of different materials and techniques to make a variety of fun and useful crafts. We will decorate t-shirts, make jewelry, work with clay, paint and more! It's all hands-on and very creative! \$25 materials fee payable to instructor at first session.

**No class 11/11.**

### Christine Hopkins

Loft Room at Adult Community Center

**Resident: \$136 Non-resident: \$156**

22294	T	3:30 p.m. – 5:30 p.m.	4 classes	9/9 – 9/30
22295	T	3:30 p.m. – 5:30 p.m.	4 classes	11/4 – 12/2

## Jewelry Masters (Ages 6–12 years)

Delve into the enchanting world of DIY jewelry creation! From designing and stringing beads to assembling unique bracelets, necklaces, and earrings, young artisans will unleash their creativity and bring their imaginative designs to life. Throughout this hands-on course, participants will learn essential techniques in jewelry making, discovering the magic of combining different shapes, colors, and textures to fashion truly one-of-a-kind pieces. With each creation, children will develop fine motor skills, ignite their artistic talents, and gain a deeper appreciation for the art of adornment. By the end of this course, not only will kids have crafted their own stunning jewelry, but they'll also have cultivated invaluable skills in design, creativity, and self-expression that will continue to sparkle in their future artistic endeavors! \$30 material fee payable to instructor at the first class. **No class 10/13 & 11/24.**

### Athena Coding

Arts and Crafts Room at Youth Center

**Resident: \$161 Non-resident: \$181**

22359	M	4:40 p.m. – 5:40 p.m.	6 classes	9/8 – 10/20
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**Resident: \$186 Non-resident: \$206**

22360	M	4:40 p.m. – 5:40 p.m.	7 classes	10/27 – 12/15
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## Paint Party (Ages 5–10 years)

Let your creative juices flow and alleviate your creative dormancy, come and explore the world of painting. This wonderfully creative Paint Party is perfect for 5–10-year-olds who don't mind getting messy while creating works of art! They will make paintings on different surfaces while exploring various painting styles and mediums. All the necessary Art supplies will be provided. This is a hands-on class with lots of guidance and support. \$40 material fee is payable to instructor at the first class.

### Out Of The Box Kids

Arts and Crafts Room at Youth Center

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

22332	Sa	10:30 a.m. – 11:30 a.m.	7 classes	9/6 – 10/18
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## Little Musicians – Rhythm Kids (Ages 4–8 years)

Little Musicians is excited to offer Rhythm Kids, an exciting music, movement, and drumming class for children ages 4 through 8. During class your child will sing, dance, move, drum, and play to songs and beats from around the world. Rhythm Kids is proud to be a part of Music Together, the internationally recognized early childhood music education program. Tuition includes a Djembe drum, a Rhythm Kids 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 \$189 for the 10-week session and \$170 for the 9-week class. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. **No class 11/8.**

### Little Musicians – Amy (Sa) & Gaby (Su)

Dance Studio at Youth Center

Resident: \$327 Non-resident: \$347

22428	Su	12:00 p.m. – 12:45 p.m.	10 classes	9/14 – 11/16
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Resident: \$345 Non-resident: \$365

22429	Sa	12:00 p.m. – 12:45 p.m.	9 classes	9/13 – 11/15
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## Music Production 101 (Ages 6–12 years)

Immerse yourself in the world of music creation with this engaging course tailored specifically for all levels. Dive into the dynamic world of digital music production, creating captivating rhythms and melodies using Soundtrap, a kid-friendly digital audio workstation. From recording and manipulating sounds, to mixing your very own tracks, to learning the key elements of songwriting and music theory, this hands-on course will inspire your creativity and encourage you to view the world around you as an endless source of musical inspiration. By the end of the journey, you'll not only have created your own unique piece of music, but you'll also have gained invaluable skills that will help shape your future musical endeavors! Laptop, Chromebook, or tablet required. Students should bring their own headphones. Rental Chromebook can be provided for a \$40 fee. **No class 11/26.**

### Athena Coding

Arts and Crafts Room at Youth Center

Resident: \$186 Non-resident: \$206

22365	W	4:40 p.m. – 5:40 p.m.	7 classes	9/3 – 10/15
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22366	W	4:40 p.m. – 5:40 p.m.	7 classes	10/22 – 12/10
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## Play Guitar & Sing Along (Ages 7–12 years)

"Life without playing music is inconceivable for me," Einstein declared. "I live my daydreams in music. I see my life in terms of music ... I get most joy in life out of music." Here at EASE, we teach children the basics of the guitar chords, scales, and finger exercises and coach students to sing along to their instrument. We offer a new way to learn how to play the guitar, sing and practice their vocals, and most importantly develop their confidence to sing in front of a live audience. \$50 material fee is payable to instructor at the first class. **No class 11/11.**

### EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$446 Non-resident: \$466

22326	T	4:50 p.m. – 5:50 p.m.	6 classes	9/9 – 10/14
22350	T	4:50 p.m. – 5:50 p.m.	6 classes	10/21 – 12/2

## Private Music Lessons (Ages 8+ years)

Join us for our Fall Session, running from September 30 to December 20, and featuring 9 engaging classes. You can view our absence policies at <https://arts4all.org/belmont/private-lessons/#tuition>. Once you register, we will reach out within one business day to discuss scheduling and availability. Please reach out to [BelmontCSMA@arts4all.org](mailto:BelmontCSMA@arts4all.org) with any specific questions about scheduling, teachers, or policies.

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont.

**22418 Piano – 30 Minute Lessons (Ages 6–8 years)**  
Resident: \$570 Non-resident: \$590

**22420 Violin – 30 Minute Lessons (Ages 6–8 years)**  
Resident: \$569 Non-resident: \$589

**22419 Piano – 45 Minute Lessons (Ages 8+ years)**  
Resident: \$813 Non-resident: \$833

**22421 Violin – 45 Minute Lessons (Ages 9+ years)**  
Resident: \$813 Non-resident: \$833

**22422 Voice – 45 Minute Lessons (Ages 11+ years)**  
Resident: \$813 Non-resident: \$833





# San Carlos Children's Theater

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

## Tiny Toddler Spotlight – Caregiver & Me (Ages 1–3 years)

Young children and their special grownups discover the joys of singing, dancing, and playing make-believe together in this fun, highly engaging class filled with multi-sensory activities that support healthy development. We'll explore sound and rhythm as we sing and dance to popular children's songs. And we'll stretch our imaginations as we read some of our favorite stories. Adult participation is key to helping toddlers gain the confidence to explore and try new things.

*Dance Studio at Youth Center*

**Resident: \$245 Non-resident: \$265**

**22183** W 10:00 a.m. – 11:00 a.m. 8 classes 9/17 – 11/5

## Preschool Creative Dance (Ages 2–4 years)

This class gets preschoolers on their feet dancing and laughing! Youngsters explore creative movement and build an understanding of rhythm through songs, stories, and music-based play. Using creative imagery, student imaginations soar as they are inspired to fly like a graceful butterfly, stomp like a herd of dancing elephants, twirl like a magical top, and more. There is no required dress code for dancers. **No class 10/11.**

**Resident: \$225 Non-resident: \$245**

**22188** Sa 9:00 a.m. – 9:50 a.m. 8 classes 9/13 – 11/8

## NEW! Preschool Musical Theater – Little Mermaid (Ages 3–5 years)

Creativity and fun take center stage as imagination meets movement in this exciting preschool musical theater class. Working in a playful, supportive environment, youngsters gain self-confidence and learn the building blocks of musical theater as they play theater games, sing, and dance to songs like "Part of Your World" from Disney's The Little Mermaid. Budding performers will proudly show off their new skills in a showcase for families on the final day of class. **No class 10/11.**

**Resident: \$245 Non-resident: \$265**

*Dance Studio at Youth Center*

**22179** T 2:00 p.m. – 3:00 p.m. 8 classes 9/16 – 11/4

*SCCT Studio, 1314 Old Country Road, Belmont*

**22189** Sa 11:30 a.m. – 12:30 p.m. 8 classes 9/13 – 11/8

## NEW! Storybook Theater – On the Farm (Ages 5–7 years)

In this fun and imaginative beginning theater class, young actors explore farm-themed storybooks as they learn to bring characters and scenes to life. Through playful theater games, pantomime, and silly sound effects, students build confidence, creativity, and basic performance skills. This class helps young performers discover how to use their voices and bodies to tell stories and feel comfortable in front of an audience in a warm, supportive environment. Session ends with a delightful showcase performance for family and friends, complete with barnyard flair!

*Dance Studio at Youth Center*

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

**22182** T 3:30 p.m. – 5:00 p.m. 8 classes 9/16 – 11/4

## NEW! Broadway Rising Stars I – Annie (Ages 5–7 years)

Join us for a joyful journey into the world of Broadway with songs and dances from the beloved musical "Annie"! In this energetic and inspiring class, young performers will explore musical theater techniques while learning to sing, dance, and work together as a performance team. Students will build confidence, stage presence, and teamwork skills as they prepare a delightful mini revue. Final class concludes with a special performance for friends and family that's sure to leave everyone smiling!

**No class 10/12.**

**Resident: \$329 Non-resident: \$349**

**22192** Su 9:00 a.m. – 10:30 a.m. 8 classes 9/14 – 11/9

**22193** Su 11:00 a.m. – 12:30 p.m. 8 classes 9/14 – 11/9



## NEW! Musical Theater Winter Break Camps

(Ages 6-12 years)

Lilo & Stitch – Ohana means fun for everyone! In this playful, supportive camp, younger children will explore the world of their favorite blue alien through imaginative movement, catchy songs, and creative drama games all while building friendship, belonging, and stage skills. Matilda - This high-energy camp invites older kids to act out bold characters, perform unforgettable songs, and explore themes of bravery, justice, and big ideas. Perfect for both new and experienced performers ready to take the stage with confidence. Both camps will end the week with a showcase performance for family and friends from 12:00 p.m. – 12:30 p.m. on 12/31.

**Resident: \$325 Non-Resident: \$345**

### Lilo and Stitch (Ages 6-8 years)

<b>22554</b>	M-T	9:00 a.m. – 3:00 p.m.	12/29 – 12/30
	W	9:00 a.m. – 12:30 p.m.	12/31

### Matilda (Ages 9-12 years)

<b>22553</b>	M-T	9:00 a.m. – 3:00 p.m.	12/29 – 12/30
	W	9:00 a.m. – 12:30 p.m.	12/31

## NEW! Broadway Rising Stars II – Snow White (Ages 6-9 years)

This performance-based class is a fantastic opportunity for children who love to sing, dance, and perform. Set in a nurturing and encouraging environment, young performers will develop key vocal and movement skills while learning the value of collaboration and stage presence. As they rehearse a magical musical performance featuring songs from Snow White, students will gain confidence, creativity, and a sense of accomplishment. Class concludes with a heartwarming showcase for family and friends.

**Resident: \$329 Non-resident: \$349**

<b>22184</b>	W	3:30 p.m. – 5:00 p.m.	8 classes	9/17 – 11/5
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## NEW! Broadway Rising Stars III – High School Musical (Ages 8-10 years)

Designed for students who love to perform, this engaging class offers the perfect blend of singing, dancing, and stage presence. In a fun and supportive atmosphere, young performers will build vocal and dance technique while learning the fundamentals of group performance. As they prepare a dynamic musical revue featuring songs from “High School Musical,” students will gain confidence, coordination, and collaboration skills. Final day of class culminates in a celebratory showcase performance for family and friends. No class 10/12.

**Resident: \$329 Non-resident: \$349**

<b>22194</b>	Su	11:00 a.m. – 12:30 p.m.	8 classes	9/14 – 11/9
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## Bollywood and Indian Folk Dance

(Ages 9-12 years)

Experience the vibrant energy of Indian dance! In this dynamic eight-week class, students will explore a range of traditional and contemporary Indian dance styles, from the rhythmic patterns of Raas Garba to the high-energy movements of Bhangra and the cinematic flair of Bollywood. Dancers will develop proper technique, experiment with diverse movement styles, and gain a deeper understanding of the cultural significance behind each dance form. Class concludes with a special showcase, where dancers will share their work with family and friends. NOTE: Participants will dance barefoot and should wear comfortable clothing that allows for free movement. No class 10/31.

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

<b>22187</b>	F	4:30 p.m. – 5:30 p.m.	8 classes	9/19 – 11/14
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## Musical Theater Dance (Ages 8-12 years)

Get set to move! This high-energy class offers young performers a solid introduction to Broadway-style dance, focusing on essential technique, expressive movement and stage presence. Students will explore a variety of exciting theater dance styles while learning fun dance routines inspired by hit musicals like Descendants, Wicked, Beetlejuice, and Newsies! It's the perfect opportunity to learn, grow and have a blast dancing – all at the same time! Final class ends with a showcase performance for family and friends.

**Resident: \$295 Non-resident: \$315**

<b>22180</b>	T	3:30 p.m. – 5:00 p.m.	8 classes	9/16 – 11/4
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## NEW! Mystery of the Stolen Treasure – A Pocket Production (Ages 7–11 years)

Aspiring young actors will love the excitement of bringing a story to life on stage! In this engaging, performance-based class, students experience every step of the production process—from auditions to rehearsals—while preparing to perform the funny mini production “Mystery of the Stolen Treasure”. When the king’s treasure chest is discovered empty, it’s up to a cast of colorful characters—including royal detectives, fancy royals, and salty sailors—to solve the case. Along the way, students will build foundational acting skills, boost confidence, and learn the importance of teamwork. Class concludes with a final performance for family and friends! NOTE: Students enrolling must be confident and independent readers.

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

**22185** Th 3:30 p.m. – 5:00 p.m.. 8 classes 9/18 – 11/6



## SCCT Performing Troupe (Ages 9–13 years)

Enter the exciting world of show choir this fall as you sing and dance for the community. Troupe members learn popular songs from Broadway musicals, movies, and the pop charts, along with cutting-edge dance choreography. Over eleven weeks, students enhance their vocal range, explore different dance styles, and discover how to seamlessly integrate choreography without compromising vocal technique. Working in a caring, collaborative environment, students experience the joy of song and dance as they work on musical numbers they’ll perform at community venues like The San Carlos Art & Wine Festival, Night of Holiday Lights, San Carlos Elms, and more. **No class 11/11, 11/25.**

**Resident: \$549 Non-resident: \$569**

**22181** T 5:00 p.m. – 7:00 p.m. 11 classes 9/16 – 12/9



## FUN-damentals of Improv (Ages 11–14 years)

Jump into the world of improv, where anything can happen! Improv is an approach to creating theater without a script and being in the moment! Students will dive into the craft of improv and learn how to make up scenes and characters on the spot. Sometimes silly, sometimes thought-provoking, this fast-paced class is all about thinking outside the box and freeing your imagination on stage. Through fun challenges and crazy games, students will build active listening skills, boost self-confidence, and learn how to play off what other characters are saying. Final class features a showcase performance for family and friends. **No class 10/13.**

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

**22178** M 4:00 p.m. – 5:30 p.m. 8 classes 9/15 – 11/10

## Advanced Acting – Page to Stage (Ages 12–18 years)

Bring your story to life this fall! In this hands-on playwriting and performance class, teens will collaborate with local playwright Sarah Fama to write and perform their very own original one-act plays. Whether bursting with story ideas or just curious about how plays come together, teens will find this class a great opportunity to explore their creativity and bring their ideas to the stage. Students will dive into the fundamentals of playwriting, learning how to craft compelling storylines, create memorable characters, and write natural, engaging dialogue. Along the way, they’ll also have the chance to explore set design, props, and costumes to support their vision. The session wraps up with a special performance for friends and family featuring original student works.

**Resident: \$395 Non-resident: \$415**

**22186** Th 5:30 p.m. – 7:30 p.m. 8 classes 9/18 – 11/6

# Dance

## Irish Step Dancing

Students are introduced to traditional Irish step dances while being instructed on proper posture, foot placement, timing and stage presence. Students will develop self-confidence, enhance physical agility and discipline, and gain new friendships through dance. They will become familiar with Irish music and will be able to perform in various events. Mary Jo Feeney, the director and prime teacher, is a licensed teacher and adjudicator of Irish dance with An Coimisiun Le Rinci Gaelacha (The Irish Dancing Commission) in Dublin, Ireland. The Murphy Irish Dance Co. has Regional, National and World champions. **No class 11/11.**

**Mary Jo Feeney**

*San Carlos Room at Adult Community Center*

**Resident: \$361 Non-resident: \$381**

### New Beginner

<b>22340</b>	T	3:15 p.m. – 4:00 p.m.	15 classes	9/2 – 12/16
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**Resident: \$281 Non-resident: \$301**

### Beginner 1 & 2

<b>22341</b>	T	3:30 p.m. – 4:30 p.m.	15 classes	9/2 – 12/16
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### Novice Prize Winner

<b>22342</b>	T	4:15 p.m. – 5:15 p.m.	15 classes	9/2 – 12/16
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### Advanced

<b>22343</b>	T	5:00 p.m. – 6:15 p.m.	15 classes	9/2 – 12/16
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# Fitness & Wellness

## NEW! StoryFit: Fitness Through Storytelling (Ages 5–14 years)

This interactive fitness class blends movement, creativity, and social-emotional learning through story-based play. Each week, children will explore themed adventures like escaping the Big Bad Wolf or racing the Tortoise and the Hare while developing strength, coordination, and confidence through fun, imaginative games.

**Reem Farhat**

*Dance Studio at Youth Center*

**Resident: \$281 Non-resident: \$301**

<b>22325</b>	W	3:30 p.m. – 4:30 p.m.	6 classes	10/1 – 11/5
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## NEW! Yoga (Ages 6–12 years)

Our yoga program offers a fun and engaging environment for students to cultivate physical fitness, mental clarity, and emotional well-being. Through age-appropriate yoga poses, breathing exercises, and mindfulness techniques, children develop increased strength, flexibility, and balance while simultaneously learning to manage stress, improve focus, and boost self-esteem. Our program fosters a sense of community and self-discovery, empowering students to unlock their inner potential and create a strong foundation for lifelong health and happiness. **No class 11/27.**

**Athena Coding**

*Dance Studio at Youth Center*

**Resident: \$186 Non-resident: \$206**

<b>22367</b>	Th	4:40 p.m. – 5:40 p.m.	7 classes	9/4 – 10/16
<b>22368</b>	Th	4:40 p.m. – 5:40 p.m.	7 classes	10/23 – 12/11

# Special Interest

## NEW! Cloudy with a Chance of Meatballs (Ages 7–13 years)

Step into a whimsical world where marinara drizzles from the sky and every meal is a cozy surprise. This theme celebrates comfort food with a playful twist, meatballs of all kinds, from classic Italian to global spins like Moroccan or vegan lentil. But it's not just about meatballs, think pasta "clouds", mashed potato "drifts" skillet bakes, or desserts that defy gravity. Perfect for family dinners, themed potlucks, or cozy fall recipe series, "Cloudy with a Chance of Meatballs," brings warmth, creativity, and a whole lot of flavor to the table.

**Junior Chef Stars Instructors**

*Kitchen at Youth Center*

**Resident: \$76 Non-resident: \$89**

<b>22319</b>	T	5:00 p.m. – 7:00 p.m.	1 class	9/23
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## NEW! Spooky Treats & Goblin Eats (Ages 7–13 years)

Embrace the spirit of Halloween with a menu that balances frightful fun with delicious bites. Start with goblin-approved savory dishes that include ghoulishly good options like witches' brew, soup, monsters meatballs, and creepy crawly pasta. Perfect for Halloween parties or a spooky family meal, this theme combines the excitement of the season with mouthwatering eats that are both playful and delicious.

**Junior Chef Stars Instructors**

*Kitchen at Youth Center*

**Resident: \$76 Non-resident: \$89**

<b>22320</b>	T	5:00 p.m. – 7:00 p.m.	1 class	10/28
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## NEW! Stuffed (Ages 7-13 years)

When the weather cools down, it's time to heat up the stove and oven. You will learn to create a lasting and delicious impression with our festive cooking class. From appetizers that are made for gobbling, to traditional and innovative dishes, our chef will show you how to make a cornucopia of recipes that will keep your taste buds asking for more.

### Junior Chef Stars Instructors

Kitchen at Youth Center

Resident: \$76 Non-resident: \$89

22321	T	5:00 p.m. – 7:00 p.m.	1 class	11/18
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## NEW! Winter Wonderland (Ages 12-17 years)

December is the perfect time to embrace the charm of the season through delightful projects that evoke the beauty of a snowy landscape. Imagine crafting snowy white cakes, frosted cookies that sparkle like fresh snow, and warm, spiced breads that fill your home with comforting aromas. This theme celebrates the art of baking with seasonal flavors, while also incorporating festive decorations that bring the winter wonderland to life. Create delectable treats that not only taste wonderful but also add a touch of holiday magic to your celebrations.

### Junior Chef Stars

Kitchen at Youth Center

Resident: \$76 Non-resident: \$89

22322	T	5:00 p.m. – 7:00 p.m.	1 class	12/16
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## NEW! Geared Up LEGO Motorized Vehicles Workshop (Ages 5-10 years)

Get ready to design, build, and race! Students will use LEGO motors to power all different types of exciting vehicles. From drag racers to jets and mars rovers to speed boats. Our students will learn STEM concepts such as the use of gears, pulleys, and potential energy to make various vehicles come to life.

### BrickTech Instructors

Homework Room at Youth Center

Resident: \$66 Non-resident: \$77

22346	Sa	9:00 a.m. – 12:00 p.m.	1 class	9/27
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## NEW! Python Game On (Ages 10-14 years)

In this fun class, students will take coding to the next level by programming games and competitions! With more advanced programming concepts, kids will create their own characters for head to head match ups including Pokémon characters, superheroes, famous sport teams, and their own original characters! Concepts covered include input/output, typecasting, variables, random number generation, and conditionals. Prior Python experience is not required. Material fee of \$30 is payable to the instructor at the first class.

### CodeAdvantage Instructors

Arts and Crafts Room at Youth Center

Resident: \$351 Non-resident: \$371

22532	Th	3:30 p.m. – 4:30 p.m.	10 classes	9/18 – 11/20
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## Fun with Circuits (Ages 5-12 years)

This class is designed for grades K-5 and whether you are a novice science enthusiast or an experienced scientist, you are sure to learn and enjoy our fun weekly experiments. Kids learn to experiment with batteries, light bulbs and voltage with our fun science base electrical games. Our instructors will provide all experimental equipment. \$40 material fee is payable to instructor at first class.

### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$220 Non-resident: \$240

22336	Sa	9:30 a.m. – 10:30 a.m.	7 classes	9/6 – 10/18
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## Code with Us (Ages 5-12 years)

Calling all Silicon Valley Geeks for a Tech-Ball where kids learn to design games using Scratch and Python coding. We start with Scratch Coding which focuses on making sure children understand the foundational computer programming concepts such as sequencing, branching, looping and variables. Completion of this program gives them a good foundation to start with other programming languages like Python. You are welcome to get your own laptops, or we can always provide one. So get excited and enroll your child for this Tech Journey. \$40 material fee is payable to instructor at the first class. No class 11/8 & 11/29.

### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$191 Non-resident: \$211

22337	Sa	9:30 a.m. – 10:30 a.m.	6 classes	10/25 – 12/13
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## AI Adventures (Ages 7-12 years)

Our course is thoughtfully designed to introduce your child to the dynamic world of Artificial Intelligence, igniting creativity and curiosity. In this class, students interact with cutting-edge AI technologies like ChatGPT, Stable Diffusion, DALL-E, and Novel.ai. They'll create chatbots, animations, stories, and films, gaining hands-on experience. Through projects, they'll delve into AI's inner workings and its problem-solving potential. This journey fosters critical thinking and collaboration with peers. Exciting activities include AI-enhanced short stories, art with DALL-E and Stable Diffusion, and collaborative chatbot programming. Our expert instructors will guide them, nurturing curiosity and exploring AI's possibilities. Bring own laptop, Chromebook, or tablet, or rent one for a one-time \$40 fee for use for during class. No class 11/26.

### Athena Coding

Arts and Crafts Room at Youth Center

Resident: \$186 Non-resident: \$206

22363	W	3:30 p.m. – 4:30 p.m.	7 classes	9/3 – 10/15
22364	W	3:30 p.m. – 4:30 p.m.	7 classes	10/22 – 12/10

## 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 class, students take home a 3D model of a Minecraft character. Bring own laptop, Chromebook, or iPad or rent one for a one-time payment for \$40 for the session. No class 10/13 & 11/24.

### Athena Coding Instructor

Arts and Crafts Room at Youth Center

Resident: \$161 Non-resident: \$181

22357	M	3:30 p.m. – 4:30 p.m.	6 classes	9/8 – 10/20
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Resident: \$186 Non-resident: \$206

22358	M	3:30 p.m. – 4:30 p.m.	7 classes	10/27 – 12/15
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## 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, and caves to explore and help Steve defeat the Ender Dragon! Please note there will be no video games played in this workshop.

### Brick Tech

Homework Room at Youth Center

Resident: \$66 Non-resident: \$77

22348	Sa	9:00 a.m. – 12:00 p.m.	1 class	12/13
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## Super Mario STEM Engineering LEGO Workshop (Ages 5-10 years)

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

### Brick Tech Instructors

Homework Room at Youth Center

Resident: \$66 Non-resident: \$77

22345	Sa	9:00 a.m. – 12:00 p.m.	1 class	9/6
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## Robotics (Ages 6-9 years)

EASE Education offers a stimulating robotics program for young engineers ranging from K to 3rd grade. Utilizing VEX 123, we teach young learners how to use VEX code with Drag & Drop blocks to code the 123 robot. Learners code using touch to control movements and sounds. They learn sequences, logic and problem solving. Learners progress to using coding Cards and the VEX Coder to control the 123 robot. They learn real programming away from tablets and computers. \$50 material fee payable to instructor at first class. No class 11/28.

### EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$396 Non-resident: \$416

22353	F	4:50 p.m. – 5:50 p.m.	6 classes	9/12 – 10/17
22354	F	4:50 p.m. – 5:50 p.m.	6 classes	10/24 – 12/5





## Robotics & Engineering (Ages 7-12 years)

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

No class 11/27.

### EASE Instructor

Loft Room at Adult Community Center

Resident: \$396 Non-resident: \$416

22327	Th	4:50 p.m. – 5:50 p.m.	6 classes	9/11 – 10/16
22330	Th	4:50 p.m. – 5:50 p.m.	6 classes	10/23 – 12/4



## Speech & Drama (Ages 7-12 years)

Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. To develop students' confidence in public speaking, we use plays and drama scripts to make public speaking fun and engaging for early elementary students. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future. \$50 material fee is payable to instructor at the first class. No class 11/27.

### EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$396 Non-resident: \$416

22351	F	3:50 p.m. – 4:50 p.m.	6 classes	9/12 – 10/17
22352	F	3:50 p.m. – 4:50 p.m.	6 classes	10/24 – 12/5



## Building Public Speaking Confidence

(Ages 7-12 years)

This course teaches young students the essentials of building confidence in public speaking. Taught using the fun concepts of "don't show and tell" storytelling (including scary and funny stories!), reciting poems, and pretend games, this is an excellent class to start developing confidence in young students in a fun way. The participants learn how to stand tall and speak confidently in front of a group. They begin to understand the concepts and importance of maintaining eye contact, good posture, volume, and expressions.

### Gurus Education Instructors

Arts and Crafts Room at Youth Center

Resident: \$330 Non-resident: \$350

22331	Th	4:50 p.m. – 5:50 p.m.	8 classes	9/18 – 11/6
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## Dungeons and Dragons (Ages 6-12 years)

Our exciting and imaginative program provides a fun and engaging way for students to develop their social, problem-solving, and teamwork skills while exploring the thrilling world of D&D. Dungeon Masters will guide students through a fantastical world filled with monsters, treasure, and challenges, while they work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork that will serve them well in all areas of life. Join us on an epic adventure that will leave you with memories to last a lifetime! No class 11/11 & 11/25.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$186 Non-resident: \$206

22361	T	3:30 p.m. – 4:30 p.m.	7 classes	9/2 – 10/14
22362	T	3:30 p.m. – 4:30 p.m.	7 classes	10/21 – 12/16

## 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](http://www.kidscarpentry.net). \$50 material fee payable to the instructor at first class. **No class 11/12 and 11/26.**

**John McGovern**

*Activity Room at Laureola Park*

**Resident: \$461 Non-resident: \$481**

<b>22130</b>	W	1:00 p.m. – 2:00 p.m.	12 classes	9/10 – 12/10
<b>22131</b>	W	2:00 p.m. – 3:00 p.m.	12 classes	9/10 – 12/10

## Home School Grade School Science with Robin (Ages 5-12 years)

Looking for some science fun for your homeschooler? Look no more! Robin from San Carlos Science Camps will be running Wednesday classes. Each camp we will have a project/activity which will focus on a general science topic and each week is different. We cover all kinds of topics in the areas of biology, physics, chemistry and cooking science. Material fee of \$15 for the 3-week class, \$20 for the 4-week class, and \$140 for the 14-week combo class is payable to instructor at the first class. **No class 10/22.**

**Robin Lise-Nielsen**

*Activity Room at Laureola Park*

**Resident: \$91 Non-resident: \$107**

<b>22373</b>	W	10:30 a.m. – 12:00 p.m.	4 classes	9/3 – 9/24
<b>22374</b>	W	10:30 a.m. – 12:00 p.m.	4 classes	10/1 – 10/29

**Resident: \$71 Non-resident: \$83**

<b>22375</b>	W	10:30 a.m. – 12:00 p.m.	3 classes	11/5 – 11/19
<b>22376</b>	W	10:30 a.m. – 12:00 p.m.	3 classes	12/3 – 12/17

### Combo Session

**Resident: \$271 Non-resident: \$291**

<b>22377</b>	W	10:30 a.m. – 12:00 p.m.	14 classes	9/3 – 12/17
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**See more Science with Robin's on page 8 & 9**

## Sunday Science with Robin

(Ages 5-11 years)

Look forward to Science Camp fun Sundays this Fall. Each camp we will have two projects/activities which will focus on a general science topic. Each week's camp is different. We cover all kinds of topics in the areas of biology, physics, chemistry and cooking science. There are also 2 Montessori recesses where campers can choose from their favorite activities and crafts such as outdoor play, pompom making, fuse beads, puzzles, hex bug tracks, and many more. Please bring a snack, water bottle and bag lunch. \$10 material fee is payable to instructor at class.

**Robin Lise-Nielsen**

*Activity Room at Laureola Park*

**Resident: \$51 Non-resident: \$59**

<b>22378</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	9/7
<b>22379</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	9/14
<b>22380</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	9/21
<b>22381</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	10/5
<b>22382</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	10/12
<b>22383</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	10/26
<b>22384</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	11/2
<b>22385</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	11/9
<b>22386</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	11/16
<b>22387</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	11/23
<b>22388</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	11/30
<b>22389</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	12/7
<b>22390</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	12/14
<b>22391</b>	Su	9:00 a.m. – 1:00 p.m.	1 class	12/21





# Sports

## San Carlos Flag Football League

The San Carlos Parks and Recreation Flag Football League is a 5-on-5 and 7-on-7 fast paced game that provides the opportunity for children to experience the fun of football and learn the sport. Games are 40 minutes long with a 5 minute half time. Practices are held one hour before game time. Game schedules will be out two weeks prior to the first game on [www.teamsideline.com/sancarlosca](http://www.teamsideline.com/sancarlosca). Please make sure your contact information is up to date when signing up for this league, so you receive all email notices.

The skills evaluation will take place Saturday, November 22nd at Highlands Park. The skills evaluation is essential in creating balanced teams in each league. The Evaluation is mandatory for all participants. The registration deadline for the league is Monday, November 10th. **No games on February 19th and 20th.**

*Highlands Park and Stadium Field*  
**Resident: \$220 Non-resident: \$240**

### Coed 3rd/4th Grade

<b>22096</b>	F	4:00 p.m. – 6:00 p.m.	8 games	1/9 – 3/6
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### Boys 5th/6th Grade

<b>22097</b>	F	4:00 p.m. – 7:00 p.m.	8 games	1/9 – 3/6
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### Boy's 7th/8th Grade

<b>22099</b>	F	6:00 p.m. – 9:00 p.m.	8 games	1/9 – 3/6
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### NEW! Girls 5th/6th Grade

<b>22098</b>	F	5:00 p.m. – 7:00 p.m.	8 games	1/9 – 3/6
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### NEW! Girls 7th/8th Grade

<b>22100</b>	F	6:00 p.m. – 9:00 p.m.	8 games	1/9 – 3/6
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## NEW! San Carlos Introduction to Flag Football

New to 2026, San Carlos is offering an introduction to flag football program that will feature 3 weeks of organized practice, and 5 weeks of games. This new league format will allow children to learn flag football drills and how the game works prior to competing in their first game. The game schedule will be released when teams are made after the three weeks of organized practice. Games will be held Thursday nights at Highlands Park.

### Coed 1st/2nd Grade

<b>22095</b>	Th	5:00 p.m. – 7:00 p.m.	8 classes	1/8 – 3/5
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## San Carlos Flag Football Training Camp

(Ages 6–12 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.

### San Carlos Sports Staff

*Flanagan Field at Burton Park*

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

<b>22158</b>	T	4:00 p.m. – 5:00 p.m.	8 classes	9/9 – 10/28
<b>22159</b>	Th	4:00 p.m. – 5:00 p.m.	8 classes	9/11 – 10/30

## San Carlos Youth Sports League Directory

**AYSO Soccer** Jessica Flores  
[sancarlosaysso.org](http://sancarlosaysso.org)

**San Carlos United Soccer** Fred Im  
[sancarlosunited.org](http://sancarlosunited.org)

**Little League Baseball** Josh Defonzo, Josh Zaroor  
[sancarlosll.com](http://sancarlosll.com)

**San Carlos Youth Softball** Bob Bollier  
[sancarosyouthsoftball.com](http://sancarosyouthsoftball.com)

## San Carlos Youth Basketball League

(Grades K-6th)

Recreation Basketball is a fun, low-pressure way to learn and enjoy the game of basketball. Equal playing time for all! Games are played on Saturdays at the Youth Center. Games are from 9:00 a.m. – 7:00 p.m. with the youngest ages playing first. Practices are held 30 minutes to 1 hour before game time on the Burton Park basketball courts.

The Skills Evaluation Combine will take place Saturday, December 7th at the San Carlos Youth Center. The skills evaluation is essential in creating balanced teams in each league. Specific information will be sent via email prior to the combine. Registration deadline for the league is November 10th. No games on 2/21.

Youth Center Gymnasium

Resident: \$201 Non-resident: \$221

### Boys Kindergarten/1st Grade

22102	Sa	9:00 a.m. – 12:00 p.m.	8 games	1/10 – 3/7
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### Boys 2nd/3rd Grade

22103	Sa	12:00 p.m. – 4:00 p.m.	8 games	1/10 – 3/7
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### Boys 4th/5th Grade

22106	Sa	4:00 p.m. – 7:00 p.m.	8 games	1/10-3/7
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### Boys 6th Grade

22472	Sa	4:00 p.m. – 7:00 p.m.	8 games	1/10-3/7
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### Girls Kindergarten/1st Grade

22101	Sa	8:00 a.m. – 10:00 a.m.	8 games	1/10 – 3/7
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### Girls 2nd/3rd Grade

22104	Sa	10:00 a.m. – 1:00 p.m.	8 games	1/10 – 3/7
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### Girls 4th/5th Grade

22105	Sa	3:00 p.m. – 6:00 p.m.	8 games	1/10 – 3/7
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### Girls 6th Grade

22473	Sa	4:00 p.m. – 7:00 p.m.	8 games	1/10-3/7
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## Afro Bushido Academy's Children's Self-Defense (Ages 5-8 years)

Afro Bushido Academy children's classes will introduce your child to a variety of physical self-defense methodologies from wrestling, kickboxing, kenpo, aikido, and BJJ to help them learn transferable life-skills including social and physical awareness, focus, breathing, balance, strength-building, and endurance. Students will additionally build confidence and coordination through creative expression with dance choreography and film stunt-acting as part of our creative self-defense and bully prevention courses.

### Afro Bushido Academy Instructors

2699 Spring St. Redwood City

Resident: \$386 Non-resident: \$406

### Ages 5-8 years

22303	M,W	4:15 p.m. – 5:00 p.m.	16 classes	9/8 – 10/29
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22304	M,W	4:15 p.m. – 5:00 p.m.	15 classes	11/3 – 12/22
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### Ages 9-12 years

22299	T,Th	4:15 p.m. – 5:00 p.m.	16 classes	9/2 – 10/23
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22300	T,Th	4:15 p.m. – 5:00 p.m.	15 classes	10/28 – 12/23
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## Skyhawks Sports – Beginning Golf

(Ages 5–10 years)

Tee up for fun in our beginner golf class made just for kids! Using safe, kid-friendly equipment, we'll swing, putt, and play through imaginative games that build coordination, focus, and confidence. Whether it's aiming for colorful targets or mastering mini fairways, every session is packed with playful challenges in a safe and supportive setting. No experience needed—just bring your curiosity and your best “fore!”

### Skyhawks Sports Instructors

Laureola Park

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

#### Ages 5–7 years

22432	W	3:45 p.m. – 4:45 p.m.	6 classes	9/10 – 10/15
22434	W	3:45 p.m. – 4:45 p.m.	6 classes	10/29 – 12/10

#### Ages 8–10 years

22436	W	5:00 p.m. – 6:00 p.m.	6 classes	9/10 – 10/15
22435	W	5:00 p.m. – 6:00 p.m.	6 classes	10/29 – 12/10



## Rebound Basketball Academy – Skills and Games (Ages 5–7 years)

Improve and practice your basic basketball skills such as dribbling, passing, and shooting in each session. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. No class 11/30.

### Rebound Basketball Academy Instructors

Resident: \$166 Non-resident: \$186

Youth Center Gymnasium

22237	Su	1:15 p.m. – 2:00 p.m.	6 classes	9/7 – 10/12
22238	Su	1:15 p.m. – 2:00 p.m.	6 classes	10/26 – 12/7

Burton Park Outdoor Basketball Courts

22242	W	3:15 p.m. – 4:00 p.m.	6 classes	9/3 – 10/8
22244	W	3:15 p.m. – 4:00 p.m.	6 classes	10/22 – 12/3

## Rebound Basketball Academy – Training and Scrimmages (Ages 8–13 years)

These classes are designed for all skill levels from beginner to hoop veterans. Emphasis remains building basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give students a strong foundation while moving to the game level. No class 11/30.

### Rebound Basketball Academy Instructors

Resident: \$176 Non-resident: \$196

Burton Park Outdoor Basketball Courts

22243	W	4:05 p.m. – 5:00 p.m.	6 classes	9/3 – 10/8
22245	W	4:05 p.m. – 5:00 p.m.	6 classes	10/22 – 12/3

Youth Center Gymnasium

22239	Su	2:05 p.m. – 3:00 p.m.	6 classes	9/7 – 10/12
22240	Su	2:05 p.m. – 3:00 p.m.	6 classes	10/26 – 12/7

## World Cup Soccer Skills Clinic (Ages 4–9 years)

World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action. No class 11/27 and 11/29.

### World Cup Soccer Instructors

Rotary Field (North) at Highlands Park

#### Ages 4–6 years

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

22133	Th	4:00 p.m. – 5:00 p.m.	7 classes	9/18 – 10/30
22132	Sa	10:00 a.m. – 11:00 a.m.	7 classes	9/20 – 11/1

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

22139	Th	5:00 p.m. – 6:00 p.m.	6 classes	11/6 – 12/18
22140	Sa	10:00 a.m. – 11:00 a.m.	6 classes	11/8 – 12/20

#### Ages 7–9 years

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

22136	Th	5:00 p.m. – 6:00 p.m.	7 classes	9/18 – 10/30
22134	Sa	11:00 a.m. – 12:00 p.m.	7 classes	9/20 – 11/1

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

22138	Th	5:00 p.m. – 6:00 p.m.	6 classes	11/6 – 12/18
22143	Sa	11:00 a.m. – 12:00 p.m.	6 classes	11/8 – 12/20

# TENNIS AND PICKLEBALL

## Aces! Whitlinger/Sarsfield Tennis

**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 postponed 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](http://WhitlingerSarsfieldTennis.com). There will be no makeup lesson(s) for any lesson(s) missed by the participants.

### 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 success.

#### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$146 Non-resident: \$166

<b>22107</b>	T,Th	3:20 p.m. – 4:00 p.m.	8 classes	9/9 – 10/2
<b>22108</b>	W	3:20 p.m. – 4:00 p.m.	8 classes	9/10 – 10/29
<b>22109</b>	Sa	11:00 a.m. – 11:40 a.m.	8 classes	9/13 – 11/1
<b>22110</b>	T,Th	3:20 p.m. – 4:00 p.m.	8 classes	10/14 – 11/6



### 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.

#### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

<b>22111</b>	T,Th	4:00 p.m. – 5:00 p.m.	8 classes	9/9 – 10/2
<b>22112</b>	Sa	10:00 a.m. – 11:00 a.m.	8 classes	9/13 – 11/1
<b>22113</b>	T,Th	4:00 p.m. – 5:00 p.m.	8 classes	10/14 – 11/6

### 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.

#### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

<b>22114</b>	T,Th	6:00 p.m. – 7:00 p.m.	8 classes	9/9 – 10/2
<b>22115</b>	T,Th	6:00 p.m. – 7:00 p.m.	8 classes	10/14 – 11/6

### ACES! Junior Low Intermediate Tennis

(Ages 11-14 yrs)

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.

#### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

<b>22116</b>	W	4:00 p.m. – 5:00 p.m.	8 classes	9/10 – 10/29
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## 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.

### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

22118	Sa	8:00 a.m. – 9:00 a.m.	8 classes	9/13 – 11/1
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## ACES! Adult Low Intermediate Tennis

(Ages 15+ yrs)

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.

### Whitlinger/Sarsfield Tennis Instructors

Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

22119	T,Th	7:00 p.m. – 8:00 p.m.	8 classes	9/9 – 10/2
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22120	T,Th	7:00 p.m. – 8:00 p.m.	8 classes	10/14 – 11/6
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## ACES! Adult Intermediate Tennis

(Ages 15+ years)

For players (NTRP 3.0) who are consistent on medium pace rally but need to develop more spin, power, and/or variety. control, Refine stroke techniques, strategy, and tactics with performance enhancing drills.

### Whitlinger/Sarsfield Tennis Instructors

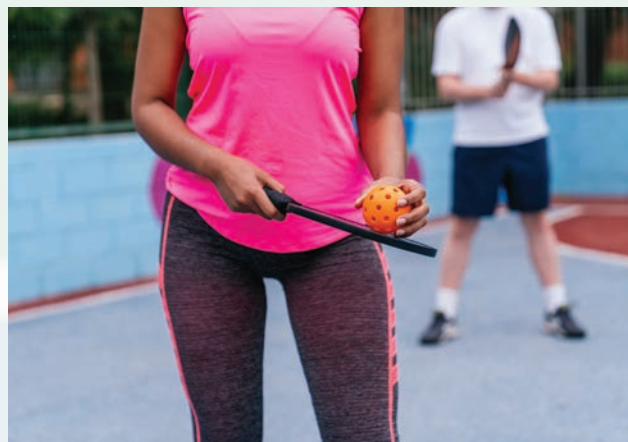
Tennis Courts 1&2 at Burton Park

Resident: \$216 Non-resident: \$236

22267	T,Th	8:00 p.m. – 9:00 p.m.	8 classes	9/9 – 10/2
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22269	Sa	9:00 a.m. – 10:00 a.m.	8 classes	9/13 – 11/1
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22268	T,Th	8:00 p.m. – 9:00 p.m.	8 classes	10/14 – 11/6
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## 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.

### Whitlinger/Sarsfield Pickleball Instructors

Resident: \$206 Non-resident: \$226

Crestview Pickleball Courts

22128	W	9:30 a.m. – 10:30 a.m.	6 classes	9/10 – 10/15
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Youth Center Gymnasium

22122	Th	12:00 p.m. – 1:00 p.m.	8 classes	9/11 – 10/30
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Tennis Courts 1&2 at Highlands Park

22124	Sa	1:30 p.m. – 2:30 p.m.	8 classes	9/13 – 11/1
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## ACES! Junior Novice Pickleball (Ages 10-14 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

### Whitlinger/Sarsfield Pickleball Instructors

Tennis Courts 1&2 at Highlands Park

Resident: \$206 Non-resident: \$226

22117	Sa	2:30 p.m. – 3:30 p.m.	8 classes	9/13 – 11/1
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## 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.

### Whitlinger/Sarsfield Pickleball Instructors

Resident: \$206 Non-resident: \$226

Crestview Pickleball Courts

22129	W	10:30 a.m. – 11:30 a.m.	6 classes	9/10 – 10/15
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Youth Center Gymnasium

22125	Th	11:00 a.m. – 12:00 p.m.	8 classes	9/11 – 10/30
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Tennis Courts 1&2 at Highlands Park

22126	Sa	12:30 p.m. – 1:30 p.m.	8 classes	9/13 – 11/1
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## 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.

### Whitlinger/Sarsfield Pickleball Instructors

Youth Center Gymnasium

Resident: \$206 Non-resident: \$226

22127	Th	10:00 a.m. – 11:00 a.m.	8 classes	9/11 – 10/30
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## Euro School of Tennis: Adult Novice Tennis

(Ages 15+ years)

Our adult tennis clinics are designed for novice players ages (Ages 15+ years). With one instructor for every six students, even if you've never held a racquet before, this is a great way to begin appreciating and enjoying the game of tennis. By the end of the course, you'll be able to hit the ball with consistency over the net, allowing for great game play and fun! No class 11/24 and 11/26.

### Euro School of Tennis Instructors

Tennis Courts 4&5 at Highlands Park

Resident: \$500 Non-resident: \$520

22148	M	7:30 p.m. – 8:30 p.m.	12 classes	9/22 – 12/15
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22149	W	7:00 p.m. – 8:00 p.m.	12 classes	9/24 – 12/17
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## Euro School of Tennis: Pee Wee Tennis

(Ages 4–5 years)

Our program offers your small tennis star a fun introduction to the game in a setting that's perfect for their learning abilities. With instructors who continually provide that extra effort that is so necessary to teach little ones the fundamentals of the game, here you'll find a program that will keep your child motivated and interested while truly enjoying an introduction to tennis. No class 11/24 and 11/26.

### Euro School of Tennis Instructors

Tennis Courts 4&5 at Highlands Park

Resident: \$500 Non-resident: \$520

22154	M	5:40 p.m. – 6:30 p.m.	12 classes	9/22-12/15
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22155	W	5:15 p.m. – 6:00 p.m.	12 classes	9/24 – 12/17
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## Euro School of Tennis: Mini Aces Tennis

(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 class 11/24 and 11/26.

### Euro School of Tennis Instructors

Tennis Courts 4&5 at Highlands Park

Resident: \$500 Non-resident: \$520

22151	M	6:30 p.m. – 7:30 p.m.	12 classes	9/22 – 12/15
22152	W	6:00 p.m. – 7:00 p.m.	12 classes	9/24 – 12/17



## Euro School of Tennis: After School Tennis

(Ages 8–10 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 enjoy this great sport in no time. Tennis equips students with great skills that carry over to other sports and even into the classroom: students increase their level of physical endurance and coordination; students gain mental strength through enhanced concentration and self-discipline; and students learn the value of integrity and honesty. No class 11/24 and 11/26.

### Euro School of Tennis Instructors

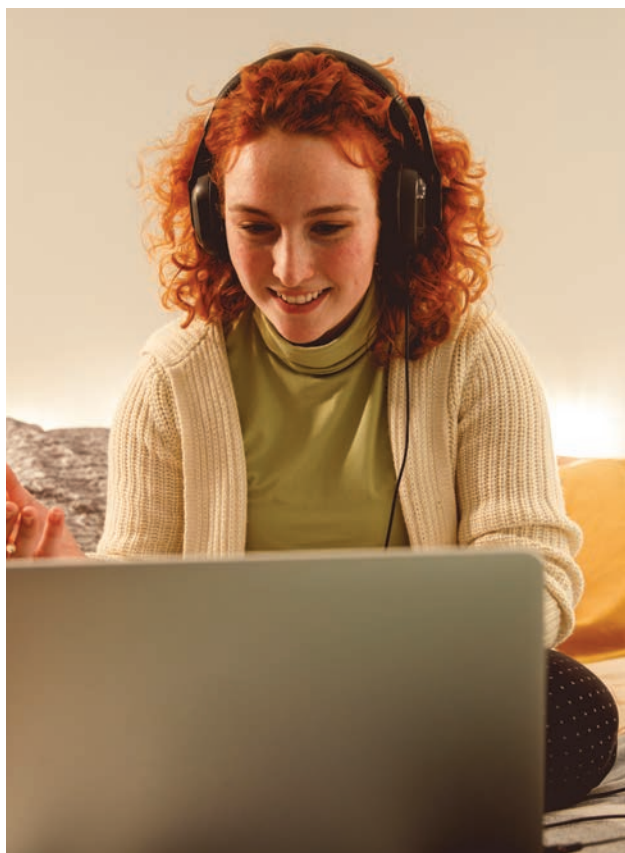
Tennis Courts 4&5 at Highlands Park

Resident: \$596 Non-resident: \$616

22150	M	4:30 p.m. – 5:30 p.m.	12 classes	9/22 – 12/15
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# TEEN ACTIVITIES



## Virtual Driver Education Online

### California State Required Course

(Ages 15+)

Online Driver Education is the state required course being offered through Economic Driving School #2430. The Driver Ed. course is approved by the California Department of Motor Vehicles. Reading, 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 permit test. The course is easy to use. You simply login to the website, enroll, and you can begin immediately! Students will be sent a state completion certificate via U.S. mail upon completion of the course.

### Economic Driving School

(408) 972-1168 To register go to [economicdrivingschool.com/online](http://economicdrivingschool.com/online)

**Fee: \$41 with Promo Code 1951 at registration.** When registering make sure to complete the question that says: How did you hear about us by choosing School: Enter code: 4382.

## Special Interest

### NEW! Winter Wonderland (Ages 12-17 years)

December is the perfect time to embrace the charm of the season through delightful projects that evoke the beauty of a snowy landscape. Imagine crafting snowy white cakes, frosted cookies that sparkle like fresh snow, and warm, spiced breads that fill your home with comforting aromas. This theme celebrates the art of baking with seasonal flavors, while also incorporating festive decorations that bring the winter wonderland to life. Create delectable treats that not only taste wonderful but also add a touch of holiday magic to your celebrations.

#### Junior Chef Stars

*Kitchen at Youth Center*

**Resident: \$76 Non-resident: \$89**

22322	T	5:00 p.m. – 7:00 p.m.	1 class	12/16
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### NEW! Advanced Acting – Page to Stage

(Ages 12-18 years)

Bring your story to life this fall! In this hands-on playwriting and performance class, teens will collaborate with local playwright Sarah Fama to write and perform their very own original one-act plays. Whether bursting with story ideas or just curious about how plays come together, teens will find this class a great opportunity to explore their creativity and bring their ideas to the stage. Students will dive into the fundamentals of playwriting, learning how to craft compelling storylines, create memorable characters, and write natural, engaging dialogue. Along the way, they'll also have the chance to explore set design, props, and costumes to support their vision. The session wraps up with a special performance for friends and family featuring original student works.

#### San Carlos Children's Theater Instructors

*SCCT Studio, 1314 Old Country Road, Belmont.*

**Resident: \$295 Non-resident: \$315**

22186	Th	5:30 p.m. – 7:00 p.m.	8 classes	9/18 – 11/6
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## 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.  
Tutoring with Mr. Watts: Monday, Tuesday, and  
Thursday, 4:00 p.m. – 6:00 p.m.

### 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 Program

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 2024-25 membership form and sign the behavior standards. Membership forms must be renewed every year starting August 1 and are available online by visiting [cityofsancarlos.org/scyc](http://cityofsancarlos.org/scyc).

### Stay in the Loop

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

### Questions?

Call Recreation Coordinator Emma Licko at (650) 802-4122 or email [elicko@cityofsancarlos.org](mailto:elicko@cityofsancarlos.org).

## 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

<b>Sept. 11</b>	Thu. Night Football	6:00 p.m. – 8:00 p.m.
<b>Oct. 2</b>	Thu. Night Football	6:00 p.m. – 8:00 p.m.
<b>Oct. 13</b>	Extended Day	10:00 a.m. – 4:00 p.m.
<b>Nov. 6</b>	Thu. Night Football	6:00 p.m. – 8:00 p.m.
<b>Dec. 11</b>	Thu. Night Football	6:00 p.m. – 8:00 p.m.
<b>Dec. 18</b>	Minimum Day	1:00 p.m. – 6:00 p.m.
<b>Dec. 19</b>	Extended Day	10:00 a.m. – 4:00 p.m.

**Membership Forms for the 2025-26 school year must be renewed prior to September 12.**

## Holidays and Closures

August 18 - 22 (Open House August 20)

November 24-28

December 24 - Jan 4

Jan 15 - MLK Day

**Stay Informed. Sign Up  
for our “What’s UP YC”  
monthly newsletter!**

[cityofsancarlos.org/whatsupyc](http://cityofsancarlos.org/whatsupyc)





# DROP-IN COOKING GROUP

Looking for a hands on, tasty activity for your Jr. Chef during After School Drop-In?

Join us as we provide junior chefs with the tools necessary to create, cook, and learn. Have your junior chef expand on their cooking knowledge as our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food all while having a blast and making new friends. Every season has new and exciting recipes so feel free to sign up if this is your first time or you are a seasoned junior chef!

Classes are free and available for registration on August 5 (Residents) and August 12 (Non-Residents). Empty spots or no-shows will be available to Drop-In participants on a first come first serve basis. Participants must be present for the full 75-minute class.

**Junior Chef Stars Instructors**  
*Kitchen at Youth Center*  
**FREE**

**22536** Wed 2:00p.m. – 3:15 p.m. 6 classes 9/10 – 10/15



# DROP-IN ACTIVITIES WEEK AT-A-GLANCE

Monday.....DIY Art Project  
Tuesday .....Group Games  
Wednesday .....Cooking Group  
Thursday.....Group Game  
Friday.....Movie

# THURSDAY NIGHT FOOTBALL EXTENDED DROP-IN

Ages 10-17 years  
6:00 p.m. – 8:00 p.m.  
Youth Center

Watch the game with your friends, eat free pizza and fruit, and shoot some hoops during halftime! No Pre-Registration required, free with a Drop-In Membership. To learn more, and register your child for After School Drop-In, visit [cityofsancarlos.org/scyc](http://cityofsancarlos.org/scyc).

## Thursday Night Football Schedule

**September 11**      **November 6**  
**October 2**          **December 11**



# DEEP SEA DISCO DANCE

**September 19**  
(Grades 6-8) | 7:00 p.m. – 9:00 p.m.  
Youth Center | Course **22537**

- Tickets cost \$10 each are ONLY online and in advance at [www.cityofsancarlos.org/register](http://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 to attend events. Inappropriate behavior will result in parent notification and immediate dismissal from the dance.
- 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) 802-4120

# YOUTH ADVISORY COUNCIL

AGES 12-18 YEARS

## What is the YAC?

The Youth Advisory Council (YAC) is an all volunteer advisory council to the San Carlos City Council comprised of middle school and high school teens.

## What types of projects do we do?

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

## Join Us

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

## How to Apply

Applications for the 2026-27 Youth Advisory Council will open in February 2026. For more information on the YAC, visit [cityofsancarlos.org/yac](http://cityofsancarlos.org/yac).

**October 17**

Haunted House

**October 25**

Laurel Street Cleanup

**December 15-17**

Finals and Fries

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

# TEEN MOVIE NIGHT PIRATES OF THE CARIBBEAN

Ages 13-17 years

November 14, 7:00 p.m. – 9:30 p.m.

Fee: \$5, Youth Center

Course #: 22552

Grab your friends and Come to the Youth Center for Teen Movie Night! Get ready for an evening of fun, laughter, and cinematic delight! Admission includes popcorn throughout the movie! The movie will start at approximately 7:00 p.m. Be sure to arrive early to secure your spot! Bring your blankets, chairs, and snacks to enjoy this outdoor cinematic experience.



# FINALS & FRIES

**December 15-17**

(Ages 13-17 years)

6:00 p.m. – 10:00 p.m. | Youth Center

Study alone or with a group of classmates in preparation for finals in one of the Youth Center Study Rooms! Fries from 3 different local restaurants will be provided to all attendees. The Dance Studio (Quiet Zone) and the Homework Room (Collaborative Studying) will all be open and fully stocked with supplies for your studying needs. For more information or questions, contact Emma Licko at [elicko@cityofsancarlos.org](mailto:elicko@cityofsancarlos.org) or call (650) 802-4122.

Dec. 15-17	Course <b>22557</b>	Dec. 16	Course <b>22559</b>
Dec. 15	Course <b>22558</b>	Dec. 17	Course <b>22560</b>





# GENERATION BUDDIES

Ages 10-17 years

Join the San Carlos Youth Advisory Council for Generation Buddies: a program in partnership with the Adult Community Center to build community among youth and seniors. Each month youth participants will have the opportunity to interact with ACC members, participate in planned activities, and get a free dinner!

**Mondays, 9/29, 10/27, and 11/17**

**4:00 p.m. – 6:00 p.m.**

**Adult Community Center, 601 Chestnut Street**

**September 29**..... Family Feud

**October 27** ..... Card Games Galore!

**November 17** ..... Beaded Craft Night

To register, visit [cityofsancarlos.org/volunteer](http://cityofsancarlos.org/volunteer).



# FALL BREAK ADVENTURE CAMP

AGES: 5-9 • YOUTH CENTER

**Monday 11/25, Tuesday 11/26,  
Wednesday 11/27**

Fees: \$237 / M-W or \$79 / day

**Monday-Wednesday (11/24-11/26)**

Course # **22541**

**Monday (11/24)**

Course # **22538**

**Tuesday (11/25)**

Course # **22539**

**Wednesday (11/26)**

Course # **22540**

# KIDS NIGHT OUT

AGES 5-9 • YOUTH CENTER

**Fridays, 6:00 p.m. – 9:00 p.m.**

**Fee** \$40

**Location** Youth Center

Drop off your kids at the Youth Center while parents/guardians enjoy an evening out. Children participate in organized crafts, games, and a movie, in a safe and fun environment. Pizza dinner, fruit, and popcorn!

**September 5** Slime Time (Course **22542**)

**October 3** Dinosaur Dig (Course **22543**)

**November 7** Minecraft Block Party  
(Course **22544**)

**December 12** Lego Builders Bash  
(Course **22545**)

# ADULT ACTIVITIES

## Arts & Music

### NEW! Drawing Foundation (Ages 18+ years)

Build your artistic foundation in this structured introduction to the world of drawing. Learn about line variety, value, composition and perspective to create a series of artworks. Train your artistic eye through drawings from both observation and reference. Projects include still life compositions, reference drawings and figure drawings. The perfect class for all beginning artists, as well as students who want to brush up on their basics.

#### Community School of Music and Arts Instructors

Belmont Artisan Crossing 1325 Old Country Road, Belmont, 94002

Resident: \$371 Non-resident: \$391

22405	W	6:45 p.m. – 8:15 p.m.	10 classes	9/10 – 11/12
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### NEW! Fall Art Circle (Ages 18+ years)

Ready to tap into your creativity in a relaxed and playful way? This introductory creative circle offers a gentle exploration of art journaling as a tool for self-expression. We will use watercolor, ink and pen to create the pages. We'll use soothing guided imagery and fun, gentle prompts to unlock your imagination and inspire your painting. Discover the delightful process of listening to your inner world and translating it onto paper through the fluid beauty of watercolor and the personal space of your art journal. No art experience is required, just bring your willingness and a curious spirit ready to play with paint and explore your inner landscape! Each session will change slightly, so feel free to sign up for both. No class 11/11 and 11/25.

#### Tiffany Karow

80 Glenn Way, Suite 15, San Carlos

Resident: \$371 Non-resident: \$391

22334	T	9:30 a.m. – 11:30 a.m.	6 classes	9/9 – 10/14
22335	T	6:30 p.m. – 8:30 p.m.	6 classes	9/9 – 10/14
22534	T	9:30 a.m. – 11:30 a.m.	6 classes	10/21 – 12/9
22535	T	6:30 p.m. – 8:30 p.m.	6 classes	10/21 – 12/9

### Fee Assistance

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

### NEW! Figure Drawing Studio (Ages 18+ years)

Join us for an open and relaxed figure drawing session with a live nude model. These drop-in classes are perfect for adults of all skill levels looking to practice drawing from life. To ensure the class runs, we need at least three registered attendees by the Thursday before each Saturday session. We'll have A-frame easels available, and some basic supplies like pencils, blending stumps, and kneaded erasers. However, we encourage artists to bring their own drawing materials as supplies are limited. While there's no formal instruction, a trained CSMA teaching artist will be on hand for guidance.

#### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$56 Non-resident: \$65

22408	Sa	1:15 p.m. – 3:15 p.m.	1 class	9/13
22409	Sa	1:15 p.m. – 3:15 p.m.	1 class	9/20
22410	Sa	1:15 p.m. – 3:15 p.m.	1 class	9/27
22411	Sa	1:15 p.m. – 3:15 p.m.	1 class	10/4
22412	Sa	1:15 p.m. – 3:15 p.m.	1 class	10/11
22413	Sa	1:15 p.m. – 3:15 p.m.	1 class	10/18
22414	Sa	1:15 p.m. – 3:15 p.m.	1 class	10/25
22415	Sa	1:15 p.m. – 3:15 p.m.	1 class	11/1
22416	Sa	1:15 p.m. – 3:15 p.m.	1 class	11/8
22417	Sa	1:15 p.m. – 3:15 p.m.	1 class	11/15

### Watercolor (Ages 18+ years)

Come explore the beauty of watercolor. Learn to use wet-on-dry and wet-on-wet techniques to paint still lifes, landscapes, florals, animals and more. Class demos and exercises help you build your painting skills, learn to control water, paint and mix color effectively. Basic art concepts such as composition, focal points, color harmony, effective sketching and brush techniques will be incorporated into class projects. An excellent class for both beginner and experienced watercolor artists to learn and expand on their skills.

#### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$491 Non-resident: \$511

22407	Th	6:00 p.m. – 8:00 p.m.	10 classes	9/11 – 11/13
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## 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 decor. These are great to use on an exterior door. The faux/permanent materials will last for a few seasons. We will be using ribbon to make bows to accent the wreaths. \$25 material fee is payable to instructor at class meeting. Youth 12 years and older can register and attend with a registered parent/guardian.

### Christine Hopkins

Loft Room at Adult Community Center

Resident: \$51 Non-resident: \$59

**22286** T 6:30 p.m. – 8:30 p.m. 1 class 12/2



## Private Music Lessons (Ages 8+ years)

Join us for our Fall Session, running from September 30 to December 20, and featuring 9 engaging classes. You can view our absence policies at <https://arts4all.org/belmont/private-lessons/#tuition>. Once you register, we will reach out within one business day to discuss scheduling and availability. Please reach out to BelmontCSMA@arts4all.org with any specific questions about scheduling, teachers, or policies.

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont.

Resident: \$813 Non-resident: \$833

**22419** Piano – 45 Minute Lessons (Ages 8+ years)

**22421** Violin – 45 Minute Lessons (Ages 9+ years)

Resident: \$813 Non-resident: \$833

**22422** Voice – 45 Minute Lessons (Ages 11+ years)

## Intro to the Guitar (Ages 18+ years)

Learn to play guitar: chords, strumming, finger picking, reading guitar tabs, elementary sight reading, and lots of songs! Minimum daily practice of 15 minutes ensures getting maximum value from class. All music/handouts provided. Students must provide their own guitar beginning with the first class – acoustic preferred. Please Note: Supplies Needed: Hal Leonard Guitar Method, Complete Edition: Books 1, 2 and 3. **No class 11/11.**

### Community School of Music and Arts Instructors

Artisan Crossing location in Belmont at Community School of Music and Arts, 1325 Old Country Road, Belmont

Resident: \$332 Non-resident: \$352

**22406** T 7:00 p.m. – 8:00 p.m. 10 classes 9/9 – 11/18

## Dance

### Beginner Ballroom Dance (Ages 18+ years)

Come learn the basics of ballroom dance. As Louis Van Amstel from Dancing With The Stars says, "If you can clap it, you can dance it." Participants will learn the rhythm of the dances and the basic steps for: Rhumba, Samba, Cha Cha, Tango, Waltz, Foxtrot, Swing, and more. Feel exhilarated as you move across the dance floor. Partners are encouraged, but not necessary. No one should miss out on ballroom dancing. Sign up and fees are per person.

### Sandra Frojelin

Parkview Room at Adult Community Center

Resident: \$112 Non-resident: \$132

**22256** T 6:00 p.m. – 6:50 p.m. 10 classes 9/2 – 11/4

### Advanced Beginner Ballroom Dance

(Ages 18+ years)

Ballroom basics will be expanded upon as we introduce more complex footwork and synchronized movements. More choreography, including turns and positions will be used to expand your basic ballroom steps. While the first classes will review the basics and emphasize positions, participants must have a good understanding of ballroom dance basic steps, dance tempos and hold position. Get ready to let yourself shine on the dance floor. Sign up and fees are per person.

### Sandra Frojelin

Parkview Room at Adult Community Center

Resident: \$112 Non-resident: \$131

**22257** T 7:00 p.m. – 7:50 p.m. 10 classes 9/2 – 11/4



## 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](mailto:cch3@att.net). For more information visit [cathyandclaudio.com](http://cathyandclaudio.com). Pay for the session and save, or drop-in, \$8 at the door. **No class 11/13 & 11/27.**

### Catherine Dacumos

*Parkview Room at Adult Community Center*

**Resident: \$95 Non-resident: \$112**

### Beginning

<b>22280</b>	Th	11:30 a.m. – 12:45 p.m.	12 classes	9/4 – 12/4
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### Intermediate

<b>22281</b>	Th	12:45 p.m. – 2:00 p.m.	12 classes	9/4 – 12/4
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## Fitness & Wellness

### NEW! Stretch and Roll Recovery (Ages 18+ years)

Recharge your body and mind in this restorative class designed to improve flexibility, reduce muscle tension, and aid recovery. Combining deep stretching techniques with foam rolling, this session targets key muscle groups to release tightness, enhance circulation, and support injury prevention. Perfect for fitness enthusiasts or anyone who wants to move better and release tight muscles. All levels welcome. Bring your own mat, foam roller, stretch/yoga strap, and a readiness to relax and restore. (Equipment for class may be purchased from instructor for \$40 if needed, please note on registration).

### Sandra Frojelin

*San Carlos Room at Adult Community Center*

**Resident: \$111 Non-resident: \$131**

<b>22258</b>	Th	7:00 p.m. – 7:50 p.m.	10 classes	9/18 – 11/20
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### NEW! Yoga for Menopausal Support

(Ages 18+ years)

Navigate menopause with grace and strength through this transformative 6-week yoga program. Designed specifically for women experiencing perimenopause and menopause, this supportive class combines gentle movement, restorative poses, and mindful breathing to manage hot flashes, improve sleep, reduce stress, and boost energy. Classes led by a dual-certified RYT 200 and Pilates instructor dedicated to enhancing your practice. Bring a yoga mat and optional block and/or blanket and join us as we build physical resilience and emotional balance during this natural transition!

### Michelle Chang

*Parkview Room at Adult Community Center*

**Resident: \$101 Non-resident: \$119**

<b>22481</b>	W	7:30 p.m. – 8:20 p.m.	6 classes	9/17 – 10/22
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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 11/24 and 11/26.**

### Gloria Baumann

*Parkview Room at Adult Community Center*

**Resident: \$251 Non-resident: \$271**

<b>22156</b>	M	5:45 p.m. – 7:00 p.m.	13 classes	9/8 – 12/8
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<b>22157</b>	W	5:45 p.m. – 7:00 p.m.	13 classes	9/10 – 12/10
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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 gentle yoga postures customized for your condition and breathing exercises for stress reduction, and complete each session in deep relaxation. Wear comfortable clothing and bring a yoga mat, 1 or 2 yoga blocks, and a strap. Join us on Tuesdays, join us on Thursdays, or come twice a week. **No class 11/11 & 11/27.**

### Julia Harkola

*Chestnut Room at Adult Community Center*

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

<b>22270</b>	T,Th	5:45 p.m. – 6:45 p.m.	28 classes	9/9 – 12/18
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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 11/11 & 11/27.**

### Julia Harkola

*Chestnut Room at Adult Community Center*

**Resident: \$256 Non-resident: \$276**

<b>22271</b>	T,Th	7:00 p.m. – 8:15 p.m.	28 classes	9/9 – 12/18
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## Fit4Mom Stroller Strides® and Stroller Barre® (Ages 18+ years)

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

**Fee:** Pre-registration and liability waiver required.

**\$30 single class \$129 5-class pass**

**\$119 unlimited monthly membership**

### Stroller Strides

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

Th	9 :30 a.m. – 10:30 a.m.	Burton Park
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## Body Boost® (Ages 18+ years)

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

**Fee:** Pre-registration and liability waiver required.

**\$34 single class \$119 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.	Burton Park

## Energize Your Life with Strength & Stamina Workout (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 Area at Burton Park*

**Resident: \$71 Non-resident: \$83**

<b>22482</b>	Sa	11:00 a.m. – 12:00 p.m.	2 classes	9/27 – 10/4
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## Sound Bath Meditation (Ages 18+ years)

Combining the power of sound healing and deep meditation, Sound Baths offer a transformative experience designed for relaxation, stress reduction and rejuvenation of mind, body and spirit. Participants will immerse themselves in a soothing soundscape created by singing bowls, gongs, drums, chimes and sounds of nature such as rain & ocean waves. The gentle vibrations shower & flow through our bodies from head to toe, restoring harmony & balance, reducing pain and anxiety and improving sleep quality. Come and indulge in an oasis of tranquility!

### Sailee Raje

*Parkview Room at Adult Community Center*

**Resident: \$46 Non-resident: \$53**

<b>22259</b>	Th	7:00 p.m. – 8:30 p.m.	1 class	9/4
<b>22260</b>	Th	7:00 p.m. – 8:30 p.m.	1 class	10/2
<b>22261</b>	Th	7:00 p.m. – 8:30 p.m.	1 class	11/6
<b>22262</b>	Th	7:00 p.m. – 8:30 p.m.	1 class	12/4

## 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: \$111 Non-resident: \$131**

<b>22255</b>	Th	6:00 p.m. – 6:50 p.m.	10 classes	9/18 – 11/20
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## BollyX (Ages 18+ years)

BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music. It is a 55-minute cardio class that has choreography which cycles between higher and lower-intensity dance sequences that can help you burn around 500-800 calories per session. Because it is a cardio dance class, you can expect to see high impact dance moves throughout the class. However, feel free to modify any of the dance moves as you like. Our goal is for you to have a lot of fun as you dance to the beats of amazing Bollywood songs and unleash your inner rock star. Come and join the joy of dancing while exercising with Bollywood songs. **No class 11/26.**

### Flora Yazdani

*San Carlos Room at Adult Community Center*

**Resident: \$141 Non-resident: \$161**

<b>22147</b>	W	6:30 p.m. – 7:25 p.m.	7 classes	9/10 – 10/22
<b>22565</b>	W	6:30 p.m. – 7:25 p.m.	7 classes	10/29 – 12/17

## 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: \$130 Non-resident: \$150**

<b>22278</b>	T	9:00 a.m. – 10:00 a.m.	8 classes	9/2 – 10/21
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**Resident: \$115 Non-resident: \$135**

<b>22279</b>	T	9:00 a.m. – 10:00 a.m.	7 classes	10/28 – 12/16
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## Evening Zumba (Ages 18+ years)

Zumba is a high-energy dance class features intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength through the application of beginner-accessible choreography. You don't need special dance skills to have a great time in Zumba class. People with natural rhythm may pick up on the moves faster, but no one is keeping score, so just dance, let go, and have fun and feel free to modify any moves according to your needs. **No class 11/24.**

### Flora Yazdani

*San Carlos Room at Adult Community Center*

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

<b>22144</b>	M	6:30 p.m. – 7:25 p.m.	8 classes	9/8 – 10/27
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**Resident: \$122 Non-resident: \$142**

<b>22145</b>	M	6:30 p.m. – 7:25 p.m.	6 classes	11/3 – 12/15
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## Pilates Fusion (Ages 18+ years)

Have fun sculpting your core, toning muscles, and improving balance and flexibility in this full body workout for beginners, long-time athletes, and everyone in between. This mat Pilates class incorporates exercises from different workout styles-including yoga sculpt and strength training. The low impact exercises tone, stretch, and elongate muscles while staying easy on the body as a whole. Moves are designed to improve core strength, muscular endurance, flexibility, balance, posture, stamina, and decrease stress. We will use provided props (weights, core ball, circle bands) to challenge you. Every body is welcome. Modifications available. Please bring a mat and towel. Sign up for the session and save, or drop-in, \$25 per class. **No class 10/24, 10/31 & 11/28.**

### Victoria Brown

*San Carlos Room at Adult Community Center*

**Resident: \$161 Non-resident: \$181**

<b>22275</b>	F	9:10 a.m. – 10:00 a.m.	7 classes	9/5 – 10/17
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**Resident: \$141 Non-resident: \$161**

<b>22276</b>	F	9:10 a.m. – 10:00 a.m.	6 classes	11/7 – 12/19
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**Resident: \$256 Non-resident: \$276**

<b>22277</b>	F	9:10 a.m. – 10:00 a.m.	13 classes	9/5 – 12/19
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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 11/26.**

### Jill Daly

*San Carlos Room at Adult Community Center*

**Resident: \$206 Non-resident: \$226**

<b>22263</b>	W	10:30 a.m. – 11:30 a.m.	13 classes	9/17 – 12/10
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## Tai Chi – A Healing Martial Art (Ages 18+ years)

Chen Taijiquan (Tai Chi) is a martial art that also has the power to heal. Ancient warriors were fluent in tending to their own injuries. Tai Chi is a 401k plan for the body that cultivates vitality, focus, and discipline. This class will cover meditative and spiral movements to remove tensions and clear joints while also introducing students to foundational martial postures. The instructor is a certified instructor with the American Chen Taiji Society with over a decade of training with Grandmaster Wong Wai Yi. **No class 11/11.**

### VC Tang

*San Carlos Room at Adult Community Center*

**Resident: \$136 Non-resident: \$156**

<b>22252</b>	T	7:00 p.m. – 8:30 p.m.	11 classes	9/2 – 11/18
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## Special Interest

### French Pastry Making (Ages 18+ years)

Discover the art of French pastry-making in this hands-on class! During the fall session, we will make classic French pastries and Mooncakes for the Chinese Mid-Autumn Festival. After enjoying your delicious creations in class, you will take home what you've made to share. No prior experience is necessary, just a passion for baking and tasting! Shushu was trained as a pastry chef at Ferrandi Culinary School in Paris and owns the cottage food bakery. Youth 12 years and older can register and attend with a registered caregiver. Visit [shushupastry.com](http://shushupastry.com) for class details. Email [shushupastry@gmail.com](mailto:shushupastry@gmail.com) with questions about food allergies.

**Shushu Xie**

*Kitchen at Youth Center*

Resident: \$100 Non-resident: \$118

**NEW! Scones – chocolate, cheddar, and raisin**

<b>22314</b>	Th	6:30 p.m. – 8:30 p.m.	1 class	9/11
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**NEW! Mooncakes – jujube, lotus seeds, and coconut**

<b>22315</b>	Th	6:30 p.m. – 8:30 p.m.	1 class	10/2
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**NEW! Choux A la Creme – cream puffs**

<b>22316</b>	Th	6:30 p.m. – 8:30 p.m.	1 class	11/6
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**NEW! Christmas Cookie Gift Box**

<b>22317</b>	Th	6:30 p.m. – 8:30 p.m.	1 class	12/4
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**Combo Class**

Resident: \$367 Non-resident: \$387

<b>22318</b>	Th	6:30 p.m. – 8:30 p.m.	4 classes	9/11 – 12/4
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### Star Gazing at Crestview Park

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

**Saturdays — Dusk to 10:00 p.m.**

**9/20, 9/27, 10/18, 10/25, 11/15, 11/22, 12/15, 12/20**

### NEW! Introduction to Sourdough Baking: From Starter to Finish (Ages 18+ years)

Delve into the art and science of sourdough baking in this hands-on workshop that aims to demystify the sourdough process and make it more approachable for at-home bakers! Gain insight into the science behind fermentation and gluten development and discover the secrets to achieving that perfect rise and flavor. Master starter cultivation, dough preparation, shaping, and baking techniques. Learn not only how to make a traditional rustic sourdough boule, but also how to apply your knowledge of using a sourdough starter culture and the sourdough method to make other sourdough goodies!

**Victoria Dunlap**

*Chestnut Room at Adult Community Center*

Resident: \$116 Non-resident: \$136

<b>22355</b>	W	5:30 p.m. – 8:00 p.m.	1 class	9/24
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<b>22356</b>	W	5:30 p.m. – 8:00 p.m.	1 class	11/19
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## NEW! Self Compassion – Give Yourself a Break (Ages 18+ years)

In today's fast-paced world, it's easy to be hard on ourselves. Join us for a session focused on nurturing self-compassion and kindness towards yourself. Experience the difference self-compassion can make in your life. Remember, you deserve kindness too! No class 10/20.

### Ketna Mistry

*Chestnut Room at Adult Community Center*

**Resident: \$31 Non-resident: \$35**

22253	M	6:30 p.m. – 8:30 p.m.	1 class	9/22
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**Resident: \$100 Non-resident: \$118**

22254	M	6:30 p.m. – 8:30 p.m.	4 classes	10/6 – 11/3
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## NEW! Intro to Improv (Ages 18+ years)

Whether you want to improve your presentation skills, become a more effective leader, get better at creatively ideating solutions, or just have fun, this improv class is a great place to start! This 6-session class series will cover: confidence, spontaneity, agreement, creativity, as well as vocal and physical presence. And have no fear! No prior experience or sense of humor is required! Your former Blue Man Group and Cirque du Soleil performer-instructor will build a supportive environment for participants to have fun, learn, and play. For more instructor info, visit [www.doncolliver.com/performer](http://www.doncolliver.com/performer). No class 11/19.

### Don Colliver

*Chestnut Room at Adult Community Center*

**Resident: \$261 Non-resident: \$281**

22471	W	6:00 p.m. – 8:00 p.m.	6 classes	11/5 – 12/17
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## NEW! History for Adult Only: Robin Hood, King John, & Magna Carta (Ages 18+ years)

The myths revolving around Robin Hood and King Richard the Lion Hearted as well the seminal signing of the Magna Carta will be put in historical context of post-conquest England and the Crusades. The King of England controlled England but also a huge area of France which under the King of France. How do the international politics of the Third Crusade play out in England and the rest of Europe? How and why do the different classes of England, the oppressed Anglo-Saxon majority, the nobility, and the King work against each other? The result is one of the most important documents of Western Civilization and the basis of constitutional protection of personal liberties on both sides of the Atlantic. No class 10/16.

### Loft Room at Adult Community Center

*Mary Lynn Wilson*

**Resident: \$86 Non-resident: \$101**

22305	Th	7:00 p.m. – 9:00 p.m.	5 classes	10/2 – 11/6
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## NEW! Genealogy: Let's Play with DNA

(Ages 18+ years)

Explore what DNA tests can and can't tell you, how companies differ, and what your results might mean. Learn about the potential benefits, risks, and what you can actually do with the information.

### Mary Lynn Wilson

*Loft Room at Adult Community Center*

**Resident: \$86 Non-resident: \$98**

22298	Th	6:00 p.m. – 7:00 p.m.	10/30 – 11/13	3 classes
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## 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. No class 10/16.

### Mary Lynn Wilson

*Loft Room at Adult Community Center*

**Resident: \$86 Non-resident: \$98**

22297	Th	6:00 p.m. – 7:00 p.m.	3 classes	10/2 – 10/23
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## Sports

## NEW! Afro Bushido Academy's Dance, Forms, Kicking, and Tricking (Ages 13+ years)

Dance, Forms, Kicking, and Tricking cover basic to advanced kicking techniques from Tae Kwon Do, performance-based XMA/martial arts tricking, and extreme style katas. We are also the Peninsula's only school certified to teach the dynamic martial arts-inspired synchronized group choreography and traditional Bay Area cultural dance form of San Francisco Strutting.

### Afro Bushido Academy Instructors

*2699 Spring St. Redwood City*

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

22308	T	7:00 p.m. – 8:30 p.m.	8 classes	9/2 – 10/21
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22309	T	7:00 p.m. – 8:30 p.m.	8 classes	10/28 – 12/16
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## NEW! Afro Bushido Academy's Fitness and Grappling (Ages 13+ years)

Fitness & Grappling class covers 'soft style' (non-striking) approaches to self-defense such as wrestling, and Brazilian Jiu Jitsu, and Aikido. This class also emphasizes health and wellness through joint mobility & flexibility training, strength conditioning, plyometrics, TACFIT bodyweight exercises, and steel mace workouts. Test your capabilities with beginner to elite level protocols that will challenge and inspire you.

### Afro Bushido Academy Instructors

2699 Spring St. Redwood City

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

22301	W	7:00 p.m. – 8:30 p.m.	8 classes	10/29 – 12/17
22302	W	7:00 p.m. – 8:30 p.m.	8 classes	9/3 – 10/22



## NEW! Afro Bushido Academy's Self Defense and Striking (Ages 13+ years)

Teen/Adult Self-Defense & Striking classes cover boxing, kickboxing (US & Muay Thai), point sparring, Kung Fu, and traditional Bok Fu.

### Afro Bushido Academy Instructors

2699 Spring St. Redwood City

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

22306	M	7:00 p.m. – 8:30 p.m.	8 classes	9/8 – 10/27
22307	M	7:00 p.m. – 8:30 p.m.	8 classes	11/3 – 12/22

## NEW! Afro Bushido Academy's Weapons and Stunts (Ages 13+ years)

Weapons & Stunts teaches skills in single and double nunchucks, bo staff, sword, kama blades, and lightsabers along with performance-based fight choreography and action acting through our partnership with Adrenaline Action Design's professional team of stunt performers.

### Afro Bushido Academy Instructors

2699 Spring St. Redwood City

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

22310	Th	7:00 p.m. – 8:30 p.m.	8 classes	9/4 – 10/23
22311	Th	7:00 p.m. – 8:30 p.m.	8 classes	10/30 – 12/18



## Adult Drop-In Sports

Youth Center Gymnasium

\$5 drop-in fee

### Adult Drop-In Basketball (Ages 18+ years)

Come work on your basketball skills at our Adult drop-in basketball program. Adult drop-in basketball is a great way to play pick-up basketball or shoot around with friends.

Su	3:00 p.m. – 5:00 p.m.
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### Adult Drop-In Pickleball (Ages 18+ Years)

Each Tuesday and Friday three courts are set up for rotational play. Great for all experience backgrounds of pickleball in a low-key environment.

T	9:00 a.m. – 12:00 p.m.
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### Adult Drop-In Volleyball (Ages 18+ Years)

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 every week.

Sa	10:00 a.m. – 12:00 p.m.
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# Adult Sport Leagues

Come join San Carlos Adult Sports Leagues! Teams and free agents can sign up by filling out a registration form and submitting before the deadline. For the most up to date information and registration forms, please visit [teamsideline.com/sancarlosca](https://teamsideline.com/sancarlosca). League schedules may be subject to change. Game times vary per week within the time frames listed below.

## 2025 FALL SPORTS

### Basketball

Youth Center Gymnasium

Team Fee: \$775

#### Men's Rec Basketball

S	5:45 p.m. – 10:15 p.m.	8/24 – 11/2
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#### Men's Competitive Basketball

M	5:45 p.m. – 10:15 p.m.	8/25 – 11/3
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#### Men's 35+ Basketball

T	5:45 p.m. – 8:00 p.m.	8/26 – 11/4
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#### Women's Basketball

T	8:00 p.m. – 10:00 p.m.	8/26 – 11/4
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### Softball

Madsen Field at Burton Park

Team Fee: \$600

#### Coed Softball

S	3:00 p.m. – 7:00 p.m.	9/7 – 11/2
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#### Men's Softball

M	6:00 p.m. – 10:00 p.m.	9/8 – 10/28
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### Bocce Ball

Burton Bocce Ball Courts

Team Fee: \$160

T	6:00 p.m. – 8:30 p.m.	9/2 – 10/28
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W	6:00 p.m. – 8:30 p.m.	9/3 – 10/29
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Th	6:00 p.m. – 8:30 p.m.	9/11 – 11/16
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### Cornhole

Burton Park Cornhole Area

Team Fee: \$160

Th	5:45 p.m. – 8:30 p.m.	9/13 – 11/7
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## 2025-26 WINTER SPORTS

### Basketball

Youth Center Gymnasium

Team Fee: \$775

No games will be played December 24th – January 1st, and January 19th.

#### Men's Rec Basketball

S	5:45 p.m. – 10:15 p.m.	12/1 – 2/16
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#### Men's Competitive Basketball

M	5:45 p.m. – 10:15 p.m.	12/2 – 2/17
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#### Men's 35+ Basketball

T	5:45 p.m. – 8:00 p.m.	12/2 -2/17
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#### Women's Basketball

T	8:00 p.m. – 10:00 p.m.	12/3 – 2/18
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### Soccer

Highlands Park

Team Fee: \$650

No games will be played December 24th – January 1st.

#### Men's Open Soccer

W	6:00 p.m. – 10:00 p.m.	12/4 – 2/12
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#### Men's 35+ Soccer

W	6:00 p.m. – 10:00 p.m.	12/4 – 2/12
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#### Coed Open Soccer

Th	6:00 p.m. – 10:00 p.m.	12/5 – 2/13
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#### Coed 35+ Soccer

Th	6:00 p.m. – 10:00 p.m.	12/5 – 2/13
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# ACTIVE ADULTS 50+

## ADULT COMMUNITY CENTER

The Adult Community Center, fondly known as the “ACC,” serves as a central hub for the older adults in our community. We offer a wide variety of programs and services to enhance the lives of our aging adults.

### Registration

All are welcome! We have no membership fee or resident requirements. To register, visit the ACC to complete a membership form.

### Stay up to Date

Our monthly newsletter, *The Chestnut Chronicle*, is your comprehensive guide to what’s happening at the ACC.

### 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.

**Closed:** 9/1, 11/11, 11/27, 11/28, 12/22-1/2

### For more information

**Phone:** (650) 802-4384

**Website:** [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

## 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, dine-in at the ACC or home delivery to those living in San Carlos. Orders must be made by 5:00 p.m. the day before online by visiting [cityofsancarlos.org/lunch](http://cityofsancarlos.org/lunch) or by calling the ACC at (650) 802-4384. The Curbside Lunch Program is partly funded by a Sequoia Healthcare District grant.

**To view the monthly menu, visit**

[cityofsancarlos.org/lunch](http://cityofsancarlos.org/lunch)



## GENERATION BUDDIES

The ACC, in partnership with the Youth Advisory Council, is excited to bring back Generation Buddies! This intergenerational program is designed to foster meaningful connections between older adults and youth. Each month, participants will enjoy a fun activity together, followed by a shared meal and conversation.

Generation Buddies takes place on the last Monday of the month (except November) from 4:15 p.m. - 6:00 p.m.

**Fee: \$5**

*Adult Community Center*

<b>22272</b>	September 29	Family Feud
<b>22273</b>	October 27	Card Games Galore
<b>22274</b>	November 17	Beaded Craft Night

## ACTIVE AGING WEEK

**October 6 - October 10**

Celebrate healthy aging with a week of fun and engaging activities that support wellness and connection. Join us for a 5k walk, educational workshops, and social events designed to keep you active, inspired and involved!

For a schedule of activities, visit  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

## 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**

- 22282 September 12** Diner Days Luncheon
- 22283 October 10** Active Aging Luncheon
- 22284 November 14** Friendsgiving Luncheon
- 22285 December 12** Holly Jolly Luncheon

## SPECIAL EVENTS

### Pedro Tournament

**Saturday, August 23** | 11:00 a.m. – 4:00 p.m.

**Fee: \$60**

[Friendsoftheacc.org](http://Friendsoftheacc.org)

### Boots, Blue Jeans & BBQ

**Saturday, September 20** | 5:00 p.m. – 9:00 p.m.

**Fee: \$75**

[Friendsoftheacc.org](http://Friendsoftheacc.org)

### Halloween Cookie Decorating

**Friday, October 31** | 11:00 a.m. – 12:30 p.m.

**Free**

**22550**

### Nutcracker Tea Party

**Saturday, November 1** | 10:00 a.m. - 11:00 a.m.

**Fee: \$16**

**22296**

### Holiday Decorating Day

**Tuesday, December 2** | 10:00 a.m. – 12:00 p.m.

**Free**

**22551**

### Winter Bingo with the Lions

**Thursday, December 18** | 2:00 p.m. - 4:00 p.m.

**Free**

**22561**

## FRIENDS OF SCACC LUNCH BUNCH

Ready to have fun and enjoy tasty food with your neighbors? Want to explore San Carlos restaurants and meet fellow dining enthusiasts?

Join us for the Friends of the Adult Community Center's monthly "Lunch Bunch" program! We'll organize lunch outings to a different local restaurant each month on a Monday. It's a great way to socialize, meet new people, and support local businesses! Lunch begins at 11:30 a.m.

**Fee: \$30**

### Save the date!

Monday, September 15      Monday, November 17  
Monday, October 20      Monday, December 8

Registration opens once the lunch menu is finalized. No refunds permitted for this activity.



# 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. To register, please complete a Fitness Room Membership packet and attend an orientation session. Orientations are held by Sandra Frojelin on the first Thursday of each month at 1:00 p.m. For more information, visit [cityofsancarlos.org/acc](http://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 9/1, 11/28, 12/22-1/2.

**Stephanie Meyer, Tom Feledy, Sara Haller, Lori Randich, Bonnie Miller, Joyce Carlson, Judy DeFranco**

*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
W	9:00 a.m. – 10:00 a.m.	Ongoing

## Chair Yoga

Chair yoga is a gentle form of mindful movement, we move seated and standing. This class is suitable for all levels and creates a sense of community. Chair yoga improves flexibility, strength, balance, and mobility. It also reduces stress, anxiety, inflammation, and chronic pain. What to expect: Each class begins with mindful breathing followed by a short meditation, gentle stretches and balancing poses. No class 9/1.

**Kathy Waddell**

*Adult Community Center*

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

<b>22195</b>	M	11:00 a.m. – 12:00 p.m.	4 classes	9/8 – 9/29
<b>22196</b>	M	11:00 a.m. – 12:00 p.m.	4 classes	10/6 – 10/27
<b>22197</b>	M	11:00 a.m. – 12:00 p.m.	4 classes	11/3 – 11/24
<b>22198</b>	M	11:00 a.m. – 12:00 p.m.	3 classes	12/1 – 12/15

## NEW! Chair Salsa and Merengue

Get moving to the vibrant rhythms of Salsa and Merengue in this fun, chair-supported Zumba Gold class! Designed for those who prefer or need to stay seated, this low-impact workout offers all the energy of a traditional Zumba session with added comfort and accessibility. Benefits include: Heart-healthy cardiovascular exercise, Gentle muscle toning and strength building, Improved balance and coordination, Boosted mood and mental well-being. No dance experience needed, just a smile and a willingness to move to the music! No class 11/27.

**Flora Yazdani**

*Adult Community Center*

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

<b>22228</b>	Th	11:00 a.m. – 12:00 p.m.	4 classes	9/4 – 9/25
<b>22229</b>	Th	11:00 a.m. – 12:00 p.m.	5 classes	10/2-10/30
<b>22230</b>	Th	11:00 a.m. – 12:00 p.m.	3 classes	11/6 – 11/20
<b>22231</b>	Th	11:00 a.m. – 12:00 p.m.	3 classes	12/4 – 12/18

## Chair Zumba Gold

Chair Zumba Gold is an excellent way to strengthen the bones and muscles. It engages a number of muscles which helps in increasing overall muscle strength and endurance. Another benefit of this exciting exercise is that it helps in increasing bone density, which protects us from osteoporosis. Come join us for this seated exercise and dance class. No class 11/28.

**Flora Yazdani**

*Adult Community Center*

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

<b>22224</b>	F	10:30 a.m. – 11:25 a.m.	4 classes	9/5 – 9/26
<b>22225</b>	F	10:30 a.m. – 11:25 a.m.	5 classes	10/3 – 10/31
<b>22226</b>	F	10:30 a.m. – 11:25 a.m.	3 classes	11/7 – 11/21
<b>22227</b>	F	10:30 a.m. – 11:25 a.m.	3 classes	12/5 – 12/19

## Dance Fit and Fun

Dance, Fit, & Fun is a lively class designed for beginners seeking to improve balance, flexibility, and mobility while burning a few calories. With a mild strength component added, participants will enjoy easy-to-follow moves and combos set to upbeat oldies music, ensuring a fun-filled workout experience. Join us for a dynamic session that prioritizes enjoyment while enhancing overall fitness levels. No class 11/27.

**Denise Gittens**

*Adult Community Center*

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

<b>22466</b>	Th	9:30 a.m. – 10:00 a.m.	4 classes	9/4 – 9/25
<b>22467</b>	Th	9:30 a.m. – 10:00 a.m.	5 classes	10/2 – 10/30
<b>22468</b>	Th	9:30 a.m. – 10:00 a.m.	3 classes	11/6 – 11/20
<b>22469</b>	Th	9:30 a.m. – 10:00 a.m.	3 classes	12/4 – 12/18



## Drum For Your Health

Being in rhythm is a meditative vacation, one you can take whenever you want. Drumming has been used for thousands of years for pain mitigation, stress management, cognitive engagement, social interaction and fun. Come stretch, drum, and chant what we play, while seated. Adults of all ages, beginners and seasoned players are welcome, whatever your skill level, there is a part for you to play! Drums provided or bring your own. **No class 11/27.**

**Fern Filner**

*Adult Community Center*

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

<b>22220</b>	Th	1:00 p.m. – 2:00 p.m.	4 classes	9/4 – 9/25
<b>22221</b>	Th	1:00 p.m. – 2:00 p.m.	5 classes	10/2 – 10/30
<b>22222</b>	Th	1:00 p.m. – 2:00 p.m.	3 classes	11/6 – 11/20
<b>22223</b>	Th	1:00 p.m. – 2:00 p.m.	3 classes	12/4 – 12/18

## NEW! Power Hour

Stay strong, energized, and independent with our Power Hour fitness class designed specifically for active older adults who are ready to move! This 60-minute standing workout combines low-impact cardio, strength training with light weights, and resistance band exercises to improve endurance, balance, and muscle tone. Whether you're looking to boost heart health, maintain flexibility, or stay fit for everyday activities, this class offers a supportive and motivating environment for seniors who want to stay on the move. Modifications are always available to match your comfort and fitness level. **No class 11/11.**

**Sandra Frojelin**

*Adult Community Center*

**Free! Sponsored by the Friends of the SCACC**

<b>22212</b>	T	2:00 p.m. – 3:00 p.m.	4 classes	9/9 – 9/30
<b>22213</b>	T	2:00 p.m. – 3:00 p.m.	4 classes	10/7 – 10/28
<b>22214</b>	T	2:00 p.m. – 3:00 p.m.	3 classes	11/4 – 11/25
<b>22215</b>	T	2:00 p.m. – 3:00 p.m.	3 classes	12/2 – 12/16

## 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!**

## NEW! Ready Sit Move

Get moving and feel great all from the comfort of a chair! Ready, Sit, Move is a 60-minute seated fitness class designed for older adults who want a safe, effective workout without the need to stand. This class combines gentle cardio movements with strength and toning exercises using light weights and resistance bands to improve circulation, flexibility, and muscle tone. Perfect for those with balance concerns or mobility limitations. Ready, Sit, Move offers a fun and supportive way to stay active and independent. **No class 11/11.**

**Sandra Frojelin**

*Adult Community Center*

**Free! Sponsored by the Friends of the SCACC**

<b>22216</b>	T	1:00 p.m. – 2:00 p.m.	4 classes	9/9 – 9/30
<b>22217</b>	T	1:00 p.m. – 2:00 p.m.	4 classes	10/7 – 10/28
<b>22218</b>	T	1:00 p.m. – 2:00 p.m.	3 classes	11/4 – 11/25
<b>22219</b>	T	1:00 p.m. – 2:00 p.m.	3 classes	12/2 – 12/16

## Qigong

Qigong means “practice of vital energy”. In this class, we will practice a series of gentle spiral movements that help to open all the major joints in the body and increase internal energy flow, promoting better flexibility and mobility while reducing tension and strain. **No class 9/1, 12/22, 12/29.**

**Provided by the San Mateo County Libraries**

*Adult Community Center*

**Free**

M	10:30 a.m. – 11:30 a.m.	Ongoing
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## Tai Chi

Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body. **No class 11/11, 12/23, 12/24, 12/30, 12/31.**

**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

## Ping Pong

Join us for a fun and social drop-in Ping Pong. All skill levels are welcome to engage in friendly matches and practice sessions! No class 11/28, 12/24, 12/31.

**Jan Smith**

*Adult Community Center*

**Free**

W	12:15 p.m. – 4:00 p.m.	Ongoing
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## NEW! Ping Pong for Good

PPG Fitness is an exercise program that incorporates ping pong-inspired exercises, drills, and gameplay to improve motor and cognitive fitness while also improving your ping-pong playing skills. It includes bodyweight exercises and drills that take place on and off the ping pong table. The classes are designed to promote healthy aging and help reduce symptoms associated with neurological conditions, with an initial focus on Parkinson's.

*Adult Community Center*

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

22568	W	4:00 p.m. – 5:00 p.m.	4 classes	9/3 – 9/24
22569	W	4:00 p.m. – 5:00 p.m.	5 classes	10/1 – 10/29
22570	W	4:00 p.m. – 5:00 p.m.	4 classes	11/5–11/26
22571	W	4:00 p.m. – 5:00 p.m.	3 classes	12/3 – 12/17

## Mindful Meditation

This group practices a guided meditation aimed at calming the body and mind, becoming more mindful and aware of the present moment. Some of the group have been meditating for years; others are new to meditation. No class 12/26, 1/2.

**Rosemary Field & Liane Benedict**

*Adult Community Center*

**Free**

F	10:00 a.m. – 11:00 a.m.	Ongoing
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## VIRTUAL Balance and Brains

Discover how much fun balance training can be with our specially designed curriculum of age-appropriate exercises that enhance your balance which can reduce fall risk. We address balance, mobility, gait, flexibility, strength and core all from the comfort of your home. Researchers no longer believe that falling or losing your mental capacity are inevitable parts of the ageing process. The brain needs resistance training just like the body. Our "Brain Training" games focus on memory, reasoning, conceptualization, language and problem-solving skills, plus they're fun. Class is 45 minutes of movement and 15 minutes of brain games. Zoom link will be sent one business day prior to the first class.

**Paul Scherman**

*Virtual Class*

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

22204	W	11:00 a.m. – 12:00 p.m.	4 classes	9/3 – 9/24
22205	W	11:00 a.m. – 12:00 p.m.	5 classes	10/1 – 10/29
22206	W	11:00 a.m. – 12:00 p.m.	4 classes	11/5 – 11/26
22207	W	11:00 a.m. – 12:00 p.m.	3 classes	12/3 – 12/17

## VIRTUAL Chair Yoga

Yoga brings a calm mind and body; it helps with balance and stability. Come join us and we'll move to the music together! While seated on chairs, we will do gentle stretches, yoga poses and strengthening exercises. We will do some optional standing balance exercises. This is an online class. A Zoom Link will be emailed to you one business day prior to class. No class 10/7, 11/11, 11/25, 11/27.

**Christine Salah**

*Virtual Class*

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

22160	T	10:45 a.m. – 11:30 a.m.	5 classes	9/2 – 9/30
22161	T	10:45 a.m. – 11:30 a.m.	3 classes	10/14 – 10/28
22162	T	10:45 a.m. – 11:30 a.m.	2 classes	11/4 – 11/18
22164	Th	10:45 a.m. – 11:30 a.m.	4 classes	9/4 – 9/25
22165	Th	10:45 a.m. – 11:30 a.m.	5 classes	10/2 – 10/30
22166	Th	10:45 a.m. – 11:30 a.m.	3 classes	11/6 – 11/20

## VIRTUAL Senior Boot Camp

Don't let the name fool you, this strength class is inclusive and adaptive and promotes a healthier and more active lifestyle. Resistance workouts with weights help to strengthen muscles and maintain bone density. Appropriate for any age and fitness level, our well-rounded fitness routines enhance mobility, strength, balance, and overall physical fitness. Zoom link will be sent one business day prior to the first class. No class 9/1.

**Paul Scherman**

*Virtual Class*

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

22208	M	11:00 a.m. – 12:00 p.m.	4 classes	9/8 – 9/29
22209	M	11:00 a.m. – 12:00 p.m.	4 classes	10/6 – 10/27
22210	M	11:00 a.m. – 12:00 p.m.	4 classes	11/3 – 11/24
22211	M	11:00 a.m. – 12:00 p.m.	3 classes	12/1 – 12/15

## Dance

### Chinese Dance

Embark on a journey of grace and cultural exploration in our Chinese dance classes, tailored for both beginners and advanced students. Discover the intricate footwork and expressive movements that define this beautiful art form, enriching your understanding and appreciation of Chinese culture. No class 11/11, 12/24, 12/31.

*Adult Community Center*

**Free**

T	9:30 a.m. – 11:30 a.m.	Ongoing
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## NEW! Beginner Jazz Dance

Beginner Jazz Dance: No experience? No problem! This class is designed for absolute beginners and dancers of all levels, with personalized instruction to help you grow at your own pace. We'll start with energizing stretches and strength-building exercises, then dive into the fundamentals of jazz dance - learning key steps, turns, and pirouettes with confidence. Get ready to move to a variety of musical styles and discover the joy of expressing yourself through dance! Bring a yoga mat and jazz shoes or jazz sneakers. **No class 9/1.**

**Jayne Zaban**

*Adult Community Center*

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

<b>22199</b>	M	2:15 p.m. – 3:15 p.m.	4 classes	9/8 – 9/29
<b>22200</b>	M	2:15 p.m. – 3:15 p.m.	4 classes	10/6 – 10/27
<b>22201</b>	M	2:15 p.m. – 3:15 p.m.	4 classes	11/3 – 11/24
<b>22202</b>	M	2:15 p.m. – 3:15 p.m.	3 classes	12/1 – 12/15

## Intermediate Tap Dance

This ongoing class incorporates cross floor movement, footwork exercises, and choreography. Tap dance is an excellent exercise for both the body and mind. Students interested in registering should have at least one year of prior tap instruction and be familiar with shuffles, flaps, and other basic nomenclature. If you have prior tap dance experience and would like to brush up on your technique, we invite you to join. **No class 9/1.**

**Judith Rechsteiner**

*Adult Community Center*

**Fee: \$20 (4 classes)**

<b>22478</b>	M	1:00 p.m. – 2:00 p.m.	4 classes	9/8 – 9/29 6
<b>22479</b>	M	1:00 p.m. – 2:00 p.m.	4 classes	10/6 – 10/27
<b>22480</b>	M	1:00 p.m. – 2:00 p.m.	4 classes	11/3 – 11/24

## Creative Arts

### Monthly Craft

Join us for a fun and creative monthly craft session. Enjoy free instruction and supplies provided by the San Mateo County Libraries. Pre-registration is required, and each craft is announced one month in advance. Sign up at the front desk or by calling (650) 802-4384 as space is limited.

**Provided by the San Mateo County Libraries**

*Adult Community Center*

**Free**

3rd Tuesday	3:00 p.m. – 4:30 p.m.	Ongoing
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## Coloring

Discover the joy of coloring at our welcoming drop-in coloring class. Enjoy a relaxing atmosphere where all supplies are provided. No prior experience needed. **No class 12/24, 12/31.**  
*Adult Community Center*

**Free**

W	10:30 a.m. – 12:00 p.m.	Ongoing
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## Singing for Wellness

Free small group singing activity for adults. No musical knowledge or vocal ability is needed - just a natural desire to enjoy singing's many health benefits for body and mind. Relax and have fun with timeless and memorable songs from traditional, folk, Tin-Pan Alley, Broadway, and Hollywood. Drop-in's are welcome. Songbooks with lyrics will be provided by the Peninsula Musical Arts Association. **No class 9/1, 12/22, 12/29.**

**Tom Feledy, Peninsula Community Chorus**

*Adult Community Center*

**Free**

M	10:00 a.m. – 11:00 a.m.	Ongoing
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## Traditional String Music Jam

If you love traditional acoustic music and play fiddle, guitar, mandolin, banjo, or bass, please join us for a fun, relaxed, and supportive jam. We'll share tunes from a rich variety of genres, including old time, string band, jug band, Appalachian, British Isles/Irish, Cajun, and early pre-electric blues. All skill levels are welcome. **November class will be held 11/20.**

**Joe Beyer**

*Adult Community Center*

**Free**

Last Thursdays	2:30 p.m. – 4:30 p.m.	Ongoing
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## FRIENDS OF SCACC

Since 1992, the Friends of San Carlos Adult Community Center have provided financial support to the ACC for a wide range of programs and service. As a 501(c)(3) non-profit organization, the Friends raise funds through generous donations from the community and by applying for local, state, and federal grants. From social activities and special events, to fitness classes, day trips, and facility improvements, the Friends have provided the funds to keep the ACC a vital part of our community.

**For information on how to support the Friends of SCACC, please visit**

[www.friendsoftheacc.org/donate](http://www.friendsoftheacc.org/donate).



## Chinese Social Singing & Dancing

Join our vibrant Chinese social group where members come together weekly to sing, dance, and build a strong sense of community. Embrace the joy of cultural expression as we celebrate music, movement, and connecting in a welcoming and inclusive environment. **No class 11/23, 12/26, 1/2.**

*Adult Community Center*

**Free**

F	9:00 a.m. – 12:00 p.m.	Ongoing
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## Discussion Groups

### News & Views

Provocative and controversial discussions of current events such as the economy and state, national and world issues. **No class 11/27, 12/25, 1/1.**

**Jayne Bloom**

*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.

**Carmen Adams**

*Adult Community Center*

**Free**

1st Tuesday	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 from 1:00 p.m. – 2:30 p.m.

**Cecile Lee**

*Adult Community Center*

<i>Tell Me Everything by Elizabeth Strout</i>	9/8
<i>The Heaven and Earth Grocery Store by James McBride</i>	10/6
<i>Hello Beautiful by Ann Napolitano</i>	11/3
<i>This Tender Land by William Krueger Kent</i>	12/1

## Games

### ACC Game Room

The ACC has a Game Room fully stocked with a variety of games, including Bunco, Rummikub, puzzles, and more. It's a great place to meet new people and enjoy playing games together! Additionally, the Game Room features a pool table and shuffleboard. Come join the fun!

### Mahjong

Join ACC's fastest growing and vibrant Mahjong community. Connect with friends and meet new people in a fun and positive environment through regular weekly games. Mahjong is great for stretching your mind and a wonderful way to stay social and active. **No class 11/28, 12/24, 12/28, 12/31.**

**Cecile Lee**

*Adult Community Center*

**Free**

#### Mahjong Open Play

W	12:00 p.m. – 4:00 p.m.	Ongoing
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#### Mahjong Open Practice

F	12:00 p.m. – 2:45 p.m.	Ongoing
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### American National Mahjong Class

This casual beginner-friendly class will teach you the fundamentals of American Mahjong. Learn the basics of the game, how to read the official Mahjong card and build a hand selection. Instructor Cecile Lee, will guide you through basic rules and strategies, making the game easy to understand and enjoy as a beginner. Minimum of four months of San Carlos Mahjong prior experience is necessary. Registration is required. Limited to 8 students only. 2025 Mahjong card not included.

**Cecile Lee**

*Adult Community Center*

**Free**

22371	F	1:00 p.m. – 2:45 p.m.	2 classes	9/19 – 9/26
22372	F	1:00 p.m. – 2:45 p.m.	2 classes	10/17 – 10/24



## San Carlos Mahjong Class

Have you ever wanted to play Mahjong? This is your chance! This class covers the fundamental: how to build a hand, the progression of play, and strategies to win. You'll have plenty of time for in-class practice, with tips offered in a relaxed environment. Meet other interested individuals and perhaps from a group of your own with classmates. A set is NOT required to enroll, no prior experience necessary. Registration is required to participate.

**Cecile Lee**

*Adult Community Center*

**Free**

22369	F	1:00 p.m. – 2:45 p.m.	2 classes	9/5 – 9/12
22370	F	1:00 p.m. – 2:45 p.m.	2 classes	10/3 – 10/10

## Omaha Poker

Join us for our weekly afternoon poker sessions! Whether you're a seasoned player or a newbie with basic poker knowledge, come enjoy a friendly game, sharpen your skills, and meet new people. Regular players welcome! For more information contact Joseph at (650) 346-8653. **No play on 12/22, 12/29.**

*Adult Community Center*

M	1:00 p.m. – 5:00 p.m.	Ongoing
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## Poker

Join our weekly poker sessions for experienced players looking to take on a variety of games, from Texas Hold'em to Omaha and more. This group is all about mixing it up, so bring your skills and strategy to the table for a fun and competitive experience each week. **No play on 11/11, 11/17, 12/23–1/1**

*Adult Community Center*

T/Th	12:00 p.m. – 3:00 p.m.	Ongoing
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## Canasta

**No play on 11/11, 12/22, 12/29.**

*Adult Community Center*

M	11:30 a.m. – 3:00 p.m.	Ongoing
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## Pedro

Come join our weekly Pedro group. Pedro lessons are held from 11:00 a.m. to 12:00 p.m.

*Adult Community Center*

T	12:00 p.m. – 4:00 p.m.	Ongoing
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## FREE! Technology Help

### Drop-In with Jim Schrempp and Gerry Kane

Jim and Gerry offer their technology expertise for drop-in services. **No class 9/1.**

*Adult Community Center*

**Free**

1st & 3rd Mondays	10:00 a.m. – 12:00 p.m.	Ongoing
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### Ask V, Ralph and Sunil

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? Ask Vikas, Ralph and Sunil! Appointments required, to make an appointment, call (650) 802-4384. **No class 12/24, 12/31.**

*Adult Community Center*

**Free**

Wednesdays	9:00 a.m. – 11:00 a.m.	Ongoing
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### San Carlans Using Mac

San Carlans Using Mac (SCUM) is a group founded on teaching the features and benefits of Apple products to enrich lives. Group meetings are held monthly. Come join! **No class 9/1.**

*Adult Community Center*

**Free**

1st Mondays	9:30 a.m. – 11:00 a.m.	Ongoing
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## Languages

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

### Chinese ESL

**Irene Odonnell**

**No class 9/1, 11/27, 12/22–1/1.**

*Adult Community Center*

M/Th	9:30 a.m. – 11:00 a.m.	Ongoing
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### Spanish

This class is open to Levels I & II. **No class 11/27, 12/25, 1/1.**

**Dolores Zea**

*Adult Community Center*

Th	10:00 a.m. – 11:00 a.m.	Ongoing
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## Fundamental ESL for Beginners

This class is designed for students who need assistance learning basic English for conversations for daily usage. Students will learn how to do a self-introduction, say greetings, numbers, money, & date/time. The instructor will explain the definition of each new word and how to apply it in the daily conversation. Requirement: Prior to the first class, students must know 26 English alphabets and how to use WeChat. This Course will be taught in Chinese.

No class 9/1, 9/11, 11/27, 12/12–1/1.

**Thomas Lee**

*Adult Community Center*

**Free**

M/Th	11:30 a.m. – 12:30 p.m.	Ongoing
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## Special Interest

### NEW! Situation Awareness for Seniors

Lead by Instructor Bert Won, this two class course is designed specifically for seniors, this class focuses on staying safe through increased awareness and simple, effective self-defense techniques. You'll learn how to recognize potential threats, trust your instincts, and use everyday items for protection—all based on principles from the Filipino martial art of Kali. The class includes designated times for open discussion and hands-on practice, offering a supportive and engaging environment to build confidence, awareness, and personal safety.

**Bert Won**

*Adult Community Center*

**Free! Sponsored by the Friends of the SCACC**

22564	M	10:00 a.m. – 11:30 a.m.	2 classes	11/10 – 11/17
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## Guided Autobiography

Everyone has a story to tell. Join us to start writing yours by a certified facilitator through a process called Guided Autobiography (GAB). The process is especially beneficial for people entering a new phase in life or going in a new direction. You will write a two-page story for each class on themes with priming questions provided by the facilitator. Each session will include short writing exercises to assist you, followed by sharing your stories in small groups in a positive safe space and a review of the next session's theme and prompts. Please join us for six fabulous sessions to discover memories that have been waiting for you. Become a positive listener and connect with a small community who wants to travel the winding river of life. Participants must attend all class sessions.

**Kim Alchimi**

*Adult Community Center*

**Fee: Free**

22567	T	10:00 a.m. – 12:00 p.m.	6 classes	9/16 – 10/21
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## Advance Health Care Directive/Power of Attorney Clinic

At our Advanced Health Care Directive/Power of Attorney clinic, volunteer attorneys will be available to discuss your needs and help you prepare these two important forms. Space is limited! Appointments required, to make an appointment, call (650) 802-4384.

**Legal Aid Society of San Mateo County**

*Adult Community Center*

**Free**

F	12:00 p.m. – 3:00 p.m.	10/17
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## Seminars

The ACC offers a wide variety of seminars. While we can't list them all here, you can find detailed information about all our seminar offerings in our monthly newsletter, *The Chestnut Chronicle*. Be sure to check it out to stay informed and take advantage of these enriching opportunities!

### Budgeting for Health Care Costs When You Have Medicare

**Tuesday, August 19** | 11:00 a.m. – 12:00 p.m.

**21779**

### Breast Cancer Basics

**Tuesday, September 9** | 10:30 a.m. – 11:30 a.m.

**22555**

### Hearing Loss in Seniors

**Monday, September 29** | 10:30 a.m. – 11:30 a.m.

**22562**

### Navigating Food Labels

**Wednesday, October 8** | 1:00 p.m. – 2:00 p.m.

**22349**

### How to Ride SamTrans & Caltrain

**Tuesday, October 14** | 10:30 a.m. – 11:30 a.m.

**22556**



# Monthly Day Trips

## Mark Your Calendar!

Explore local gems, meet new people and travel the Bay Area! The ACC offers a wide range of trips to local destinations for adults. A commercial motor coach or van will provide round-trip transportation for Day Trips from the ACC.

These trips let you travel with ease, so that all you have to do is sit back and enjoy! For a detailed itinerary of trips, visit: [cityofsancarlos.org/trips](http://cityofsancarlos.org/trips).

Reminder: Your date of registration determines your placement in line to board the bus so register early!

Please contact Cheryl Lenci at (650) 802-4119 at least 30 days before the trip departure if you are bringing a wheelchair or walker and need ADA accommodations.

Please note, all participants must remain together and travel to and from the same location with group.

## Sausalito Ferry and Lunch, Sausalito

Fee includes round-trip bus transportation to The Ferry Building in San Francisco, round-trip transportation on a ferry boat to Sausalito, and lunch at Spinnaker Restaurant. Walking level 2, some sidewalks have uneven cracks, and some curbs are a bit higher than others. Register by August 14.

Fee: \$125

**22487** Th 8:00 a.m. – 5:30 p.m. September 4



## Graton Casino, Rohnert Park

Test your luck at Graton Casino! All players must have current I.D. (no photocopies accepted) and sign up for a Players Club Card. Fee includes round-trip bus transportation. Lunch is on your own. Walking Level 1, this trip involves a minimal amount of walking. Register by September 16.

Fee: \$50

**22488** T 7:00 a.m. – 4:30 p.m. September 30

## Straus Home Ranch Cheese Tasting and Lunch, Marshall

Take a beautiful scenic ride to the Straus Home Ranch in Marin County for a guided cheese tasting of local artisan cheese, tour their family home built in 1864, and catered lunch. Fee includes round-trip bus transportation, tasting, tour, and lunch. Walking level 2, this trip has some stairs and uneven grounds. Register by September 10.

Fee: \$125

**22546** W 8:30 a.m. – 5:00 p.m. October 22

## Exploratorium and Lunch on the Waterfront, San Francisco

The Exploratorium is a hands-on science museum, known for its interactive exhibits and focus on science, art, and human perception. Fee includes round-trip transportation, lunch and admission. Walking level 2; large museum with seating areas are available. Lunch will be at the Pier 23 Cafe and then we will walk 2 blocks to the Exploratorium. Register by October 21.

Fee: \$110

**22547** Th 9:00 a.m. – 4:00 p.m. November 20

## Holiday Shopping, Livermore Outlets

Get a jump start on your holiday shopping! Fee includes round-trip transportation in our City vans. Lunch is on your own. Seating is limited. Register early! Walking level 2, moderate. Register by November 13.

Fee: \$30

**22548** Th 9:00 a.m. – 3:30 p.m. December 4

## Moulin Rouge Musical, San Francisco

Prepare for the spectacular! Fee includes round-trip transportation and show admission. A box lunch will be provided by Friends of the ACC. Walking level 1, must be able to sit for extended period. Register by October 21.

Fee: \$120

**22549** W 10:30 a.m. – 5:15 p.m. December 17

## Collette Travel Extended Tours

The ACC offers destination vacations, both domestic and international, with Collette Travel.

### Scheduled trips include:

**Shades of Ireland, Discover America's 250th Anniversary, Southern Charm featuring Charleston, Savannah & Jeckyll Island, Explore Tuscany, Discover Painted Canyons of the West in Utah's Five National Parks, and Spotlight on the French Riviera**

To view Collette Travel Extended Tours, please visit [cityofsancarlos.org/trips](http://cityofsancarlos.org/trips) or email Cheryl Lenci at [clenci@cityofsancarlos.org](mailto:clenci@cityofsancarlos.org).

## Resources



### Caring Cupboard Food Assistance Program

Caring Cupboard is a free and confidential food support program for San Carlos residents, run by San Carlos Service Club for Seniors in partnership with the Adult Community Center (ACC). Groceries are provided every Tuesday at the ACC. How to help: Donations of paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC. For more information visit [cityofsancarlos.org/caringcupboard](http://cityofsancarlos.org/caringcupboard) or call Recreation Coordinator Matt Okada at (650) 802-4113.



### Medical Equipment Loan Program (MELP)

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

### Need A Ride to the ACC?

#### New! Got Wheels

Got Wheels! is a new affordable transportation option for older adults in San Mateo County. If you're 70 or older or under 70 with a disability, you can apply for membership and receive up to six one-way rides per month for just \$5 each (plus an optional tip). Each one-way ride must be in San Mateo County. For more information visit, <https://peninsulafamilyservice.org/got-wheels/>.



### Redi Wheels

Redi-Wheels is a service that is part of SamTrans Transportation for Mobility Impaired. If you would like more information or to request a Redi-Wheels application, please call (800) 660-4287.

### Ride PVI

Another transportation option is Little House. They can arrange for a Lyft driver to pick you up from your home. To register for the program, please call (650) 272-5006.

### Safe Medicine Disposal

The San Carlos Police Bureau, located at City Hall (600 Elm Street), provides a medicine disposal site in the lobby. This convenient location accepts most medicines — prescription, nonprescription, brand-name, and generic — at no cost to residents. To prepare your medication, place pills in plastic bags, remove or black out labels on containers, and keep liquids, creams, and gels in their original packaging. You can drop off your medication from Monday to Thursday between 8:00 a.m. and 5:00 p.m.







































































### San Mateo County Aging & Disability Resource Connection

SMC ADRC is a resource hub of referrals for older adults and individuals with disabilities to ensure access to services. For information, call (888) 762-2372.

# SAN CARLOS PARKS DIRECTORY

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

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

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



**Even Good Dogs Must Be On a Leash!  
It's The law!**

For off-leash dog fun, visit City Hall Dog Park or the Heather Dog Exercise Area.

[cityofsancarlos.org/parks](http://cityofsancarlos.org/parks)



# 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 5**

at 8:00 a.m.

**Non-Residents**

**Starts August 12**

at 8:00 a.m.

## 3 Easy Ways to Register



### Online

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



### Walk-in and Drop-off

at the Registration Office  
601 Chestnut Street, San Carlos



### Mail-in

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

## Questions?

Email [recreation@cityofsancarlos.org](mailto:recreation@cityofsancarlos.org) or call (650) 802-4382.

## Online Registration Account

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

## Registration Office Hours

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

## Resident/Non-Resident Fees

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

## Refund/Transfer Request

**Refunds:** If you request to withdraw from an activity at least five or more working days before the activity starts, a refund will be issued, less a \$11 refund fee. A refund request less than five working days before the class/activity begins will not be issued. Requests for a refund from camps require two weeks notice in order to receive a refund.

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

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

## Payment Methods

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

## Fee Assistance

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



# SAN CARLOS PARKS & RECREATION REGISTRATION FORM

Please complete  
entire form.



## 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

☐ 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**



# Upcoming Community Events



 HARRINGTONS

**Harringtons**

September 7 and 28, 12:00 p.m. – 2:00 p.m.

[cityofsancarlos.org/harringtons](http://cityofsancarlos.org/harringtons)

Even More Downtown Entertainment Coming Soon!



**Halloween Movie Night**

October 17, 6:00 p.m. – 8:45 p.m.

[cityofsancarlos.org/events](http://cityofsancarlos.org/events)



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

**Learn more online!** [cityofsancarlos.org/events](http://cityofsancarlos.org/events)





## Boots, Blue Jeans and Barbecue

September 20, 5:00 p.m. – 9:00 p.m.

[friendsoftheacc.org](http://friendsoftheacc.org)



## Art & Wine Faire

October 11 & 12, 10:00 a.m. – 6:00 p.m.

[cityofsancarlos.org/artandwinefaire](http://cityofsancarlos.org/artandwinefaire)



Sponsor a San Carlos event

Scan here for more information!



Volunteer opportunities available

Scan here for more information!



Tots/preschool  
Youth  
Tennis/pickleball  
Teens  
Adults  
Active Adults 50+  
Registration  
Special Events



# Upcoming Community Events

## Goblin Walk

October 24, 4:00 p.m. – 5:30 p.m.

[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## Night of Holiday Lights

December 5, 5:00 p.m. – 8:30 p.m.

[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

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

[prfsancarlos.org](http://prfsancarlos.org)





## Centennial Wrapped Watch Party

November 15, 6:00 p.m.

[cityofsancarlos.org/events](http://cityofsancarlos.org/events)



## Breakfast with Santa

December 7, 9:30 a.m. – 11:00 a.m.

[cityofsancarlos.org/events](http://cityofsancarlos.org/events)



## Nutcracker Tea Party

November 1, 10:00 a.m. – 11:00 a.m.

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



Tots/preschool

Youth

Tennis/pickleball

Teens

Youth Center

Adult

Active Adults 50+

Registration

Special Events





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

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**OCTOBER 11 & 12**  
**10:00 AM TO 6:00 PM**



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[SCPARKSANDREC](https://www.instagram.com/scparksandrec)



[WWW.CITYOFSANCARLOS.ORG/ARTANDWINEFAIRE](http://WWW.CITYOFSANCARLOS.ORG/ARTANDWINEFAIRE)

PRESENTED BY THE CITY OF SAN CARLOS IN PARTNERSHIP WITH  
THE PARKS AND RECREATION FOUNDATION OF SAN CARLOS



**SAN CARLOS**  
**ART &  
WINE**  
**FAIRE**