



WINTER  
2024



CITY OF SAN CARLOS

# THE GUIDE

*to Good Living*

# Public Safety Fair

Saturday, March 9

9:00 a.m. – 1:00 p.m. at Burton Park

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



# Utility Box Mural Project

Call for Student Artists

Apply by Friday, March 1

For more information visit,

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



The Friends of the  
San Carlos  
Adult Community Center

## CRAB FEED FUNDRAISER

Saturday, February 24

4:30 p.m. – 8:30 p.m.

To register, visit [www.friendsoftheacc.org](http://www.friendsoftheacc.org)

Please call (650) 802-4384  
for more information.



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# 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) 802-4471

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

See page 25 for Youth Center drop-in  
and extended hours schedule.

### Adult Community Center

(650) 802-4384

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

### Athletics Office

(650) 802-4124

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

### Parks & Recreation Administration Office

(650) 802-4112

### Field Conditions Hotline

(650) 802-4333

## Parks & Recreation Staff

### Recreation Staff

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

### Public Works

#### Parks Maintenance Staff

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



## San Carlos City Council

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

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

## Parks, Recreation, & Culture Commission

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

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



## Youth Advisory Council

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

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

## Fee Assistance Program

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

## Americans with Disabilities Act

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



## Your Support Makes it Possible!

Through your generous donations, the Parks and Recreation Foundation of San Carlos is able to help fund park and trail improvements, provide new equipment, support local events and provide program scholarships in the community!

## Won't you Join Us?

Consider the Parks and Recreation Foundation in your year-end giving! Donations are tax-deductible and go directly to funding San Carlos Parks and Programs.

## Donate Today!



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

*“ We support the Parks and Recreation Foundation because of their work in ensuring our community enjoys great parks and a great quality of life. ”*

*- Chris and Bryce Cook, San Carlos*

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

# SAN CARLOS WINTER COMMUNITY CALENDAR

**City Council** meets second and fourth Mondays at 7:00 p.m.

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

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

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

Agenda materials may be viewed online at [www.cityofsancarlos.org/agenda](http://www.cityofsancarlos.org/agenda) at least 72 hours prior to a regular meeting.

## Every Sunday

### Farmers' Market

9:00 a.m. – 1:00 p.m.

Downtown Laurel Street

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

## December

### December 1

#### Night of Holiday Lights

5:00 p.m. – 8:30 p.m.

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

### December 6

#### Parks, Recreation & Culture Commission Meeting

7:00 p.m.

San Carlos Library Community Room

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

### December 7, 14, 21

#### Thursday Night Lights

6:00 p.m. – 8:00 p.m.

Extended Downtown Shopping Hours

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

### December 8

#### Holly Jolly Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

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

## January

### January 8

#### Pancakes & Pickleball Tournament

10:00 a.m. – 12:00 p.m.

Youth Center

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

### January 12

#### Cheers to the New Year Luncheon

12:00 p.m. – 1:30 p.m.

Adult Community Center

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

## February

### February 3

#### Blood Drive

10:00 a.m. – 4:00 p.m.

Adult Community Center

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

### February 7

#### Parks, Recreation & Culture Commission Meeting

7:00 p.m.

San Carlos Library Community Room

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



Farmers' Market  
Every Sunday



Night of Holiday Lights  
December 1



Thursday Night Lights  
December 7, 14, 21



Holly Jolly Luncheon  
December 8



Pancakes & Pickleball  
Tournament  
January 8



Sweetheart Luncheon  
February 14



**MELP Pop-Up Event**  
February 21



**Winter Break Youth Camps**  
February 20-23



**Crab Feed**  
February 24



**Dances**  
March 1 & 15



**Shamrock Luncheon**  
March 8



**Public Safety Fair**  
March 9

**February 9**

**Lunar New Year Celebration**  
12:30 p.m. – 2:30 p.m.  
Adult Community Center  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

**February 14**

**Sweetheart Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

**February 21**

**MELP Pop-Up Event**  
11:00 a.m. – 1:00 p.m.  
Adult Community Center  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

**February 20-23**

**Winter Break Youth Camps**  
[www.cityofsancarlos.org/register](http://www.cityofsancarlos.org/register)

**February 24**

**Crab Feed**  
4:30 p.m. – 8:30 p.m.  
Adult Community Center  
[www.friendsoftheacc.org](http://www.friendsoftheacc.org)

**March**

**March 1**

**Senior Resource Fair**  
12:00 p.m. - 2:00 p.m.  
Adult Community Center  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

**March 1**

**Spring Dance**  
7:00 p.m. - 9:00 p.m.  
5th & 6th Grade  
Youth Center  
[www.cityofsancarlos.org/register](http://www.cityofsancarlos.org/register)

**March 8**

**Shamrock Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)

**March 9**

**Public Safety Fair**  
9:00 a.m. – 1:00 p.m.  
Burton Park  
[www.cityofsancarlos.org/events](http://www.cityofsancarlos.org/events)

**March 15**

**SCYChella Dance**  
7:00 p.m. – 9:00 p.m.  
7th & 8th Grade  
Youth Center  
[www.cityofsancarlos.org/register](http://www.cityofsancarlos.org/register)

**City Facility Closures**

**January 15**  
Martin Luther King Day

**February 19**  
Presidents' Day

**Thanks to  
Parks & Recreation  
Foundation of San Carlos  
for their generous support  
of our community events!**  
[www.prfsancarlos.org](http://www.prfsancarlos.org)

# TOT/PRESCHOOL ACTIVITIES

## Arts & Music

### Little Musicians Music Together – Caregiver and Me

(Ages 5 years and under)

Little Musicians is excited to offer nationally acclaimed Music Together, a parent and 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 Winter Bells collection, a professionally recorded CD, as well as digital access to the music, and a beautifully illustrated songbook so you can continue making music at home. Infant siblings under 8 months may attend for free. Siblings 8 months and over are offered a registration discount at \$150 per additional siblings for the 10-week session and \$138 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. Instructor: Steven (M/F), Gaby (T/Su), Amy (Sa). No class 1/15 & 2/19.

#### Little Musicians

Dance Studio at Youth Center

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

18759	M	9:00 a.m. – 9:45 a.m.	9 classes	1/8 – 3/18
18760	M	10:00 a.m. – 10:45 a.m.	9 classes	1/8 – 3/18
18761	M	11:00 a.m. – 11:45 a.m.	9 classes	1/8 – 3/18
18762	M	4:00 p.m. – 4:45 p.m.	9 classes	1/8 – 3/18
18763	M	5:00 p.m. – 5:45 p.m.	9 classes	1/8 – 3/18

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

18764	T	9:00 a.m. – 9:45 a.m.	10 classes	1/9 – 3/12
18765	T	10:00 a.m. – 10:45 a.m.	10 classes	1/9 – 3/12
18766	T	11:00 a.m. – 11:45 a.m.	10 classes	1/9 – 3/12
18767	F	9:00 a.m. – 9:45 a.m.	10 classes	1/12 – 3/15
18768	F	10:00 a.m. – 10:45 a.m.	10 classes	1/12 – 3/15
18769	F	11:00 a.m. – 11:45 a.m.	10 classes	1/12 – 3/15
18770	Sa	9:00 a.m. – 9:45 a.m.	10 classes	1/13 – 3/16
18771	Sa	10:00 a.m. – 10:45 a.m.	10 classes	1/13 – 3/16
18772	Sa	11:00 a.m. – 11:45 a.m.	10 classes	1/13 – 3/16
18773	S	9:00 a.m. – 9:45 a.m.	10 classes	1/14 – 3/17
18774	S	10:00 a.m. – 10:45 a.m.	10 classes	1/14 – 3/17
18775	S	11:00 a.m. – 11:45 a.m.	10 classes	1/14 – 3/17

### Experiential Exploration – 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, and play. Participants will have a choice of the type of materials they use to explore during class with multiple material centered provocations set up each week. This allows participants to express themselves and create their own experiences. Materials include drawing, finger-painting, building, salt-dough, sensory items, and more! An adult caregiver must be present at all times to attend this class. Dress to get messy. [www.A-ZCreativity.org](http://www.A-ZCreativity.org). No class 1/15.

#### A-Z Creativity Instructors

Arts and Crafts Room at Youth Center

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

18637	M	9:00 a.m. – 9:45 a.m.	5 classes	1/8 – 2/12
18638	M	10:00 a.m. – 10:45 a.m.	5 classes	1/8 – 2/12
18639	M	9:00 a.m. – 9:45 a.m.	5 classes	2/26 – 3/25
18640	M	10:00 a.m. – 10:45 a.m.	5 classes	2/26 – 3/25

## Fitness & Wellness

### Zumba Kids Jr. (Ages 4–6 years)

Zumba helps kids develop a healthy lifestyle and incorporate fitness as a natural part of childrens lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, spatial awareness, and cultural awareness. No class 1/19.

#### Kalina Kotseva

Dance Studio at Youth Center

Resident: \$285 Non-resident: \$305

18644	F	3:10 p.m. – 4:00 p.m.	11 classes	1/12 – 3/29
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TOT / PRESCHOOL ACTIVITIES



## Performing Arts

### Baby Play – Caregiver & Me

(Ages 4–12 months)

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home and connect with other caregivers. No class 2/21.

**San Carlos Children's Theater Instructors**

*Dance Studio at Youth Center*

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

**18671** W 9:00 a.m. – 9:50 a.m. 8 classes 1/24 – 3/20

### Tiny Spotlight – Caregiver & Me

(Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We'll explore sound and rhythm as we sing and dance to popular children's songs. We'll stretch our imaginations as we read storybooks and play make believe together. If you don't know the songs or stories, don't worry! We're here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn. No class 2/22.

**San Carlos Children's Theater**

*SCCT Studio, 1314 Old Country Road, Belmont*

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

**18669** Th 10:00 a.m. – 11:00 a.m. 8 classes 1/25 – 3/21

### NEW Preschool Musical Theater – Into the Unknown (Ages 3–5 years)

Introduce your preschooler to the magic of song and dance! Through fun, imaginative activities inspired by songs from Frozen, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. While participating in creative movement, music and games, children gain poise and discover the joys of performing. You'll love seeing your little one blossom as they proudly show off their new skills! No class 2/22.

**San Carlos Children's Theater Instructors**

*SCCT Studio, 1314 Old Country Road, Belmont*

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

**18670** Th 2:30 p.m. – 3:30 p.m. 8 classes 1/25 – 3/21

## Special Interest

### Infant and Caregiver Learn with Less® Enrichment (Ages 1 and under)

Do you want to learn to make the most of the time you have with your baby with what you already have? Then come join us in a small supportive group to play, sing, talk, and move with Learn With Less®. This is a series of four classes for caregivers and infants one year and under. You will have fun playing together while learning more about child development. Each class in the series will have a unique focus and will be led by a licensed speech therapist.

**Lori Fromowitz**

*Arts and Crafts Room at Youth Center*

**Resident: \$190 Non-resident \$200**

**18905** F 10:30 a.m. – 11:30 a.m. 4 classes 3/1-3/22

### Toddler and Caregiver Learn with Less® Enrichment (Ages 1–3 years)

Do you want to learn to make the most of the time you have with your toddler with what you already have? Then come join us in a small supportive group to play, sing, talk, and move with Learn With Less®. This is a series of four classes for caregivers of toddlers ages one to three. You will have fun playing with your toddler while connecting with other kids and caregivers. Each class in the series will have a unique focus on a different area of child development and will be led by a licensed speech therapist.

**Lori Fromowitz**

*Arts and Crafts Room at Youth Center*

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

**18906** F 11:45 a.m. – 11:45 p.m. 4 classes 3/1-3/22



# YOUTH ACTIVITIES

## Arts & Music

### Children's Choir (Ages 6–12 years)

**Sea Stars** – In this lively group, your child will sing and play while learning the basics of musicianship and singing together. We learn about beat, rhythm, movable do solfège and music notation, and sing songs kids love. **Sound Waves** – The class will focus on the fun and satisfying art of a cappella harmony singing. They will learn to follow musical scores, hold their own part, listen to their fellow singers, and sing with confidence. This class is great preparation for singing in middle and high school choirs, a cappella groups, and musical theater productions. Both classes will have a mini-recital for friends and family. No class 2/22.

#### Emily Bender

Activity Room at Laureola Park

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

### Sea Stars – Singing & Music Basics (Ages 6–8 years)

18650 Th 3:45 p.m. – 4:30 p.m. 10 classes 1/11 – 3/21

### Sound Waves – A Cappella (Ages 9–12 years)

18651 Th 4:30 p.m. – 5:15 p.m. 10 classes 1/11 – 3/21

### 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 Rhythm Kids Winter 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 Djembe drum and a registration discount at \$188 per additional siblings. Discount registration does not receive a CD and is not available online. Please call the Recreation Office at (650) 802-4382.

#### Little Musicians Instructors

Dance Studio at Youth Center

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

18756 S 12:30 p.m. – 1:15 p.m. 10 classes 1/14 – 3/17

### 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 2/22.

#### EASE Instructors

Arts and Crafts Room at Youth Center

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

18630 Th 4:00 p.m. – 5:00 p.m. 7 classes 1/25 – 3/14

### Cookies and Canvas (Ages 7–12 years)

Let your creative juices flow and alleviate your creative dormancy, come and explore the world of painting with Out Of The Box Kids. This wonderfully creative Paint Party is perfect for 7-12 year old's who don't mind getting messy while creating works of art. Every week they will create a new masterpiece. All the necessary art supplies will be provided. Kids create their masterpieces while munching on cookies. This is a hands-on class with lots of guidance and support. No class 2/24.

#### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

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

18628 Sa 11:00 a.m. – 12:30 p.m. 8 classes 1/20 – 3/16

### Da Vinci's Workshop (Ages 6–12 years)

Our Renaissance instructors will guide your child through exciting new lessons in every class. Students will learn fundamental artistic skills in a variety of mediums including acrylic painting, watercolors, clay sculptures, cartoons, anime, manga, sketching and drawing. Students will have a blast and will bring home tons of new artwork. No class 2/23.

#### Athena Coding Instructors

Arts and Crafts Room at Youth Center

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

18781 F 3:30 p.m. – 4:30 p.m. 8 classes 1/19 – 3/15

## Draw with Us (Ages 5–10 years)

This course will focus on building fundamental drawing skills. Students will learn basic techniques such as shading, controlling tones, composition, and drawing methods. Additionally, we teach how to see with an artist's eye while exploring different art mediums from oil pastels, chalk pastels, paints and markers. This course is designed for beginner artists who have an interest in learning how to draw, sketch or simply want to improve their skills. The class will cover the tools you'll need and also give you plenty of chances to practice drawing different things, from people, places, and beyond. No class 2/21.

### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$360 Non-resident: \$380

**18783** W 5:15 p.m. – 6:15 p.m. 10 classes 1/17 – 3/27

## Imagination Station – Fun with Crafts

(Ages 6–12 years)

In this class, we will spend two hours a week getting crafty! We will work with a lot of different materials and techniques, plus 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 class.

### Christine Hopkins

Loft Room at Adult Community Center

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

**18626** T 3:30 p.m. – 5:30 p.m. 4 classes 1/9 – 1/30

**18627** T 3:30 p.m. – 5:30 p.m. 4 classes 2/27 – 3/19



## Learn to Sew for Kids (Ages 8–12 years)

Learn how to sew with a sewing machine. We will layout cut and sew a pillowcase and a pair of pajama pants. Each child will work at their own pace and get 1:1 instruction. This is a fun, no pressure class where everyone can have fun sewing and finishing great projects! Materials list will be sent out approximately one week prior to the start date. Sewing machine required. Sewing machines available for use during class/camp for an additional one-time payment of \$25 payable to the instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com. No class 1/15 & 2/5.

### Christine Hopkins

Loft Room at Adult Community Center

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

**18621** M 3:30 p.m. – 5:30 p.m. 4 classes 1/8 – 2/12

**18622** M 3:30 p.m. – 5:30 p.m. 4 classes 2/26 – 3/18

## School Break Camp

Homework Room at Youth Center

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

**18623** M-F 9:00 a.m. – 12:00 p.m. 4 classes 2/20 – 2/23

## Dance

### Irish Step Dancing (Ages 6–17)

Students are introduced to traditional Irish step dances while being instructed on proper posture, foot placement, timing and stage presence. Students will develop self-confidence, enhance physical agility and discipline, and gain new friendships through dance. They will become familiar with Irish music and will be able to perform in various events. Mary Jo Feeney, the director and prime teacher, is a licensed teacher and adjudicator of Irish dance with An Coimisiun Le Rinci Gaelacha (The Irish Dancing Commission) in Dublin, Ireland. The Murphy Irish Dance Co. has Regional, National and World champions.

#### Mary Jo Feeney

San Carlos Room at Adult Community Center

#### First Beginner

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

**18652** T 3:15 p.m. – 4:00 p.m. 6 classes 1/9 – 2/13

**18653** T 3:15 p.m. – 4:00 p.m. 6 classes 2/20 – 3/26

#### Beginner 1 & 2

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

**18654** T 3:45 p.m. – 4:30 p.m. 6 classes 1/9 – 2/13

**18655** T 3:45 p.m. – 4:30 p.m. 6 classes 2/20 – 3/26

#### Advanced

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

**18656** T 4:45 p.m. – 6:00 p.m. 6 classes 1/9 – 2/13

**18657** T 4:45 p.m. – 6:00 p.m. 6 classes 2/20 – 3/26



## Fitness & Wellness

### Zumba (Ages 4–11 years)

Zumba helps kids develop a healthy lifestyle and incorporate fitness as a natural part of childrens lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, teamwork, confidence, self-esteem, and memory, creativity, coordination, balance, spatial awareness, and cultural awareness. No class 1/19.

#### Kalina Kotseva

Dance Studio at Youth Center

Resident: \$285 Non-resident: \$305

#### Zumba Kids JR. (Ages 4–6 years)

**18644** F 3:10 p.m. – 4:00 p.m. 11 classes 1/12 – 3/29

#### Zumba Kids (Ages 7–11 years)

**18645** F 4:10 p.m. – 5:00 p.m. 11 classes 1/12 – 3/29



## Special Interest

### NEW AI Adventures (Ages 6–12 years)

Our course is thoughtfully designed to introduce your child to the dynamic world of Artificial Intelligence, igniting creativity and curiosity. In this class, students interact with cutting-edge AI technologies like ChatGPT, Stable Diffusion, DALL-E, and Novel.ai. They'll create chatbots, animations, stories, and films, gaining hands-on experience. Through projects, they'll delve into AI's inner workings and its problem-solving potential. This journey fosters critical thinking and collaboration with peers. Exciting activities include AI-enhanced short stories, art with DALL-E and Stable Diffusion, and collaborative chatbot programming. Our expert instructors will guide them, nurturing curiosity and exploring AI's possibilities. No class 2/23.

#### Athena Coding Instructors

Arts and Crafts Room at Youth Center

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

**18782** F 4:40 p.m. – 5:40 p.m. 8 classes 1/19 – 3/15

## NEW Athena's Architects: LEGO® Design

(Ages 6–12 years)

Athena's Architects takes LEGO® play to a higher plane, combining architecture, STEM learning, and storytelling. In our engaging environment, children explore structural design, balance, and aesthetics through weekly themes and collaborative projects. Our unique STEM Lego Challenges allow students to illustrate fundamental principles of physics and engineering, while nurturing problem-solving and literacy skills by crafting narratives around their models. Serving all skill levels, Athena's Architects isn't just a class, it's a community encouraging confidence, friendships, and lifelong skills through the creativity of LEGO®. No class 2/21.

### Athena Coding Instructors

Dance Studio at Youth Center

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

18779	W	3:40 p.m. – 4:40 p.m.	7 classes	1/17 – 3/6
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## Checkmate Chess (Ages 5–12 years)

Chess can raise ones IQ, increase creativity and problem solving skills and improve memory, concentration, and reading skills. This class covers a complete introduction to the chess pieces. The main focus is to teach kids the different movements and values, to understanding and strategizing on good trades versus bad trades, to ending the game with a checkmate! Everyone's skill level is taken into account, as our coaches are dedicated to providing the most rewarding experience for your child. No class 2/22.

### Out Of The Box Kids Instructors

Dance Studio at Youth Center

Resident: \$360 Non-resident: \$380

18641	Th	5:00 p.m. – 6:00 p.m.	10 classes	1/18 – 3/28
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## NEW Creative Writing – Write Right

(Ages 6–12 years)

Writing is essential as a tool of communication and self-expression. This 9-week session will focus on developing writing skills and nurturing creativity. Students will perfect the art of writing good introductions and conclusions as they work on convincing three-paragraph essays and character-driven stories. No class 2/21.

### Lekha Ink Instructors

Loft Room at Adult Community Center

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

Ages 6–8 years

18701	W	5:00 p.m. – 6:00 p.m.	9 classes	1/17 – 3/20
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Ages 9–12 years

18702	W	6:15 p.m. – 7:15 p.m.	9 classes	1/17 – 3/20
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## Public Speaking – Confident Speakers and Writers (Ages 7–12 years)

Confident public speakers articulate themselves clearly, making them happy. This course helps students structure their thoughts and express them confidently making them strong, confident and happy! In the debate section the students not only voice their opinions but also listen to the other side. The students become better listeners, learn note-taking strategies making them effective communicators. With topics of their interests and our encouraging them to use props, stories, jokes, quotes and other visual aids, we make learning easy and exciting.

### Gurus Education Instructors

Art and Craft Room at Youth Center

Resident: \$339 Non-resident: \$359

18643	T	5:00 p.m. – 6:00 p.m.	9 classes	1/30 – 3/26
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# San Carlos Children's Theater

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

## Baby Play – Caregiver & Me

(Ages 4 months–1 years)

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home and connect with other caregivers. No class 2/21.

*Dance Studio at Youth Center*

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

**18671** W 9:00 a.m. – 9:50 a.m. 8 classes 1/24 – 3/20

## Tiny Spotlight – Caregiver & Me

(Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We'll explore sound and rhythm as we sing and dance to popular children's songs. And we'll stretch our imaginations as we read storybooks and play make believe together. If you don't know the songs or stories, don't worry! We're here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn. No class 2/22.

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

**18669** Th 10:00 a.m. – 11:00 a.m. 8 classes 1/25 – 3/21



## NEW Preschool Musical Theater – Into the Unknown (Ages 3–5 years)

Introduce your preschooler to the magic of song and dance! Through fun, imaginative activities inspired by songs from Frozen, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. While participating in creative movement, music and games, children gain poise and discover the joys of performing. You'll love seeing your little one blossom as they proudly show off their new skills! No class 2/22.

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

**18670** Th 2:30 p.m. – 3:30 p.m. 8 classes 1/25 – 3/21

## Broadway Rising Stars I – 101 Dalmatians (Ages 5–7 years)

This show choir class is a wonderful opportunity for budding performers who want to learn how to sing and dance for an audience. Working in a fun, relaxed environment, students will learn basic voice, dance, and group performance techniques as they prepare 1-2 popular songs from 101 Dalmatians. Families will be treated to a student performance on the final day of class. No class 2/18.

**Resident: \$297 Non-resident: \$317**

**18672** Su 9:00 a.m. – 10:30 a.m. 8 classes 1/21 – 3/17

**18673** Su 11:00 a.m. – 12:30 p.m. 8 classes 1/21 – 3/17

## NEW Broadway Rising Stars II – SpongeBob The Musical (Ages 8–10 years)

Students will explore different song and dance styles and develop valuable group performance skills as they work together to prepare a fun musical revue using 1-2 songs from Broadway's SpongeBob the Musical. The last day of class will feature a student showcase performance for families. No class 2/18.

**Resident: \$297 Non-resident: \$317**

**18674** Su 11:00 a.m. – 12:30 p.m. 8 classes 1/21 – 3/17

### NEW Storybook Theater – Hat On, Hats Off

(Ages 5–7 years)

Introduce your child to the basics of theater with this fun, silly and super creative beginning acting class. Children will explore movement, character building, teamwork, and storytelling in a fun and supportive environment as they play theatrical games and act out popular children’s stories about hats, hats, hats! Students are encouraged to share ideas and stretch their imaginations. The final day of class includes a showcase for friends and family. No class 2/20.

Resident: \$264 Non-resident: \$284

Dance Studio at Youth Center

18677	T	3:30 p.m. – 5:00 p.m.	8 classes	1/23 – 3/19
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### NEW Friends Play Group – A Theater Based Social Skills Workshop

(Ages 6–9 years)

This fun social skills workshop is designed for small groups of neurodivergent children. Using drama, pretend play and role-playing, students actively participate in creating new skills that help them become better social thinkers. Skills taught include friendly greetings, self-calming strategies, sharing, collaborative play, flexible thinking, teamwork, and much more. No class 2/24.

Resident: \$325 Non-resident: \$355

18696	Sa	10:00 a.m. – 11:00 a.m.	6 classes	1/20 – 3/2
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### NEW Pocket Productions –

### Cake for the Queen (Ages 7–12 years)

This funny SCCT pocket production offers new and experienced young actors an opportunity to perform a simple scripted play with minimal rehearsal requirements. Students will have fun together in this crazy play where nothing is quite as it seems when the King invites the entire land to participate in a cake baking contest for the Queen’s birthday. This royal celebration is full of surprises! Final day of class includes a performance for family and friends using minimal props/costumes and endless imagination! No class 2/20.

Resident: \$264 Non-resident: \$284

18676	T	3:30 p.m. – 5:00 p.m.	8 classes	1/23 – 3/19
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### NEW Jazz, Tap & Razzle Dazzle – Intro to

### Musical Theater Dance (Ages 8–11 years)

Musical theater dance encompasses the best of all dance styles, from the pulsing street dance rhythms of Hamilton to the effortless waltzes in Cinderella to the amazing heel clicks of chimney sweeps in Mary Poppins. In this class, students will learn a variety of basic dance techniques featured on Broadway, including jazz and tap. Curriculum will also explore storytelling through dance and how to connect with the audience. If your child has ever dreamed of starring in a musical, this class will help get them closer to that dream! Students will showcase their dance moves on the final day of class. No class 2/20.

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

18697	T	5:15 p.m. – 6:15 p.m.	8 classes	1/23 – 3/19
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### SCCT Performing Troupe (Ages 9–14 years)

Explore the world of community performances with SCCT! Perform songs from contemporary pop hits, movies and Broadway musicals together with cutting-edge dance choreography! Students will improve their vocal range, experiment with different dance styles, and learn how to integrate choreography without compromising vocal technique. Working in a creative, collaborative environment, students will work on musical numbers to perform at local venues and community events throughout the semester such as Celebrate the Music and Hometown Days. No class 2/20 & 4/9.

Resident: \$700 Non-resident: \$720

18678	T	6:30 p.m. – 8:30 p.m.	16 classes	1/23 – 5/21
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### Improv! (Ages 10–14 years)

This high-energy class provides a fun, non-competitive environment for students to learn the basics of improvisational acting and storytelling. Using the fundamentals of improv and theater games, students will build new friendships as they learn how to unlock their creative voice, think quickly on their feet, and play off what other characters are saying. Improv activities sharpen communication skills and teach kids how to be collaborative, self-assured performers. The final class features an entertaining improv showcase for families. No class 2/22.

Resident: \$264 Non-resident: \$284

18675	Th	5:30 p.m. – 7:00 p.m.	8 classes	1/25 – 3/21
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# San Carlos Children's Theater, continued

## StageCraft Technical Theater

(Ages 10–15 years)

Discover the secrets of working behind the scenes in a theater during this cool hands-on class. Students will receive in-depth training in lighting, sound, special effects, set construction, and stage management. Perfect for beginning or intermediate tech enthusiasts who want to get a feel for all aspects of what it takes to put on a show. Enrollment is limited to ensure everyone receives plenty of personal instruction. Participants will be able to shadow tech crew in action during our Spring Play the week of March 2-10. No class 2/21.

*Mustang Hall, 828 Chestnut Street, San Carlos*

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

**18680** W 6:00 p.m. – 7:30 p.m. 6 classes 1/17 – 2/28

## NEW Chicago in 48 Hours – A Ghostlight Production (Ages 12–18 years)

Over one amazing weekend, talented actors will work tirelessly to rehearse and perform the musical theater classic Chicago! Through the power of teamwork, creativity, help from our amazing directing team and a little luck, cast will create costumes, sets, songs and dances for the production all in one exciting 48-hour period! Actors will participate in a group audition in advance so that they have time to memorize their parts before coming together for a weekend they'll never forget. Fueled by adrenaline and a shared love for musical theater, performers will showcase their skills in a high-energy production on Sunday afternoon. Chicago Teen Edition Auditions: Monday, 2/12 Singing/Acting/Dancing at 4:00 p.m. – 7:00 p.m., Friday, 2/23 at 4:00 p.m. – 10:00 pm, Saturday, 2/24 at 10:00 a.m. – 10:00 p.m., Sunday, 2/25 at 9:00 a.m. – 3:00 p.m., break, at 3:00 p.m. – 4:00 p.m., prep, at 4:00 p.m. – 5:00 p.m., performance at 5:00 p.m. – 7:00 p.m., strike at 7:00 p.m. – 8:00 p.m.

**Resident: \$700 Non-resident: \$720**

**18695** 4:00 p.m. – 8:00 p.m. 4 classes 2/12 – 2/25

## NEW Ghostlight Conservatory: Downstage Drama (Ages 12–18 years)

Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. This session delves into the captivating world of dramatic techniques, poignant scenes and soul-stirring songs. With a team of rotating teaching artists workshoping different areas of advanced theatrical technique, we will explore powerful emotions, complex characters, and evocative storytelling. We'll develop intensive scene work, emotive song performances, and expressive choreography to share in a final showcase for friends and family on the last day of class. Showcase at 4:00 p.m. - 5:00 p.m. on 3/30. Auditions Acting & Singing: January 22 at 3:30 p.m. – 5:30 p.m., 1 minute monologue and a 32 bars song. A link will be sent to you to sign up for an audition slot.

**Resident: \$750 Non-resident: \$770**

**18694** Sa 11:30 a.m. – 3:30 p.m. 8 classes 2/3 – 3/30

## NEW Ghostlight Winter Intensive (Ages 12–18 years)

Join Ghostlight's first Advanced Musical Theater Intensive! Each day, experienced actors will refine their craft through workshops and master classes taught by a rotating team of local teaching artists. We'll dive into advanced skills like script analysis, voice and speech, and characterization. The week culminates in a showcase on 1/5 at 4:00 p.m. for friends and family, where each actor will shine on stage, showcasing newfound confidence and skills.

**Resident: \$485 Non-resident: \$505**

**18693** T-F 12:00 p.m. – 5:00 p.m. 4 classes 1/2 – 1/5





### NEW Dungeons and Dragons (Ages 7-12 years)

Our exciting and imaginative program provides a fun and engaging way for students to develop their social, problem-solving, and teamwork skills while exploring the thrilling world of D&D. Dungeon Masters will guide students through a fantastical world filled with monsters, treasure, and challenges, while they work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork that will serve them well in all areas of life. Join us on an epic adventure that will leave you with memories to last a lifetime! No class 2/21.

**Athena Coding Instructors**  
*Dance Studio at Youth Center*

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

**18780** W 4:50 p.m. – 5:50 p.m. 7 classes 1/17 – 3/6



### Hollywood Filmmaking (Ages 6-12 years)

From the writer’s room to the silver screen, we’ll guide you as you turn your idea into an amazing script, and then we’ll help you bring it to life! All students are divided into production teams; together, they’ll brainstorm their ideas, and then collaboratively draft a script with a part for everyone. As students work, we’ll hold group workshops, where we help them with their script formatting, character design, dialogue and more! Then we move onto filming! Students will act out their own scripts, starring in the parts they themselves wrote. They’ll also take turns behind the camera, shooting with iPads. We’ll give guidance to students as they star in, film, and edit their movies with experienced advice on special effects and green-screen editing, shot composition and panning, lighting and sound effects. Each movie will be shown at the end of the class. Please bring an ipad if you own one. No class 2/21.

**Athena Coding Instructors**  
*Dance Studio at Youth Center*

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

**18778** W 2:30 p.m. – 3:30 p.m. 7 classes 1/17 – 3/6



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

Our unique project-based class is designed to allow young students to develop their creative storytelling and game designing abilities, and then gives them the opportunity to bring them to life through Scratch and Python. Bring your own laptop, chrome book, or iPad or rent one for a one-time payment for \$40 for the session. No class 1/15 & 2/19.

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

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

**18776** M 3:30 p.m. – 4:30 p.m. 8 classes 1/22 – 3/18

### Junior Alchemists: Chemistry for Kids (Ages 6-12 years)

Want to master the secrets of the universe? Learn how to create a lava lamp from scratch, pass secret messages in invisible ink, and cause a volcanic eruption to rival Pompeii? You’ll perform all these experiments and more, while learning the scientific principles behind them! Junior Alchemists is designed to not only pique an interest in scientific inquiry, but to introduce students to a deeper understanding of its development and application. We allow them to see the basic principles of science in the world around them, while having a ton of fun creating cool projects. No class 2/19.

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

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

**18777** M 4:40 p.m. – 5:40 p.m. 8 classes 1/22 – 3/18

## 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 2/21.

### John McGovern

Activity Room at Laureola Park

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

18648 W 1:30 p.m. – 2:30 p.m. 10 classes 1/10 – 3/20

18649 W 2:35 p.m. – 3:35 p.m. 10 classes 1/10 – 3/20



## NEW LEGO® Dinosaur Exploration

(Ages 5-10 years)

Join Brick Tech this fall as we plan, build, and test LEGO® projects based all around Dinosaurs! In this new offering we will explore STEM concepts relevant to all things Dino. Participants will build guided projects such as a security fence, transportation truck and a manual feeding apparatus. All projects will revolve around dinosaurs while providing an opportunity for hands on learning and learning through play, as well as peer interaction. Don't miss this opportunity to get your LEGO® lover on the right track to speed ahead in this new offering from Brick Tech.

### Brick Tech Instructors

Homework Room at Youth Center

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

18618 Sa 9:00 a.m. – 12:00 p.m. 1 class 2/3

## NEW LEGO® Ultimate Train Workshop

(Ages 5-10 years)

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

### Brick Tech Instructors

Homework Room at Youth Center

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

18616 Sa 9:00 a.m. – 12:00 p.m. 1 class 3/9

## LEGO® Engineering & Design – City Creator Camp (Ages 5-10 years)

Join Brick Tech this Summer as we design, create and build our very own custom city. Participants will explore STEM, engineering and design concepts as they build their own individual piece of the City! Don't miss this chance to let your little LEGO® lover learn and have fun while getting to build with peers in a collaborative project setting.

### Brick Tech Instructors

Art and Craft at Youth Center

Resident: \$200 Non-resident: \$210

18617 T-F 9:00 a.m. – 12:00 p.m. 4 classes 2/20 – 2/23

## NEW LEMO's Kids Night Out (Ages 5-12 years)

Join us for a Kids Night Out at LEMO U! Parents, load up your kiddos, drop them off with us, and enjoy a night to yourself. Whether you are planning a night out on the town or want to enjoy a quiet night at home; we've got you covered. Kids Night Out will include food, fun activities, games, sports, and more.

### LEMO Instructors

2575 East Bayshore Road, Redwood City

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

### Volleyball

18717 F 6:00 p.m. – 9:00 p.m. 1 class 2/2

### Leprechaun Cooking

18718 F 6:00 p.m. – 9:00 p.m. 1 class 3/15

## 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 2/22.

### EASE Instructors

Arts and Crafts Room at Youth Center

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

<b>18629</b>	Th	5:00 p.m. – 6:00 p.m.	7 classes	1/25 – 3/14
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## Saturday Science with Robin (Ages 5-11 years)

The San Carlos Science and Creativity Camp program at Laureola Park is running Saturday camps full of fun and adventure. Each camp is a one-day program designed around a general science principle. Campers typically do 2 science projects a day along with include games and recess activities. At recess campers are offered crafts and a supervised recess on the lawn and play structure. The camp is made even more special with our animal visitors which attend are part of every camp, regardless of theme. \$10 material fee payable to instructor at class.

### Robin Lise-Nielsen

Activity Room at Laureola Park

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

### Animals in Flight

What could be better than being able to fly? We will learn about how a few different animals manage flight and the different adaptations that have evolved for flight.

<b>18659</b>	Sa	9:00 a.m. – 1:00 p.m.	1 class	1/13
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### Animals that Dig

There is a lot going on under ground that we can't usually see. Let's take a look at who is hidden under ground and how such animals live, eat, and grow.

<b>18660</b>	Sa	9:00 a.m. – 1:00 p.m.	1 class	1/20
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### Critters that Swim

Our planet is mostly water and that water is full of life! Let's learn about the difference between salt and fresh water and what kinds of creatures can survive in both.

<b>18661</b>	Sa	9:00 a.m. – 1:00 p.m.	1 class	2/10
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## Winter Cooking with Junior Chef Stars

(Ages 7-13 years)

Looking for a hands on, tasty activity for your Jr. Chef? Join us as we provide junior chefs with the tools necessary to create, cook, and learn. Have your junior chef expand on their cooking knowledge as our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food all while having a blast and making new friends. Every season has new and exciting recipes so feel free to sign up if this is your first time or you are a seasoned junior chef! Material fee of \$50 payable to instructor at first class.

### Junior Chef Stars

Kitchen at Youth Center

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

<b>18610</b>	T	5:00 p.m. – 6:15 p.m.	5 classes	1/9 – 2/6
<b>18611</b>	T	5:00 p.m. – 6:15 p.m.	5 classes	2/27 – 3/26



### It's Robin's Birthday

It's Robin's Birthday! We will learn about some of Robin's favorite animals and celebrate with some birthday cake.

**18662** Sa 9:00 a.m. – 1:00 p.m. 1 class 2/17

### Critters that Migrate

Not every animal stays put it's whole life. Several animals spend parts of their lives traveling across the globe! How do these animals travel and what do they do to find the way?

**18663** Sa 9:00 a.m. – 1:00 p.m. 1 class 2/24

### African Herbivores

We will learn about some African animals who eat grass and plants and how these creatures survive in a place full of hungry predators.

**18664** Sa 9:00 a.m. – 1:00 p.m. 1 class 3/2

### American Invaders

We will learn about some animals that don't belong in the Americas but have decided to live here anyway. How do these creatures affect the local ecosystems and what can we do about such invaders?

**18665** Sa 9:00 a.m. – 1:00 p.m. 1 class 3/16

### Arctic Animals

Who could possibly live in the Arctic areas of our planet? There are more than just Polar Bears and penguins out there. These diverse organisms live on seasonal schedules much different from what we are used to and thrive in the cold.

**18666** Sa 9:00 a.m. – 1:00 p.m. 1 class 3/23

### Ancient Animals

So many animals, so much time! We will look at some extinct animals, some of which lived right here in California.

**18667** Sa 9:00 a.m. – 1:00 p.m. 1 class 3/30



## School Break Camps

### Winter Critter Camp (Ages 5–11 years)

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

#### Robin Lise-Nielsen

Activity Room at Laureola Park

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

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

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

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

### Camp Combo

Enroll for all 5 days and save!

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

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

### Learn to Sew for Kids Camp (Ages 8–12 years)

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

#### Christine Hopkins

Homework Room at Youth Center

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

**18623** M-F 9:00 a.m. – 12:00 p.m. 4 classes 2/20 – 2/23



## Cool Critter Camp (Ages 5–11 years)

We will be learning about a collection of chilly winter creatures from all over the world. How do animals keep warm and feed in the cold winter season? Come to camp and find out! Each camp has live animal visitors from Robins ranch for campers to interact with. Bring a snack and lunch. Material fee of \$32 payable to instructor at first class.

### Robin Lise-Nielsen

Activity Room at Laureola Park

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

18658 T-F 9:00 a.m. – 1:00 p.m. 4 classes 2/20 – 2/23

## Flexzone Leadership Holiday Camp

(Ages 5–12 years)

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

### LEMO Instructors

2575 East Bayshore Road, Redwood City.

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

18716 T-F 8:30 a.m. – 4:30 p.m. 4 classes 2/20 – 2/23

## LEGO® Engineering & Design – City Creator Camp (Ages 5–10 years)

Join Brick Tech this Summer as we design, create and build our very own custom city. Participants will explore STEM, engineering and design concepts as they build their own individual piece of the City! Don’t miss this chance to let your little LEGO® lover learn and have fun while getting to build with peers in a collaborative project setting.

### Brick Tech Instructors

Art and Craft Room at Youth Center

Resident: \$200 Non-resident: \$210

18617 T-F 9:00 a.m. – 12:00 p.m. 4 classes 2/20 – 2/23

## Sports

### World Cup Soccer Skill Clinics (Ages 4–9 years)

World Cup Soccer trainings are customized to create many touches on the ball, improve drib-bling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom.

### World Cup Soccer Instructors

Highlands Park

Resident: \$189 Non-resident: \$209

#### Ages 4–6 years

18703	T	4:00 p.m. – 5:00 p.m.	5 classes	2/27 – 3/26
18705	Th	4:00 p.m. – 5:00 p.m.	5 classes	2/29 – 3/28
18707	Sa	10:00 a.m. – 11:00 a.m.	5 classes	3/2 – 3/30
18709	T	4:00 p.m. – 5:00 p.m.	5 classes	1/16 – 2/13
18711	Th	4:00 p.m. – 5:00 p.m.	5 classes	1/18 – 2/15
18713	Sa	10:00 a.m. – 11:00 a.m.	5 classes	1/20 – 2/17

#### Ages 7–9 years

18704	T	5:00 p.m. – 6:00 p.m.	5 classes	2/27 – 3/26
18706	Th	5:00 p.m. – 6:00 p.m.	5 classes	2/29 – 3/28
18708	Sa	11:00 a.m. – 12:00 p.m.	5 classes	3/2 – 3/30
18710	T	5:00 p.m. – 6:00 p.m.	5 classes	1/16 – 2/13
18712	Th	5:00 p.m. – 6:00 p.m.	5 classes	1/18 – 2/15
18715	Sa	11:00 a.m. – 12:00 p.m.	5 classes	1/20 – 2/17



YOUTH ACTIVITIES

## Introductory Kuk Sool Martial Arts Class for Tiger Tots (Ages 5-12 year)

Fun and challenging classes lead by an 8th degree instructor. This introductory martial arts program is for beginners. The goal of the course is to teach fundamental skills of Kuk Sool Won Martial Arts with emphasis on listening and discipline.

### Hafez Adle

1665 Fernside St, Redwood City

Resident: \$185 Non-resident: \$205

### Ages 5-6 years

18685	Th	3:30 p.m. – 4:00 p.m.	6 classes	1/11 – 2/15
18686	Th	3:30 p.m. – 4:00 p.m.	6 classes	2/22 – 3/28
18687	T	3:30 p.m. – 4:00 p.m.	6 classes	1/9 – 2/13
18688	T	3:30 p.m. – 4:00 p.m.	6 classes	2/20 – 3/26

### Ages 7-12 years

18684	M	5:00 p.m. – 5:30 p.m.	5 classes	2/26 – 3/25
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## NEW! King's Camps & Fitness (Ages 5-13 years)

Young Ninja Warrior Calling all American ninja warriors! Based on the popular TV series, this summer camp lets your child run, climb, jump, and swing to their hearts content. Activities include learning obstacle-based fundamentals, athletic skills, and conditioning; as well as participating in team building games. Activities include Young Ninja Warrior, The Floor Is Lava, and Parkour. No previous obstacle or athletic experience needed! Athletic clothes and shoes required, and campers should bring water, snack and lunch to camp. For more information about our Ninja Warrior camps please contact [info@kingscampsandfitness.com](mailto:info@kingscampsandfitness.com) or call (650) 333-8567.

### Mike King

1100 Industrial Rd., #13 Suit A, San Carlos

### Package of 4 Classes

Resident: \$118 Non-resident: \$138

18794

### Package of 8 Classes

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

18795

### Package of 12 Classes

Resident: \$298 Non-resident: \$318

18796

## San Carlos Youth Sports League Directory

### AYSO Soccer

Paul Briant  
rc@sancarlosayso.org  
[www.sancarlosayso.org](http://www.sancarlosayso.org)

### Bayside Broncos/Pop Warner Football

[www.baysidebroncos.org](http://www.baysidebroncos.org)

### San Carlos United Soccer

Fred Im  
[www.sancarlosunited.org](http://www.sancarlosunited.org)

### Firehawks Lacrosse Club

[www.firehawkslacrosse.com](http://www.firehawkslacrosse.com)

### Little League Baseball

Mark Reynolds  
[www.sancarlosll.com](http://www.sancarlosll.com)

### Peninsula Green Rugby

[www.peninsulagreenrugby.org](http://www.peninsulagreenrugby.org)

### San Carlos Tennis Club

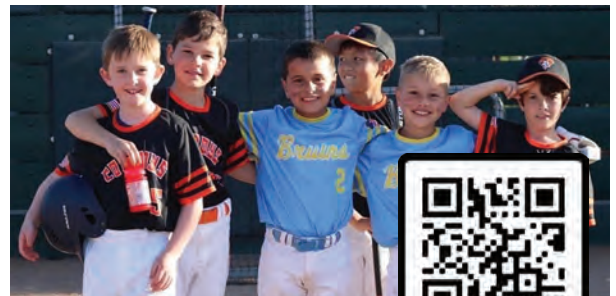
[www.sancarlostennisclub.memberlodge.com](http://www.sancarlostennisclub.memberlodge.com)

### San Carlos Youth Softball

[www.sancarosyouthsoftball.com](http://www.sancarosyouthsoftball.com)  
[sancarosyouthsoftball@gmail.com](mailto:sancarosyouthsoftball@gmail.com)

## City Field Conditions Hotline

(650) 802-4333



## Play San Carlos Little League Baseball



SCAN ME

- Instructional and competitive divisions
- Registration opens November until opening day in March
- Adult volunteers and coaches needed.

For more information, visit [sancarlosll.com](http://sancarlosll.com) or contact: [president@sancarlosll.com](mailto:president@sancarlosll.com).

# Tennis

## Aces! Whitlinger/Sarsfield Tennis **PLAY TENNIS THE STANFORD WAY!**

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

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

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

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

Children play FUN activities and games on the court with low compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success-oriented environment. We recommend the 21 inch rackets.

#### Tom Sarsfield

Resident: \$109 Non-resident: \$129

<b>18721</b>	W	3:20 p.m. – 4:00 p.m.	6 classes	1/10 – 2/14
<b>18725</b>	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	1/16 – 2/1
<b>18726</b>	Sa	11:00 a.m. – 11:40 a.m.	6 classes	1/20 – 2/24
<b>18727</b>	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	2/27 – 3/14

### ACES! Quickstart Tennis (Ages 8-10 years)

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

#### Tom Sarsfield

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

<b>18728</b>	W	4:00 p.m. – 5:00 p.m.	6 classes	1/10 – 2/14
<b>18729</b>	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	1/16 – 2/1
<b>18730</b>	Sa	10:00 a.m. – 11:00 a.m.	6 classes	1/20 – 2/24
<b>18731</b>	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	2/27 – 3/14

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

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

#### Tom Sarsfield

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

<b>18734</b>	W	5:00 p.m. – 6:00 p.m.	6 classes	1/10 – 2/1
<b>18732</b>	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	2/27 – 3/14
<b>18733</b>	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	1/16 – 2/1

### ACES! Junior Low Intermediate Tennis

(Ages 11-14 years)

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

#### Tom Sarsfield

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

<b>18735</b>	W	6:30 p.m. – 7:30 p.m.	6 classes	1/10 – 2/14
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TENNIS

## 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.

### Tom Sarsfield

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

**18737** W 7:30 p.m. – 8:30 p.m. 6 classes 1/10 – 2/14

**18738** Sa 8:00 a.m. – 9:00 a.m. 6 classes 1/20 – 2/24

## ACES! Low Adult Intermediate Tennis

(Ages 15+ years)

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

### Tom Sarsfield

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

**18831** T,Th 7:00 p.m. – 8:00 p.m. 6 classes 1/16 – 2/1

**18832** T,Th 7:00 p.m. – 8:00 p.m. 6 classes 2/27 – 3/14

## 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.

### Tom Sarsfield

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

**18739** T,Th 8:00 p.m. – 9:00 p.m. 12 classes 1/16 – 2/1

**18740** T,Th 8:00 p.m. – 9:00 p.m. 12 classes 2/27 – 3/14

**18741** Sat 9:00 a.m. – 10:00 p.m. 6 classes 1/20 – 2/24

# EURO School of Tennis

## After School Tennis

Our modified equipment is ideal for young beginners, ensuring they learn at their level and grasp the fundamentals of this fantastic sport. Smaller racquets, low-compression red balls, all you need to do is sign your children up and we'll have them enjoying this great sport in no time. No class 1/15 & 2/19.

### Euro School of Tennis Instructors

Resident: \$540 Non-resident: \$560

**18855** M 3:30 p.m. – 4:30 p.m. 10 classes 1/8 – 3/25

**18854** M 4:30 p.m. – 5:30 p.m. 10 classes 1/8 – 3/25

**18749** W 4:10 p.m. – 5:10 p.m. 12 classes 1/10 – 3/27

## Mini Aces Novice (Ages 6–8 years)

Our modified equipment is ideal for young beginners, ensuring they learn at their level and grasp the fundamentals of this fantastic sport. Smaller racquets, low-compression red balls, all you need to do is sign your children up and we'll have them enjoying this great sport in no time. No class 1/15 & 2/19.

### Euro School of Tennis Instructors

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

**18750** W 6:00 p.m. – 7:00 p.m. 12 classes 1/10 – 3/27

Resident \$450 Non-Resident \$460

**18856** M 6:30 p.m. – 7:30 p.m. 10 classes 1/8 – 3/25

## 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 1/15 & 2/19.

### Euro School of Tennis Instructors

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

**15486** M 5:40 p.m. – 6:30 p.m. 10 classes 1/8 – 3/25

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

**18751** W 5:10 p.m. – 6:00 p.m. 11 classes 1/10 – 3/27

## Adult Novice (Ages 15+ years)

Our adult tennis clinics are designed for novice players ages 15 and up. With one instructor for every six students, even if you've never held a racquet before, this is a great way to begin appreciating and enjoying the game of tennis. By the end of the course, you'll be able to hit the ball with consistency over the net, allowing for great game play and fun! No class 1/15 & 2/19.

### Euro School Of Tennis

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

**18753** M 7:30 p.m. – 8:30 p.m. 20 classes 1/8 – 3/25

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

**18752** W 7:00 p.m. – 8:00 p.m. 22 classes 1/10 – 3/27





# TEEN ACTIVITIES

## Special Interest

### SAT Prep (Ages 14-18 years)

The 9-session course will cover strategies, techniques, and concepts. 2 practice tests will be assigned to complete at home during the course. Students will need to bring a computer or tablet to class. Questions about registration can be emailed to the instructor, Ruby Chen at 26alphaprep@gmail.com. To understand the instructor's qualification and read testimonials, please visit www.26alphaprep.com. A material fee of \$50 for a study guide, 9 sets of lecture notes, and 2 SAT practice tests will be payable to the instructor on the first day of class. No class 2/18.

**Ruby Chen**

Homework Room at Youth Center

Resident: \$635 Non-resident: \$655

18609 Su 10:00 a.m. – 12:00 p.m. 9 classes 1/21 – 3/24

### NEW Chicago in 48 Hours – A Ghostlight Production (Ages 12-18 years)

Over one amazing weekend, talented actors will work tirelessly to rehearse and perform the musical theater classic Chicago! Through the power of teamwork, creativity, help from our amazing directing team and a little luck, cast will create costumes, sets, songs and dances for the production all in one exciting 48-hour period! Actors will participate in a group audition in advance so that they have time to memorize their parts before coming together for a weekend they'll never forget. Fueled by adrenaline and a shared love for musical theater, performers will showcase their skills in a high-energy production on Sunday afternoon. Chicago Teen Edition Auditions: Monday, 2/12 Singing/Acting/Dancing at 4:00 p.m. – 7:00 p.m., Friday, 2/23 at 4:00 p.m. – 10:00 pm, Saturday, 2/24 at 10:00 a.m. – 10:00 p.m., Sunday, 2/25 at 9:00 a.m. – 3:00 p.m., break, at 3:00 p.m. – 4:00 p.m., prep, at 4:00 p.m. – 5:00 p.m., performance at 5:00 p.m. – 7:00 p.m., strike at 7:00 p.m. – 8:00 p.m.

**San Carlos Children's Theater Instructors**

SCCT Studio, 1314 Old Country Road, Belm

Resident: \$700 Non-resident: \$720

18695 F,Su 4:00 p.m. – 8:00 p.m. 4 classes 2/12 – 2/25

### NEW Ghostlight Conservatory: Downstage Drama (Ages 12-18 years)

Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. This ses-sion delves into the captivating world of dramatic techniques, poignant scenes and soul-stirring songs. With a team of rotating teaching artists workshopping different areas of advanced the-atrical technique, we will explore powerful emotions, complex characters, and evocative story-telling. We'll develop intensive scene work, emotive song performances, and expressive chore-ography to share in a final showcase for friends and family on the last day of class. Showcase at 4:00 p.m. - 5:00 p.m. on 3/30. Auditions Acting & Singing: January 22 at 3:30 p.m. – 5:30 p.m., 1 minute monologue and a 32 bars song. A link will be sent to you to sign up for an audition slot. No class 2/24.

**San Carlos Children's Theater Instructors**

SCCT Studio, 1314 Old Country Road, Belmont

Resident: \$750 Non-resident: \$770

18694 Sa 11:30 a.m. – 3:30 p.m. 8 classes 2/3 – 3/30



TEEN ACTIVITIES

## NEW Ghostlight Winter Intensive

(Ages 12–18 years)

Join Ghostlight's first Advanced Musical Theater Intensive! Each day, experienced actors will refine their craft through workshops and master classes taught by a rotating team of local teaching artists. We'll dive into advanced skills like script analysis, voice and speech, and characterization. The week culminates in a showcase on 1/5 at 4:00 p.m. for friends and family, where each actor will shine on stage, showcasing newfound confidence and skills.

**San Carlos Children's Theater Instructors**

*SCCT Studio, 1314 Old Country Road, Belmont*

**Resident: \$485 Non-resident: \$505**

**18693** T-F 12:00 p.m. – 5:00 p.m. 4 classes 1/2 – 1/5



## NEW Personal Narrative for Teens

(Ages 15–18 years)

Have trouble organizing your thoughts on the page? Just can't get started? Or love to write and want more feedback? This workshop is an opportunity for teens of all abilities to improve their writing skills through creating personal narratives. Personal narrative skills are useful in applications and cover letters, but they are also a great way to learn about yourself and improve your self-expression and creative writing skills. Students will participate in some shared brainstorm activities and will have the opportunity to seek peer or instructor feedback on their drafts.

**Lori Fromowitz**

*Loft Room at Adult Community Center*

**Resident: \$200 Non-resident: \$210**

**18863** Th 4:00 p.m. – 4:30 p.m. 4 classes 1/18 – 2/8



## Virtual Online Driver's Education

(Ages 15+)

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

**Economic Driving School**

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

**Fee: \$68.50 Enter Code: 4382**



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

## FREE DROP-IN PROGRAM AGES 10-17

### Zen Den

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

### Homework Center

FREE Tutoring and homework support Monday-Thursday.

### Activities Room

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

### Gym

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

## After School Drop-In Hours

### Winter Drop-In Hours

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

### Winter Extended Hours

January 8 10:00 a.m. – 4:00 p.m.  
February 19-23 10:00 a.m. – 4:00 p.m.  
April 9-12 10:00 a.m. – 4:00 p.m.

### The Center will be CLOSED for Drop-In on the following days:

December 31 – January 7  
January 15 – MLK Day  
April 8 – Presidents Day

## About

Looking for a fun place to hang after school? The Youth Center is here for you!

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

## How to Register

To register, parents/guardians must fill out a 2022-2023 membership form. Membership forms are available online by visiting [www.cityofsancarlos.org/scycForm](http://www.cityofsancarlos.org/scycForm).

## Stay in the Loop

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

## Questions?

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

## Pancakes & Pickleball Tournament

Ages 10-17  
Monday, January 8  
10:00 a.m. - 12:00 p.m.

Course: 18924

## Youth Center Tutoring

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

Youth Center Homework Room

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

YOUTH CENTER ACTIVITIES

## Kid's Night Out

(Ages 5-10 years)

### Youth Center

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

**Fridays, 6:00 p.m. – 9:00 p.m.**

**Fee: \$40 per child**

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



**January 19**

**The High Seas**

Course: **18926**

**February 9**

**Head in the Clouds**

Course: **18927**

**March 8**

**Spring to Life**

Course: **18928**

**April 19**

**Solar Eclipse**

Course: **18929**

## Dances

**Spring Dance** (Grades 5 & 6)

**March 1**

**7:00 p.m. – 9:00 p.m.**

Youth Center

Tickets go on sale February 9

- Tickets cost \$10 each and are ONLY sold three weeks 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 in order to attend events.
- Dances are lock-in, no exiting until the end of the dance.
- The dances are chaperoned by Youth Center Staff. For more information, please call the Youth Center at (650) 802-4471.

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

**SCYChella Dance** (Grades 7 & 8)

**March 15**

**7:00 p.m. – 9:00 p.m.**

Youth Center

Tickets go on sale March 1



## Extreme Excursions

### February 20: Rockin Jump

Fee: \$60 per day

Course: **18930**

### February 21: Laurel Street Arts

Fee: \$65

Course: **18931**

### February 22: Exploratorium

Fee: \$65

Course: **18932**

### February 23: Movies

Fee: \$65

Course: **18933**

## Youth Advisory Council

(Ages 12-18 years)

### What is the YAC?

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

### What types of projects do we do?

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

### Join Us

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

### How to Apply

Applications for the 2023-24 Youth Advisory Council will open in February. For more information on the YAC or to apply, visit [www.cityofsancarlos.org/yac](http://www.cityofsancarlos.org/yac). Completed applications are due by April 16.

**April 20** – Teen Wellness Retreat

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

## San Carlos Explorers

If you like to hike the hills of Edgewood park to the hills of Waterdog lake park, join the San Carlos explorers for a hike each day of Spring Break!

Fee: \$35 per day

### April 8: Año Nuevo and Goat Hill Trail Loop

Course: **18934**

### April 9: Hidden Villa

Course: **18935**

### April 10: Stanford Dish Loop

Course: **18936**

### April 11: Alum Rock South Rim Trail

Course: **18937**

### April 12: Lands End Hike

Course: **18938**

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



## Family Tot-Time

**Mondays & Wednesdays**

**9:00 a.m. – 12:00 p.m.**

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

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

**Location** Gymnasium at the Youth Center

Enjoy a fun child play zone with scooters, slides, balls and other various play equipment to encourage social skills and develop gross motor skills. Class is unstructured and adult supervision is required at all times. Tot-Time will be closed December 25 – 1/8, 1/15, 2/19, 2/21, 4/8, 4/10.

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



## COMMUNITY BLOOD DRIVE

**Saturday, February 3**

Location: Adult Community Center

For more information and to schedule an appointment, visit

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

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



## Sunday Community Drop-In

**Fun throughout the day for all ages!**

**Youth Center Family Open Gym**

**FREE recreational time for families.**

Parents, guardians, or caregivers must accompany children to participate.

9:00 a.m. – 12:00 p.m.

**Adult Basketball (Ages 18+ years)**

3:00 p.m. – 5:00 p.m.

**Fee: \$5**

**Adult Volleyball (Ages 18+ years)**

5:30 p.m. – 7:30 p.m.

**Fee: \$5**

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

## ADULT ACTIVITIES

### Arts & Music

#### Beginning Cake Decorating (Ages 18+ years)

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

**Christine Hopkins**

*Kitchen at Adult Community Center*

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

**18624** T 6:30 p.m. – 8:30 p.m. 4 classes 1/9 – 1/30

**18625** T 6:30 p.m. – 8:30 p.m. 4 classes 2/27 – 3/19

#### Learn to Sew (Ages 16+ years)

Do you want to learn how to sew? In this class, each person will layout, cut and sew a reversible apron. We will work on sewing machines and each person will get 1:1 help to learn how to use a sewing machine. This is a great class if you want to learn how to sew or haven't sewn in a long time. Learn how to use your machine and finish a great project in a fun, no pressure environment. If time allows we will make a small second project. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of \$25 for the session to the instructor. For more details, please contact the instructor at hopkinsce@yahoo.com. No class 1/15 & 2/5.

**Christine Hopkins**

*Loft Room at Adult Community Center*

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

**18619** M 6:30 p.m. – 8:30 p.m. 4 classes 1/8 – 2/12

**18620** M 6:30 p.m. – 8:30 p.m. 4 classes 2/26 – 3/18



## Dance

#### Line Dancing (Ages 18+ years)

No partner necessary! Dance to a variety of music types for great exercise and lots of fun. No previous experience is necessary for beginner class. Wear comfortable shoes. For class questions email the instructor at cch3@att.net. For more information visit cathyandclaudio.com. Pay for the session and save, or drop-in, \$6 at the door. No class 1/18.

**Cathy Dacumos**

*Parkview Room at Adult Community Center*

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

##### Beginning

**18603** Th 11:30 a.m. – 12:45 p.m. 6 classes 1/11 – 2/22

##### Intermediate

**18604** Th 12:45 p.m. – 2:00 p.m. 6 classes 1/11 – 2/22



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

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

**Judith Lewis**

*Parkview Room at Adult Community Center*

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

##### Basic

**18607** T 7:30 p.m. – 8:30 p.m. 6 classes 1/16 – 2/20

##### Intermediate

**18608** T 8:30 p.m. – 9:30 p.m. 6 classes 1/16 – 2/20

## Fitness & Wellness

### NEW 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 the harmony & balance, reducing pain, anxiety and improving sleep quality. Come and Indulge in an oasis of tranquility! Sign up for the session and save, or drop-in, \$40 per class.

#### Saylee Rajee

*San Carlos Room at Adult Community Center*

**Resident: \$185 Non-resident: \$205**

<b>18754</b>	Th	7:00 p.m. – 8:30 p.m.	5 classes	1/25 – 2/22
<b>18755</b>	Th	7:00 p.m. – 8:30 p.m.	5 classes	2/29 – 3/28

### NEW LEMO Recharge Program (Ages 18+ years)

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

#### LEMO Instructors

*2575 East Bayshore Road, Redwood City*

**Resident: \$199 Non-resident: \$219**

<b>18719</b>	Th	11:00 a.m. – 12:15 p.m.	4 classes	1/11 – 2/1
<b>18720</b>	Th	11:00 a.m. – 12:15 p.m.	4 classes	3/7 – 3/28

### NEW Fix Your Posture, Look Better, and Feel Better (Ages 18+ years)

Posture says a lot about someone's health and personality. It is also an indicator of how the joints and muscles are working. Good posture can help you look better and help decrease the likelihood of injury. It minimizes the workload on the skeletal muscles and enables the body to move freely and efficiently. Poor posture leads to headaches, neck pain, shoulder injuries, back pain, and other common ailments. In other words, fixing your posture could fix many of your problems. In this workshop, Dr. Tomassini will provide posture correction exercises, and helpful home and work tips for you to achieve great posture!

#### Dr. Kevin Tomassini, DC

*San Carlos Room at Adult Community Center*

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

<b>18941</b>	T	7:00 p.m. – 8:30 p.m.	1 class	2/6
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## Personal Training & Wellness Coach

(Ages 18+ years)

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

#### Monique Story

*Virtual and Burton Park*

**\$85 per 50-minute session**

<b>18668</b>	\$85 per 50 minute session	January – March
<b>18835</b>	\$240 package of 3 – 50 minute sessions	



### NEW LEMO Recharge Monthly (Ages 18+ years)

At LEMO Recharge you'll access state-of-the-art health and wellness resources including Cryotherapy, Vasper, Bemer/PEMF, Red + Infrared Light, Normatec Compression all together on the LEMO U Campus. A one-stop shop, featuring cutting-edge solutions designed to optimize recovery and training efficacy in areas like circulation, inflammation management, muscle soreness, energy levels and mental clarity. Visit as often as you like during the month. Day/Time: Monday – Friday: 7:30 a.m. – 6:00 p.m. & Saturday – Sunday: 10:00 a.m. – 2:00 p.m. Facility directors are onsite to optimize best use practices and learn equipment functionality. No class 1/15 & 2/19.

#### LEMO Instructors

*2575 East Bayshore Road, Redwood City*

**Resident: \$299 Non-resident: \$319**

<b>18722</b>	January
<b>18723</b>	February
<b>18724</b>	March





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

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

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

**\$25 single class \$99 5-class pass**

**\$109 unlimited monthly membership**

### Stroller Strides

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

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

Body Boost® classes are High-Intensity Interval Training (HIIT) total-body workouts that challenge even the elite athlete. Our safe and effective workouts address the body of the postnatal woman, whether she had her baby six months ago or 20 years ago. All classes are taught by certified fitness professionals with postnatal expertise. Please bring a resistance band and yoga mat to your first class. Your first class is free. For information visit [sfpeninsula.fit4mom.com](http://sfpeninsula.fit4mom.com), call (650) 395-7558 or email at [sfsocial@fit4mom.com](mailto:sfsocial@fit4mom.com) or [sfpensinsula@fit4mom.com](mailto:sfpensinsula@fit4mom.com).

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

**\$28 single class \$109 monthly membership**

Su	9:30 a.m. – 10:30 a.m.	Highlands Park
T	9:30 a.m. – 10:30 a.m.	Highlands Park
Th	4:30 p.m. – 5:30 p.m.	Crestview Park

## Stretch, Strength, and Posture

(Ages 18+ years)

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

**Jill Daly**

*San Carlos Room at Adult Community Center*

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

<b>18602</b>	W	10:30 a.m. – 11:30 a.m.	10 classes	1/10 – 3/13
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## NEW Warrior Boot Camp (Ages 18+ years)

The Warrior Boot Camp combines two unique fitness programs into one amazing fitness camp, creating one of the best total-body fitness programs on the market. High-intensity classes are consciously designed to get your heart rate spiking, your legs moving, your body pumping—all the while drawing motivation from other members and our expert coaches. Strength and conditioning classes will sculpt, tone, and increase your muscular baseline so you'll burn fat more quickly, whether at rest or moving throughout your day. Open to all fitness levels. Classes are offered M/T/Th/F at 5:30 a.m. & 6:20 a.m. and M-W at 5:40 a.m. Sign up for the month and attend as many workouts as you like. Visit [www.kingscampsandfitness.com](http://www.kingscampsandfitness.com) or call (650) 885-9804 for more information. Fee includes open gym on Sunday, 8:30 a.m. – 10:00 a.m. No class 1/15 & 2/19.

**Mike King**

*1100 Industrial Rd. #13, San Carlos*

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

<b>18698</b>	January
<b>18699</b>	February
<b>18700</b>	March

### Fee Assistance

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

## Yoga Beginning/Intermediate (Ages 18+ years)

Let your body release stress and restore its vast natural healing potential. Enjoy comfort and vibrancy in your daily life as you experience strength, lightness, flexibility, and balance. Simple and easy-to-follow strengthening exercises for care of the back are presented. Your body will become supple and strong, finding inner contentment as deep tension and depression disappear. Through the experience of yoga, one develops an awareness and understanding of the harmonious relationship between body, mind, and breath. Bring a yoga sticky mat and an optional yoga block. No class 1/15 & 2/19.

**Gloria Baumann**

*Parkview Room at Adult Community Center*

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

<b>18631</b>	M	5:45 p.m. – 7:00 p.m.	10 classes	1/8 – 3/25
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**Resident: \$214 Non-resident: \$234**

<b>18632</b>	W	5:45 p.m. – 7:00 p.m.	12 classes	1/10 – 3/27
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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. Make-up classes are available for both classes. Please bring a yoga strap and mat.

**Julia Harkola**

*Chestnut Room at Adult Community Center*

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

<b>18612</b>	T	7:00 p.m. – 8:15 p.m.	12 classes	1/9 – 3/26
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<b>18613</b>	Th	7:00 p.m. – 8:15 p.m.	12 classes	1/11 – 3/28
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## Yoga For You – Extra Gentle Yoga (Ages 18+ years)

Yoga for the stiff, out of shape, or those recovering from injury. In this class you will learn yoga postures customized for your condition and breathing exercises for stress reduction, and complete each session in deep relaxation. Wear comfortable clothes and bring a yoga mat, 1 or 2 yoga blocks, and a strap.

**Julia Harkola**

*Chestnut Room at Adult Community Center*

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

<b>18614</b>	T	5:45 p.m. – 6:45 p.m.	12 classes	1/9 – 3/26
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<b>18615</b>	Th	5:45 p.m. – 6:45 p.m.	12 classes	1/11 – 3/28
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## Zumba Gold (Ages 18+ years)

The Latin inspired, calorie-burning dance fitness workout – Zumba Gold is a lower impact workout that is easy to follow for all fitness levels. The class format combines fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits. Come and be a part of this fun exhilarating experience.

**Lori Dachauer**

*Chestnut Room at Adult Community Center*

**Resident: \$94 Non-resident: \$111**

<b>18605</b>	T	9:00 a.m. – 10:00 a.m.	6 classes	1/9 – 2/13
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<b>18606</b>	T	9:00 a.m. – 10:00 a.m.	6 classes	2/20 – 3/26
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## Special Interest

### NEW History for Adults Only: The Trojan War (Ages 18+ years)

Psssst! Ever wonder why high school history was sooooo boring? The teachers deleted all the good stuff. They erased all the juice stuff! Let's take a deep dive into the Trojan War. Our 5-week story will shock your socks off! Learn the mythic background to the War; the stories of the key families including Agamemnon, Helen, and Paris; the excavations of Troy and other hill forts of the era; the written evidence of the War from the Hittite archives; and why this minor War became the so important in Classical Greek myth. No class 2/15.

**Dr. Mary Lynn Wilson, PhD**

*Loft Room at Adult Community Center*

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

<b>18636</b>	Th	8:00 p.m. – 10:00 p.m.	5 classes	1/25 – 2/29
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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.

**Dr. Mary Lynn Wilson, PhD**

*Loft Room at Adult Community Center*

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

<b>18633</b>	Th	7:00 p.m. – 8:00 p.m.	3 classes	1/25 – 2/8
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## Genealogy: Drop In for Advice (Ages 18+ years)

Let our Genealogy instructor, Mary Lynn Wilson, help you with your genealogy project. Whether you are just getting started or are an expert, another set of eyes and ideas can be helpful. Plus, while doing your own genealogy alone is fun, showing your research to others and receiving feedback is a delight! You can either enroll in the session and come each week or drop-in for \$10 per class. No class 2/15.

**Dr. Mary Lynn Wilson, PhD**

*Loft Room at Adult Community Center*

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

**18635** Th 6:00 p.m. – 7:00 p.m. 6 classes 1/25 – 3/7



## 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.**  
**1/6, 1/13, 2/3, 2/10, 3/2, 3/9**

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

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

**Dr. Mary Lynn Wilson, PhD**

*Loft Room at Adult Community Center*

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

**18634** Th 7:00 p.m. – 8:00 p.m. 3 classes 2/22 – 3/7

## Puppy Kindergarten (Ages 18+ years)

This class is the foundation for a lifetime of good habits. The six-week positive reinforcement based class includes basic commands such as sit, down, stay, come and leash walking as well as correcting behaviors like biting, chewing, jumping, and housebreaking. Requirements: Puppies should be current on vaccinations and 3-7 months old.

**Will Arnaout**

*Dance Studio at Youth Center*

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

**18646** W 6:00 p.m. – 7:00 p.m. 6 classes 1/10 – 2/14

## Companion Dog Training I (Ages 18+ years)

This class is designed for dogs 6 months and older. Whether you've just adopted and want to get off on the right track or need a refresher, this class is for you. You will learn various commands, such as sit, down, come, heel, stay, and leave it, and teach your dog to wait at doorways and walk politely on leash. Requirements: Proof of current DHPP and Rabies vaccinations.

**Will Arnaout**

*Dance Studio at Youth Center*

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

**18647** W 7:15 p.m. – 8:15 p.m. 6 classes 1/10 – 2/14



## In the Kitchen with Chef Steve

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

### Steve Cortez

*Kitchen at Youth Center*

**Resident: \$75 Non-resident: \$88**

### Southern Comfort – Fried Chicken and Cornbread

**18594** W 6:00 p.m. – 7:30 p.m. 1 class 1/17

### Emerald Isle – Colcannon and Soda Bread

**18598** W 6:00 p.m. – 7:30 p.m. 1 class 2/14

### Flavors of India – Chicken Tikka Masala and Naan Bread

**18600** W 6:00 p.m. – 7:30 p.m. 1 class 3/13

## Sports

### ACES! Adult Novice Pickleball (Ages 15+ years)

Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/scoring, and basic play. Join the FUN! Players provide their own paddles. No class 2/22.

#### Tom Sarsfield

*Tennis Court #1 and #2 at Highlands Park*

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

**18745** Sa 12:30 pm – 1:30 p.m. 6 classes 1/20 – 2/24

**18743** Sa 1:30 p.m. – 2:30 p.m. 6 classes 1/20 – 2/24

#### Tom Sarsfield

*Gymnasium at Youth Center*

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

**18744** Th 10:00 a.m. – 11:00 a.m. 8 classes 1/11 – 3/6

**18834** Th 11:00 a.m. – 12:00 p.m. 8 classes 1/11 – 3/6

**18742** Th 12:00 p.m. – 1:00 p.m. 8 classes 1/11 – 3/7

*Crestview Park Pickleball Courts*

**Resident \$195 Non-resident \$215 8 lessons**

**18882** Wed 11:00 a.m. – 12:00 p.m. 1/10-2/14

## 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. No class 2/22.

#### Tom Sarsfield

*Tennis Court # 1 at Highlands Park*

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

**18745** Sa 12:30 p.m. – 1:30 p.m. 12 classes 1/20 – 2/24

*Gymnasium at Youth Center*

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

**18746** Th 10:00 a.m. – 11:00 a.m. 8 classes 1/11 – 3/7

*Crestview Park Pickleball Court*

**Resident \$195 Non-resident \$215 6 lessons**

**18883** Wed 12:00 – 1:00 pm 1/10 – 2/14

\*Small Group: 8 Player max, two courts

## ACES! Adult Intermediate Pickleball

(Ages 15+ years)

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

#### Tom Sarsfield

*Gymnasium at Youth Center*

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

**18744** Th 10:00 a.m. – 11:00 a.m. 8 classes 1/11 – 3/7

## Tennis & Pickleball Individual Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Hall of Famer John Whitlinger and longtime Stanford/USPTA Pro Tom Sarsfield. All ages welcome, from beginners to advanced. Please visit [WhitlingerSarsfieldTennis.com](http://WhitlingerSarsfieldTennis.com), click on "San Carlos", and contact our instructor(s) directly to arrange your first lesson.

#### Stanford/Whitlinger & Sarsfield Tennis

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

*Burton Park Ct. 1 (TENNIS ONLY)*

M-F 9:00 a.m. – 9 p.m. Sa Sun 1:00 a.m. – 6:00 p.m.

*Highlands Park Ct. 1*

Sa 12:00 p.m. – 6:00 p.m. Fri 9:00 a.m. – 12:00 p.m.

*Crestview Park PB Ct. 1 (PICKLEBALL ONLY)*

M 9:00 a.m. – 12:00 p.m.

## Introductory Kuk Sool Martial Arts

(Ages 18+ years)

**Hafez Adle**

1665 Fernside St, Redwood City, Ca, 94061

Resident: \$185 Non-resident: \$205

<b>18689</b>	T	4:30 p.m. – 5:00 p.m.	6 classes	1/9 – 2/13
<b>18690</b>	Th	4:30 p.m. – 5:00 p.m.	6 classes	9/22 – 3/28
<b>18691</b>	M	5:30 p.m. – 6 p.m.	6 classes	1/8 – 2/12
<b>18692</b>	M	5:30 p.m. – 6 p.m.	6 classes	2/26 – 3/25



## Planning a Special Event or Business Meeting?

### We've Got the Place For It!

We can accommodate a small get-together or large events. Whether you are having a wedding, anniversary, memorial, recital, or a youth sport tournament, we have the space for you!

#### Facility Types

Complete a Facility Rental Inquiry at  
[www.cityofsancarlos.org/facilityrental](http://www.cityofsancarlos.org/facilityrental)

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

#### Adult Community Center

(650) 802-4382

#### Youth Center

(650) 802-4471

#### Picnic and Bocce Ball Reservations

(650) 802-4382



### Adult Drop-in Basketball (Ages 18 yrs+)

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

Youth Center Gym

**\$5 drop in fee.**

Su 3:00 p.m. – 5:00 p.m.

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

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

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

Youth Center Gym

**\$5 drop-in**

T/F 9:00 a.m. – 12:00 p.m.

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

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

Youth Center Gym

**\$5 drop-in**

Su 5:30 p.m. – 7:30 p.m.

# ADULT ACTIVITIES

# LOVE SAN CARLOS EVENTS?

Goblin Walk



**SPONSOR!**

**VOLUNTEER!**

Hometown Days



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

Learn more online! [www.cityofsancarlos.org/events](http://www.cityofsancarlos.org/events)



Family Campout



Art & Wine Faire



Movie Night



Music in the Park

# Adult Sport Leagues

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

## WINTER LEAGUES

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



## SPRING LEAGUES

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



Visit [www.quickscores.com/sancarlos](http://www.quickscores.com/sancarlos)  
or email [athletics@cityofsancarlos.org](mailto:athletics@cityofsancarlos.org) for more information.



# ACTIVE ADULTS 50+ ACTIVITIES

## ADULT COMMUNITY CENTER

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

### Visit Us

**601 Chestnut Street, San Carlos**

**Hours:** Monday – Thursday  
from 9:00 a.m. – 5:00 p.m.

Friday from 9:00 a.m. – 3:00 p.m.

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

**For more information,**  
visit [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)



## ACC FITNESS ROOM

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

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

## DROP-IN GAMES & ACTIVITIES

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

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

For a full schedule of Drop-In programs, visit [www.cityofsancarlos.org/acc](http://www.cityofsancarlos.org/acc)



ACTIVE ADULTS 50+ ACTIVITIES

## CURBSIDE LUNCH PROGRAM



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

To view the monthly menu, visit [www.cityofsancarlos.org/lunch](http://www.cityofsancarlos.org/lunch)



## MONTHLY LUNCHEONS

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

Fee: \$15

- |              |                    |                                 |
|--------------|--------------------|---------------------------------|
| <b>18954</b> | <b>January 12</b>  | Cheers to the New Year Luncheon |
| <b>18955</b> | <b>February 14</b> | Sweetheart Luncheon             |
| <b>18956</b> | <b>March 8</b>     | Shamrock Luncheon               |



## SPECIAL EVENTS

**Lunar New Year Celebration**  
**Friday, February 9**  
 12:30 p.m. – 2:30 p.m.  
**Free**

**Crab Feed Fundraiser**  
**Saturday, February 24**  
 4:30 p.m. – 8:30 p.m.  
[www.friendsoftheacc.org](http://www.friendsoftheacc.org)

**MELP Pop-Up**  
**Wednesday, February 21**  
 11:00 a.m. – 1:00 p.m.  
**Free**

**Senior Resource Fair**  
**Friday, March 1**  
 12:00 p.m. – 2:00 p.m.  
**Free**



# Fitness & Wellness

## Drum for Health

Drumming has been used for thousands of years for pain mitigation, stress management, and cognitive engagement. This class will involve drums, percussion, movement, vocals, and clapping. Any level of wellness can play. Class is fully funded by the Friends of the San Carlos Adult Community Center.

### Ferndrummingbird

Adult Community Center

Free (Funded by the Friends of the SCACC)

<b>18958</b>	Th	1:00 p.m. – 2:00 p.m.	3 classes	1/11-1/25
<b>18959</b>	Th	1:00 p.m. – 2:00 p.m.	5 classes	2/1-2/29
<b>18960</b>	Th	1:00 p.m. – 2:00 p.m.	4 classes	3/7-3/28

## 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 1/15 & 2/19.

### Stephanie Meyer, Tom Feledy, Sara Haller

Adult Community Center

Free

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

## Virtual Senior Boot Camp

Senior Boot Camp focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance, and core. No class 1/15 & 2/19.

### Paul Scherman

Virtual Class

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

<b>18813</b>	M	11:00 a.m. – 12:00 p.m.	3 classes	1/8 – 1/29
<b>18814</b>	M	11:00 a.m. – 12:00 p.m.	3 classes	2/5 – 2/26
<b>18815</b>	M	11:00 a.m. – 12:00 p.m.	4 classes	3/4 – 3/25
<b>18816</b>	Th	11:00 a.m. – 12:00 p.m.	3 classes	1/11 – 1/25
<b>18817</b>	Th	11:00 a.m. – 12:00 p.m.	5 classes	2/1 – 2/29
<b>18818</b>	Th	11:00 a.m. – 12:00 p.m.	4 classes	3/7 – 3/28

## Virtual Balance & Brains

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills. No class 1/15 & 2/19.

### Paul Scherman

Virtual Class

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

<b>18807</b>	M	12:15 p.m. – 1:15 p.m.	3 classes	1/8 – 1/29
<b>18808</b>	M	12:15 p.m. – 1:15 p.m.	3 classes	2/5 – 2/26
<b>18809</b>	M	12:15 p.m. – 1:15 p.m.	4 classes	3/4 – 3/25
<b>18810</b>	W	11:00 a.m. – 12:00 p.m.	4 classes	1/10 – 1/31
<b>18811</b>	W	11:00 a.m. – 12:00 p.m.	4 classes	2/7 – 2/28
<b>18812</b>	W	11:00 a.m. – 12:00 p.m.	4 classes	3/6 – 3/27

## Virtual Senior Core Conditioning

This is a one-hour class focusing on building strong core muscles to help maintain appropriate posture and reduce strain on the spine. Core exercises strengthen not only your abdominal muscles, they also train your lower back, hips and the muscles around your pelvis to work together for better balance and stability. One of the primary aims of core exercise training is to prevent injuries that can occur if you don't properly support the spine.

### Paul Scherman

Virtual Class

Fee: \$20

<b>18801</b>	W	12:15 p.m. – 1:15 p.m.	4 classes	1/10 – 1/31
<b>18802</b>	W	12:15 p.m. – 1:15 p.m.	4 classes	2/7 – 2/28
<b>18803</b>	W	12:15 p.m. – 1:15 p.m.	4 classes	3/6 – 3/27

## Virtual Flexibility Past 50

This class focuses on flexibility exercises that people 50 and over can perform safely. It is designed to lengthen and stretch muscles, which can help you prevent injuries, back pain and balance problems. A well-stretched muscle more easily achieves full range of motion during daily activities.

### Paul Scherman

Virtual Class

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

<b>18804</b>	Th	12:15 p.m. – 1:15 p.m.	3 classes	1/11 – 1/25
<b>18805</b>	Th	12:15 p.m. – 1:15 p.m.	5 classes	2/1 – 2/29
<b>18806</b>	Th	12:15 p.m. – 1:15 p.m.	4 classes	3/7 – 3/28

## Virtual Gentle Tai Chi

The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves in a non-judgmental harmonious setting.

### Elliotte Mao

Virtual Class

Free

**18857** Th 9:30 a.m. – 10:30 a.m. 12 classes 1/11 – 3/28

## Virtual Tai Chi Wellness

Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more.

### Elliotte Mao

Virtual Class

Free

**18858** F 9:00 a.m. – 10:00 a.m. 12 classes 1/12 – 3/29



## Friends of the ACC

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

## Tai Chi

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

### Jan Smith

Adult Community Center

Free

T/W 9:00 a.m. – 9:30 a.m. Ongoing

## Tai Chi Advanced

### Susan Hu

Adult Community Center

Free

W 8:45 a.m. – 10:15 a.m. Ongoing

Th 9:00 a.m. – 10:30 a.m. Ongoing

## Mindful Meditation

This group practices a guided meditation aimed at calming the body and mind, becoming more mindful and aware of the present moment. Some of the group have been meditating for years; others are new to meditation. On the 1st Friday of every month this class is via Zoom.

### Rosemary Field & Liane Benedict

Adult Community Center

Free

F 10:00 a.m. – 11:00 a.m. Ongoing

## Virtual Chair Yoga

Yoga brings a calm mind, a flexible body, and helps with balance and stability. While seated on chairs, seniors can do versions of twists, hip stretches, forward bends and mild backbends. Enjoy the health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

### Christine Salah

Virtual Class

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

**18822** T 10:15 a.m. – 11:00 a.m. 4 classes 1/9 – 1/30

**18823** T 10:15 a.m. – 11:00 a.m. 4 classes 2/6 – 2/27

**18824** T 10:15 a.m. – 11:00 a.m. 4 classes 3/5 – 3/26

**18825** F 10:15 a.m. – 11:00 a.m. 3 classes 1/12 – 1/26

**18826** F 10:15 a.m. – 11:00 a.m. 4 classes 2/2 – 2/23

**18827** F 10:15 a.m. – 11:00 a.m. 5 classes 3/1 – 3/29

## Virtual Gentle Mat Yoga

This class will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing, and guided meditation. It will include both standing and floor poses. Suitable for those able to get on and off the floor with the help of a chair. No prior yoga experience necessary.

**Christine Salah**

*Virtual Class*

**Fee: \$20**

<b>18828</b>	T	11:15 a.m. – 12:00 p.m.	4 classes	1/9 – 1/30
<b>18829</b>	T	11:15 a.m. – 12:00 p.m.	4 classes	2/6 – 2/27
<b>18830</b>	T	11:15 a.m. – 12:00 p.m.	4 classes	3/5 – 3/26

## Fall Prevention & Awareness

Falls are not a normal part of aging. Most falls are preventable. Come and learn about ways to avoid falls and turn awareness into action.

**Janel Jurosky, Sequoia Hospital Dignity Health**

*Adult Community Center*

**Free**

<b>18859</b>	Th	11:15 a.m. – 12:15 p.m.	1 class	1/25
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### 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!**

## Creative Arts

### Community Sing-Along

Free group singing activity for adults. All are welcome. No knowledge of music is necessary – just a love of singing! Join others for an hour of singing timeless and memorable songs for fun. Song books will be provided by the Peninsula Musical Arts Association. Leaders: Tom Feledy and Mary Lynn Wilson. Come and sing! No class 1/15 & 2/19.

**Tom Feledy**

**Peninsula Community Chorus**

*Adult Community Center*

**Free**

<b>M</b>	10:00 a.m. – 11:00 a.m.	Ongoing
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## NEW Sewing Club

Sew, connect, and create together. Similar to a book club this monthly club will meet on the third Tuesday of each month and select a sewing patten to work on together. Complete your pattern on your own and come together monthly to show off your progress. Patterns will take two months to complete and the class will meet monthly to sew together and work through any trouble that participants run into. Bring your sewing machine to each meeting to sew with the club. Sewing machines are required and will not be provided. Call us to learn more and to register.

**Veronica Dils**

*Adult Community Center*

**Free**

3rd Tuesdays	10:30 a.m. – 12:30 a.m.	1/16, 2/20 & 3/19
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## Dance

### Intermediate/Advanced 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 1/15 & 2/19.

**Judy Rechsteiner**

*Adult Community Center*

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

<b>18819</b>	M	1:00 p.m. – 2:00 p.m.	3 classes	1/8 – 1/29
<b>18820</b>	M	1:00 p.m. – 2:00 p.m.	3 classes	2/5 – 2/26
<b>18821</b>	M	1:00 p.m. – 2:00 p.m.	4 classes	3/4 – 3/25

## Special Interest

### NEW Stroke Awareness & Prevention

Every 40 seconds someone in the U.S. has a stroke. Are you at risk for a stroke? This class will equip you with knowledge about strokes, how to prevent them, how to identify stroke signs and symptoms, and what steps to take when you or a loved one experience a stroke.

**Janel Jurosky, Sequoia Hospital Dignity Health**

*Adult Community Center*

**Free**

<b>18940</b>	Th	10:00 a.m. – 11:00 a.m.	1 class	3/21
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## News & Views

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

### Roland Vallecillo

*Adult Community Center*

Free

Th	1:30 p.m. – 3:30 p.m.	Ongoing
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## Socrates Café: A Philosophical Discussion Group

Socrates Café is a gathering where people from different backgrounds get together and exchange thoughtfully philosophical perspectives based on their unique experiences. The group meets with a new topic every month. Each session begins with a question that forms the basis of discussion. There is no fee for this discussion group that meets on the first Friday of each month at 1:00 p.m.

### Carmen Adams

*Adult Community Center*

Free

F	11:00 a.m. – 12:30 p.m.	Ongoing
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## Book Club

If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet on January 8, February 5 & March 4. Book Selections – Jan – Wench by Dolan Perkins Valdez, Feb – Trust by Hernan Diaz, and March – Life Undercover by Amayllis Fox.

### Cecile Lee



## FREE! Technology Help at the ACC

Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cellphone-related tasks? Jim Schremp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 12:00 a.m. Vikas Chinnan and Ralph Niewmierzycki offer their technology expertise every Wednesday from 9:00 a.m. – 11:00 a.m. For more information, call (650) 802-4384. No class 1/15 & 2/19.

## Monthly Day Trips

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

These trips let you travel with ease, so that all you have to do is sit back and enjoy! For a detailed itinerary of trips, visit:

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

### Hiller Aviation Museum

Where Inspiration Takes Flight! The museum chronicles over a century of aviation history and provides a glimpse into air transportation's future. Vintage and futuristic aircraft, prototypes, photographs, and models are on display. The museum features over 40 unique aircraft that tell the story of aviation innovation in Northern California and beyond. Fee includes guided tour, round-trip transportation, and lunch. Walking level 2.

Fee: \$45

18861	Th	9:30 a.m. – 3:00 p.m.	January 18
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### Broadway SF: MJ the Musical

Michael Jackson's artistry is electrifying Broadway! Centered around the making of his 1992 World Tour, MJ goes beyond the singular moves and signature sounds, offering a rare look at the creative mind and collaborative spirit that catapulted Jackson into legendary status. Fee includes admission round-trip transportation and boxed lunch. Walking level 1.

Fee: \$100

18860	W	11:30 a.m. – 5:00 p.m.	February 7
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### Walt Disney Family Museum: Disney Cats & Dogs Exhibition

The traveling exhibition, Disney Cats & Dogs, is on display at the Disney Museum! Explore the evolution and innovation of Disney's animal-inspired animation and storytelling through the decades, and the undertaking involved in bringing their iconic cats and dogs to life on screen. Fee includes admission, guided tour, Cats & Dogs exhibition, round-trip transportation, and lunch. Walking level 2.

Fee: \$105

18862	W	9:00 a.m. – 4:30 p.m.	March 6
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### Graton Casino

Join the lucky crew on a trip up to Rohnert Park to visit Graton Resort & Casino! Graton Resort and Casino is a full-amenity gaming resort with a variety of slots, video poker and an array of table games to entertain, including Blackjack, Pai Gow Poker, Baccarat and a dedicated poker room. Fee includes round-trip transportation. Walking level 1.

Fee: \$50

18864 Tu 8:00 a.m. – 5:00 p.m. March 19



### Collette Extended Tours

The ACC offers destination vacations, both nationally and internationally, with Collette Vacations.

Scheduled trips include:

- New Orleans, Memphis, & Nashville** | April 21 – 28
- Spain's Costa del Sol & Madrid** | May 4 – 12
- Portugal** | May 18 – 27
- Memorials of World War II** | July 8 – July 17
- Italian Vistas** | August 26 – September 7
- New England** | September 28 – October 5
- South Africa, Victoria Falls & Botswana** | October 11 – 25
- London & Paris Holiday** | November 30 – December 8

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



## Resources



### Caring Cupboard Food Assistance Program

Is your food budget not stretching far enough?

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

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

**How to help:** Volunteers are needed to help pack and deliver groceries every Tuesday. Donations of paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC.

For more information visit [www.cityofsancarlos.org/caringcupboard](http://www.cityofsancarlos.org/caringcupboard) or call (650) 802-4114.

### Redi-Wheels

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

### Lyft Transportation Little House

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

### Medical Equipment Loan Program (MELP)

MELP is a nonprofit partnership of local Rotary Clubs, Villages of San Mateo County, and the City of San Carlos. MELP recycles used durable medical equipment, such as wheelchairs, rollators, walkers, and similar items, loaning them at no cost to individuals who cannot afford or otherwise have access to them. Equipment donated to our program is inspected, sanitized, and inventoried before it is made available to future users. For more information on MELP or to get involved in volunteering, visit [www.freemedequip.org](http://www.freemedequip.org).

# HOW TO REGISTER

## Register Early

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

## Registration Dates

Online & Mail-in Registration

### Residents

Starts December 5  
at 8:00 a.m.

### Non-Residents

Starts December 12  
at 8:00 a.m.

## 4 Easy Ways to Register



### Online

[www.cityofsancarlos.org/register](http://www.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, create an account by visiting [www.cityofsancarlos.org/register](http://www.cityofsancarlos.org/register) and click on the "Create an Account" tab. You will be prompted to fill out all information necessary to build your account. . . just don't forget to add the kids!

## Registration Office Hours

**Monday through Friday, 9:00 a.m. – 5:00 p.m.**

Call (650) 802-4382 for information about registration, classes, special events, rentals, and activities.

## Resident/Non-Resident Fees

Resident fees apply to anyone with a home that has 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 the \$10 refund fee. A refund request less than five working days before the class/activity begins will not be issued. Requests for a refund from camps require two weeks notice in order to receive a refund.

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

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

## Payment Methods

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

## Fee Assistance

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





# SAN CARLOS PARKS & RECREATION REGISTRATION FORM

Please complete entire form.



## Primary Contact

Name (Adult):

LAST FIRST

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Address:

STREET ADDRESS CITY ZIP

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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.)

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Email Address:

FOR RECEIPTS, NEWS, UPDATES, ETC.

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Emergency Contact: ( )

NAME PHONE NUMBER (INCLUDE AREA CODE)

## Activity Registration

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

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:

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## Liability Waiver and Photo Release

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

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

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

## Payment

Visa  MasterCard  Use credit card on file.

CARD NUMBER CVV# EXPIRATION DATE

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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**

# SAN CARLOS PARKS DIRECTORY

<p>Lost items recovered from our parks are stored at the Corp Yard for 30 days.</p> <p>Visit <a href="http://www.cityofsancarlos.org/lostandfound">www.cityofsancarlos.org/lostandfound</a> to submit a form. For assistance please call the Recreation Office (650) 802-4382.</p>	Picnic Area	Play Equipment	Trails/Paths	Open Space	Bar-B-Que	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 Neighborhood 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-A 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.

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



# Senior Resource Fair

**Friday, March 1**

12:00 p.m. – 2:00 p.m.  
Adult Community Center

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

Please call (650) 802-4384  
for more information.

# MARK YOUR CALENDARS!

**January 19 - 28**

San Carlos will celebrate its Annual

# WEEK OF THE FAMILY

Families will have many opportunities for activities to celebrate and strengthen the values of our family-centered community. San Carlos families take many forms and everyone in our community is encouraged to join the fun! Look for more information on these many events that are planned:

- ✓ History Hike
- ✓ Bike Events
- ✓ City-Wide Roshambo
- ✓ Family Story Time
- ✓ Adult Trivia Contest
- ✓ Library Events
- ✓ Hiller Flight Adventure
- ✓ Community Service
- ✓ Open Mic Night
- ✓ Scavenger Hunt
- ✓ Family Game Night
- ✓ Maker's Space

For more details go to  
[sancarlosweekofthefamily.org](http://sancarlosweekofthefamily.org).

**SAN CARLOS FARMERS' MARKET**  
DOWNTOWN ON Laurel & Cherry St.

**EVERY SUNDAY**  
**9:00 a.m. to 1:00 p.m.**

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



# Medical Equipment Loan Program "MELP" Pop-Up Event

**Wednesday, February 21**

11:00 a.m. – 1:00 p.m.  
Adult Community Center

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



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

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

# SUMMER CAMP FAIR

**Saturday, January 27**

**10:30 a.m. – 12:30 p.m. • Burton Park**

Check out all the fun camps being offered this Summer! Representatives from enrichment and sport camps will be present to answer questions and provide information. Free games and activities for youth.

All attendees will be entered into a raffle for a free week of Adventure Camp!

