

## Ceramics

Ceramics instruction in hand building and throwing covering various techniques, skills and projects. A class for the beginner as well as the experienced. Students must provide their own tools. Come join our friendly classes for a relaxing and creative experience. Please note: A mandatory lab fee of \$15 will be payable in cash to the instructor the FIRST night of class. **No class on November 11 and November 25.** Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3475.081 9/30-12/16 Th 7-10pm \$120 Ceramics



*Students in Ceramics create works of art that are both functional and decorative.*



*Express your creativity in Ceramics where you will learn to make things by hand and on the wheel.*

## Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1-4pm for students to work on projects. Students are encouraged to bring a lunch. Please note: A mandatory lab fee of \$15 cash is payable to the instructor the FIRST day of class. **No class on November 11 and November 25.** Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3474.081 9/30-12/16 Th 10am-4pm \$150 Ceramics

## Ceramics Workshop

Ceramics Workshop – Prerequisites:

1. Students must have completed at least two ceramics classes at the Foster City Recreation Center.
2. Students must be able to work independently as determined by the class instructor.
3. Students must also be currently enrolled in a ceramics class at the Foster City Recreation Center.
4. Students must give time to studio maintenance.
5. Students may only attend workshops they are registered to attend; there will be no make-up sessions or exchange workshops.

Instructors: Carolyn Chaney and Christine Edwards - Monday  
Penelope Shepherd - Tuesday  
Jane Lim - Wednesday  
Terry Hinton - Saturday

**No class on Saturday, October 30.**

Age Level: 18 yrs.-Up

3476.084	9/11-11/20	Sa	10:30am-4pm	\$55	Ceramics
3476.081	9/13-11/15	M	10:30am-4pm	\$55	Ceramics
3476.082	9/14-11/16	Tu	7-10pm	\$25	Ceramics
3476.083	9/15-11/17	W	10:30am-4pm	\$55	Ceramics

## Japanese Flower Arranging

Consists of beginner, intermediate and advanced classes on the art of Japanese flower arranging. Learn the Ikenobo techniques as taught in Japan. The prevailing theme of achieving a maximum effect with a minimum amount of materials challenges a person's creativity while at the same time allows for a relaxing escape from the tensions of the outside world. Students must provide their own scissors, flower vase, Kenzan (flower holder), and flower materials. **No class on November 11.** Instructor: Suichiku Suyemasa

Age Level: 18 yrs.-Up

3841.081 9/16-11/18 Th 9am-Noon \$63 Gull

# Arts and Crafts

(continued)

## Jewelry Making Techniques: Sea Glass and Stone Setting Jewelry Workshop

This is a soldering and stone setting class. You will learn to make bezels and set beach glass or stones (open back – closed back) into a sterling silver pendant or ring. Soldering experience is helpful, but not necessary. Please bring your beach glass or loose stones if you have any, as well as strong eye glasses if needed. All tools and materials will be supplied. There will be a \$35 materials fee payable to the instructor at the workshop. Instructor: Gayton Arrigotti

Age Level: 18 yrs.-Up

3479.081 9/24 F 9am-4:30pm \$135 Spray



*Learn to create beautiful jewelry from start to finish in Jewelry Making Techniques.*

## Jewelry Making Techniques (Metals & Stones)

You will gain a large overview of basic metal working techniques in this class. We will work with sterling silver, copper, brass, and nickel silver metals. Sawing, filing, drilling, polishing, riveting, soldering and stone setting techniques will be demonstrated as we go along. Tools will be supplied. There is a materials fee of \$40 payable to the instructor at the first class. You will complete three projects: a pair of earrings, a silver bracelet, and a silver stone ring. This is a good class for the aspiring craftsperson. Instructor: Gayton Arrigotti

Age Level: 18 yrs.-Up

3479.082 10/20-11/17 W 6:30-9pm \$195 Gull

## Sculpture

Explore your creativity while learning a new skill, the exciting art of sculpture. In the relaxed, friendly atmosphere of our small class, the teacher gives one on one instruction to beginning or advanced students. Learn hand-building with clay or carving in wood or stone. Do a portrait of a family member, realistic human or animal figures or abstract forms. You'll be delighted with your finished piece. The teacher is a professional sculptor who has exhibited widely and won many awards. Tools and materials are provided. Visit [www.helenmorrisonsculpture.com](http://www.helenmorrisonsculpture.com). Instructor: Helen Morrison

Age Level: 18 yrs.-Up

3470.081 9/14-11/16 Tu 9am-Noon \$65 Ceramics

# Music and Dance

## Contemporary Dance for Teens and Adults

This class mixes different dance styles to achieve a fun workout. Drawing from Ballet, Modern and Jazz dance, we combine exercises and dance combinations to improve your flexibility, posture, and cardiac strength. Wear comfortable dance attire, ballet slippers or barefoot. Instructor: Kerstin Dieterich

Age Level: 13 yrs.-Adult

3107.081 9/15-11/17 W 5-6pm \$110 Spirit

## Ballroom Dancing - Beginner

Here is an opportunity for you to learn to dance or brush up on your skills for that special event, wedding, class reunion, or formal party. This is your chance to shine. Join the beginner class and learn the basics. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) **No class on September 26 and November 21.** Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

### Samba, Waltz

3116.081 9/12-10/17 Su 3-4:15pm Spirit

### East Coast Swing, Rumba

3116.082 10/24-11/28 Su 3-4:15pm Spirit

# Music and Dance

## Salsa Dancing – Beg. and Inter.

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DANCE

ADULT

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### Ballroom Dancing – Advanced Beginner

You will take the basics learned in the beginner class and add more challenging steps to your dancing vocabulary. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) **No class on September 26 and November 21.** Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

#### **Foxtrot, Night Club 2 Step**

3116.083 9/12-10/17 Su 4:15-5:30pm Spirit

#### **Samba, Waltz**

3116.084 10/24-11/28 Su 4:15-5:30pm Spirit

### Night Club Dancing

Here is an opportunity for you to learn the fun and exciting dances done at nightclubs, dinner parties, cruises, weddings, and class reunions. Join the class and learn the basics. Classes are for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first night you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$30 or \$20 (three classes) drop-in card

#### **Merengue**

3116.085 9/14-10/12 Tu 8-9pm Spirit

#### **Night Club 2 Step**

3116.086 10/19-11/16 Tu 8-9pm Spirit



*Get out on the dance floor and learn some new moves in one of Ken Chin's Ballroom, Nightclub, or Salsa dance classes.*

**Beginner:** You will learn the basics of footwork, rhythm, leading and following and fundamental turns. This class is for singles as well as couples. No past dance experience is required.

**Intermediate:** You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes. No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards.) Please note: The \$20 drop in card can be purchased in person on the first night you attend class. Instructor: Ken Chin

Age Level: 18 yrs.-Up

Fee: \$60 or \$20 (three classes) drop-in card

#### **Beginner**

3106.081 9/27-11/29 M 7-8pm Spirit

#### **Intermediate**

3106.082 9/27-11/29 M 8-9pm Spirit

### Piano Your Teachers Never Taught You

Todd Walker has taught more than 30,000 students to play the piano in just one day. He will show you why his students proclaim, "I've learned more in three hours than I did in three years of lessons". You will learn 72 chords, 156 hand positions and how to read music from lead sheets and fake books. Then you'll be able to master your technique by using Todd's exclusive audio CD and study book. If you can read the notes C, D, E, F, G, A, B, you know enough to enroll. If not, send a self-addressed stamped envelope to Piano Magic, P.O. Box 1694, Rocklin, CA 95677 for a free pamphlet. A materials fee of \$27 per student for study book and CD will be collected in class by the instructor. Instructor: Todd Walker

Age Level: 18 yrs.-Up

3556.081 11/15 M 6:30-9:30pm \$44 Sunfish

# Music and Dance

# Special Interest

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## Tap Dancing for Teens and Adults

Want to make music with the "souls" of your feet? Took some classes as a youngster? Ever tapped your foot to the music and thought, "I'd like to do something more?" Join us in exploring the rhythms and sounds of a uniquely American dance style- Tap Dancing!

**Tap I** - Join us for a beginning level class with no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes are required after the first class.

**Tap II** - If you've mastered flaps and shuffles and are ready for more, join us as we explore more complex rhythms and combinations. An energetic and aerobic warm-up will be followed with across the floor work and a dance combination.

**Tap III** - Looking for more of a challenge? This class moves quickly, so you need at least one year of previous experience. We'll be learning new combinations every week and working on more complicated rhythm patterns as well as speed and clarity of taps. Instructor: Melissa Cheu

Age Level: 12 yrs.-Adult

### Tap I

3109.081 9/15-11/17 W 6:10-6:55pm \$70 Spirit

### Tap II

3109.082 9/15-11/17 W 7-8pm \$75 Spirit

### Tap III

3109.083 9/15-11/17 W 8:10-9:10pm \$75 Spirit

## Social Dances!

8-10:30pm

Lagoon Room, Recreation Center

Join the Foster City Parks and Recreation Department for one of our Social Dance nights held in the beautiful Lagoon Room at the Recreation Center. You will enjoy great music, refreshments, and two and a half hours of dancing. Plus, if you arrive at 7pm you'll receive a free one hour dance lesson with the price of admission. Admission is \$10 for a live band and \$8 for a DJ. Social dances are for adults 18 years and up and are tobacco and alcohol free nights.

### Dates

**October 8, 2010**

**January 14, 2011**

**April 8, 2011**

## Cardiopulmonary Resuscitation (CPR)

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only. This class is held at the Foster City Fire Station located at 1040 E. Hillsdale Blvd. in Foster City.** Instructors: Fire Department Staff

Age Level: 12 yrs.-Adult

2290.062	8/28	Sa	9am-3pm	\$23.50	Off Site
2290.081	11/13	Sa	9am-3pm	\$24.00	Off Site

## Emergency Preparedness for Home and Work

Let the Fire Department teach you how you can prepare your family and home for a disaster. September 11<sup>th</sup> and, more recently, Hurricane Katrina taught us that being prepared can make a big difference in how effectively we can respond to emergencies. As Californians, we also face the potential for large earthquakes, floods and fires. This class will help you prepare for disasters of all kinds. There is plenty of time for questions, so come ready to participate. **This class is held at the Foster City Fire Station located at 1040 E. Hillsdale Blvd. in Foster City.** No phone registrations will be taken. Instructors: Fire Department Staff

Age Level: 12 yrs.-Adult

2290.082	10/23	Sa	9-11am	Free	Off Site
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## Composting Workshop



Turn your kitchen scraps and yard waste into a rich, sweet-smelling fertilizer that you can use in your yard, garden or on your houseplants. A Master Composter will demonstrate how to compost using either a backyard bin or a worm bin. It's easy and fun for the whole family. Instructor: Craig Rush

Age Level: 18 yrs.-Up

4446.081	8/18	W	6:30-8:30pm	Free	Preschool
4446.082	9/18	Sa	10am-Noon	Free	Preschool
4446.083	10/13	W	6:30-8:30pm	Free	Preschool
4446.084	11/13	Sa	10am-Noon	Free	Preschool

ADULT

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## GREEN SPEAKER SERIES

Presented by Foster City's Environmental Sustainability Task Force, the following classes are located in the Foster City Council Chambers, 620 Foster City Boulevard, and run from 6:30-8:30pm. First half hour is "meet and greet"; talks begin at 7pm. No registration necessary. Check [fostercity.org](http://fostercity.org) for program information. For more information, call 650-286-3291 or e-mail [gogreen@fostercity.org](mailto:gogreen@fostercity.org).

### The Energy Roadmap: Making the Most Cost-Effective Efficiency Upgrades to Your Home

**September 15, 2010**

This seminar will give you an overview of building energy use, a case study of a home energy upgrade, and info on available county financing and PG&E rebates. Speakers include Suzanne Emerson of Emerson Environmental and Nick Harris of Energy Beyond Design.

### Healthy at Home: Could Your House be Making You Sick?

**November 17, 2010**

This seminar will tell you how to improve the quality of life in your home. Learn about air flow and ventilation, asthma triggers, mold, and other health issues with homes.

### Short on Time?

Look for our Low Time Commitment classes and workshops indicated by this symbol.



## Jazzercise

Jazzercise combines elements of jazz dance, resistance training, yoga, kickboxing, and more to create a truly effective program for every age and fitness level. Jazzercise provides informative instruction in various levels of intensity. Enjoy a wide variety of music styles such as Pop, Dance, Jazz, Swing, Country, and R & B. Come join the fun! Classes are ongoing, join us any time.

Day	Time	Instructor	Program
<b>Foster City Recreation Center – 650 Shell Blvd.</b>			
M-F	9am	Debbie	Jazzercise
T/Th	6:30pm	Debbie	Jazzercise
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express
<b>Brewer Island School Gymnasium 1151 Polynesia Drive</b>			
Sa	8:30am	Donna	Jazzercise
<b>Audubon Elementary School 841 Gull Avenue</b>			
Su	9:30am	Donna	Jazzercise

**Jazzercise:** Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

**Jazzercise Express:** A quick 30-minute workout featuring strength and aerobic conditioning.

**Personal Touch:** See information about personal strength classes in this brochure.

**For more information call Debbie Sweeney at (650) 570-4349 or [www.jazzfitworks.com](http://www.jazzfitworks.com), or Donna Jones at (650) 345-6617. Visit [www.jazzercise.com](http://www.jazzercise.com) or call FIT-IS-IT.** Please do not call the Recreation Center.

## Personal Touch Strength Training

Personal touch is a unique approach to personal training. In a small group setting, you'll use weights and tubes to increase core strength and balance. The classes are designed to improve student success, ensure exercise adherence, and encourage the attainment of fitness goals. Instructor Debbie Sweeney is a certified Jazzercise Instructor and has taught in the Foster City area for 29 years. **For more information or to register, call Debbie at (650) 570-4349 or email [Debbie@jazzfitworks.com](mailto:Debbie@jazzfitworks.com).** Registration is not taken through the Recreation Department. Instructor: Debbie Sweeney

9/15-10/6	W	10-11am	Lagoon	\$99
10/20-11/10	W	10-11am	Lagoon	\$99

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**Adult Open Gym Basketball**

Enjoy the game of basketball year round. Come down to Brewer Island Gym, 1151 Polynesia Drive, to play basketball every Saturday from 7-10pm. Just bring your non-skid shoes and \$2.00.

**Cardio Hula**

The workout blends the graceful movements of hula and Tahitian into a unique fitness program that will improve your strength, flexibility and balance. The hip movements target your body's core. You'll burn the fat as you burn up the dance floor feeling the beat of the Hawaiian music. Hula is exercise for the body and mind. The class will start with a warm up followed by a hula workout and ends with a hula cool down with emphasis on stretching and toning. This workout will leave you feeling empowered, invigorated and energized as well as pounds lighter in body and mind. Instructor: Susan Fong

Age Level: 14 yrs.-Adult

1108.083 9/13-10/4 M &amp; Th 7-8pm \$63 Mallard

**Introduction to Fencing for Teens/Adults**

We know, because our members tell us: going to a gym and working out is about as fun as getting teeth pulled. But we make it fun here at First Place Training Center with our adult beginning fencing class. Learn how to fence, have fun, and you won't even notice the weight silently slip away. **Classes are held at First Place Fencing Club, 835 E. San Carlos Avenue, Suite B, San Carlos.** For more information, contact the fencing club at (650) 592-1619 or by email: [start@firstplacefencing.com](mailto:start@firstplacefencing.com). A \$20 lab fee for equipment rental is payable to the instructor at the first class. Instructor: Eric Dew, two-time Pacific Coast Section Foil Champion and head of First Place Fencing Club.

Age Level: 13 yrs.-Adult

3024.081	9/14-10/19	Tu	7-8pm	\$99	Off Site
3024.082	9/17-10/22	F	6:45-7:45pm	\$99	Off Site
3024.083	11/2-12/14	Tu	7-8pm	\$99	Off Site
3024.084	11/5-12/17	F	6:45-7:45pm	\$99	Off Site

**Golf**

**Golf Class:** Open to beginners as well as experienced players who would like to improve their golf skills. Chipping, putting, and all aspects of the golf swing will be covered including grip, posture, alignment, and the finish. Can be taken concurrently with short game class. Students are responsible for purchasing range balls for golf class.

**Short Game:** For the golfer who would like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels. Can be taken concurrently with golf class.

**These classes are held at Mariners Point Golf Links at 2401 3<sup>rd</sup> Avenue.**

Instructors: The Golf Academy at Mariners Point.

Age Level: 18 yrs.-Up

**Golf Class**

3043.081	9/11-10/9	Sa	9-10am	\$99	Off Site
3043.083	10/16-11/13	Sa	9-10am	\$99	Off Site

**Short Game**

3043.082	9/11-10/9	Sa	10:15-11:15am	\$99	Off Site
3043.084	10/16-11/13	Sa	10:15-11:15am	\$99	Off Site

**Hula Hooping for Fitness and Fun****NEW**

Hula hooping burns 600 calories per hour! Get toned, burn fat, and strengthen your core, all while having fun! Upper and lower body hooping combinations performed to upbeat music will give you a great workout. Oversized hoops are designed specifically for exercising. Now anyone of any age or ability can hoop. Hoops are provided and are also for sale.



*Hula Hooping is a fun way to get in a great workout. Give this new class a try!*

Give this great workout a try. **Location is in San Mateo at the King Community Center at 725 Monte Diablo Avenue. No class on November 11.** Instructor: Brenda Major

Age Level: 18 yrs.-Up

3073.081	9/9-10/7	Th	6-7pm	\$65	Off Site
3073.082	10/14-11/18	Th	6-7pm	\$65	Off Site

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### Ice Skating

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills such as forward and backward skating, stopping and turning will be covered in these six-week courses. Class fee includes ½ hour lesson, skate rental, and practice immediately following the lesson. Please be sure to arrive 15 minutes prior to lesson to check in and get skates on. Dress warmly and wear thick socks. **Classes are held at 2202 Bridgepointe Parkway, San Mateo. No class on November 25.** Instructor: Ice Center Staff

Age Level: 16 yrs.-Adult

3022.081	9/16-10/21	Th	7-7:30pm	\$50	Off Site
3022.082	10/28-12/9	Th	7-7:30pm	\$50	Off Site

### Karate (Coed), Intro./Beg.

This class is designed for new students in Karate. Come join Master Instructor Sensei Edwards and learn the basics of Karate. Karate is a great way to develop confidence, discipline, coordination and strength. Students will work on basic Karate skills. Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 17 yrs.-Up

3019.083	9/20-11/22	M	8-9pm	\$115	Mist/Spray
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### Karate (Coed), Adv. Beg.

Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Sensei (teacher) Edwards has over 39 years of Karate experience to share with you. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) may be purchased from the instructor. Belt level: white, orange, and yellow. Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt, and/or staff

Age Level: 17 yrs.-Up

3019.081	9/22-11/24	W	8-9pm	\$115	Mist/Spray
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Not for the first time student. Belt Level: blue, green, brown, and black. Intermediate class until 9:15pm/ Blackbelts until 9:30pm. Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt, and/or staff

Age Level: 17 yrs.-Up

3019.082	9/20-11/24	M & W	8-9:30pm	\$215	Mist/Spray
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### Personal Awareness/ Practical Self-Defense

You will gain skill, strength, and self-confidence as you learn Personal Awareness and Practical Defense. You will practice and put to use techniques and theory taught by Master Instructor Bernard Edwards, 7th Degree Black Belt in Hakua Kai (traditional Japanese Karate). Instructor: Bernard Edwards and/or Staff

Age Level: 10 yrs.-Adult

3019.087	9/18-9/25	Sa	4:30-6pm	\$55	Mist
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### Tai Chi Chih, Practice

These are practice sessions not lessons, so prior instruction is required. Please note that this is Tai Chi Chih, not Tai Chi Chuan. Instructor: Bev Geiger

Age Level: 18 yrs.-Up

3038.083	9/13-12/13	M	11am-Noon	\$25	Spirit
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### Table Tennis Club

Join the Club! Foster City Parks and Recreation Department is providing a place to play table tennis. Play is on Sundays and Thursdays from 7-10pm, and Tuesdays and Fridays from 11am-2pm at the Recreation Center. You may register quarterly or drop in for \$3 (exact change only for drop-ins). Please register during the first month of each quarter. Membership is from October-December.

3757.081 - \$35 (Over 18)

3757.082 - \$25 (18 and under/Over 50)

\$3 Drop-in

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**Foster City Tennis Club**

For social and tournament tennis, don't miss the fun and camaraderie offered by membership in the Foster City Tennis Club. Open to all levels of play, the club offers a wide variety of events including interclub and intraclub tournaments, ladder competition, social mixers, as well as sponsoring several teams at various league levels.

The club offers adult individual or family memberships. **For additional information please check out their website at [www.fostercitytennisclub.org](http://www.fostercitytennisclub.org), or call Jim Bgorge at (650) 343-8446.** You may also drop by the Recreation Center and pick up an application form.

**Tennis Group Lessons**

Age Level: 15 yrs.-Adult

**Novice**

3751.081	9/13-9/29	M & W	7-8pm	\$60
3751.083	10/11-10/27	M & W	7-8pm	\$60

**Low Intermediate**

3751.082	9/13-9/29	M & W	8-9pm	\$60
3751.084	10/11-10/27	M & W	8-9pm	\$60

**Intermediate/High Intermediate**

3751.085	11/8-11/17	M & W	7:30-9pm	\$60
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**Please read the tennis policy on page 10.**

**Individual Tennis Lessons, Stanford Tennis**

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. \$55 per hour or \$150 for three one-hour lesson. To arrange a lesson, please call the Recreation Department at (650) 286-3380. For more information, visit [www.WhitlingerSarsfieldTennis.com](http://www.WhitlingerSarsfieldTennis.com).

Instructor: Stanford Coach John Whitlinger and USPTA Professional Tom Sarsfield's Staff

Location: Shell Blvd. Courts #3 and #4

**Individual Tennis Lessons, Zalles Racquet Sports**

Beginning students learn forehand, backhand, footwork, serve, volley, and are introduced to game strategy. For intermediate and advanced students there are drills, technique corrections and strategies for competitive point play. Develop your potential and maximize your enjoyment of the game. All ages, all levels. **Call Zalles Racquet Sports at (650) 345-9727 to make arrangements.**

Location: Edgewater Park

Fee: \$55 per hour or \$150 for three one-hour lessons. (Add \$5 per hour for an additional person.)

**Volleyball, Beginning – Low Intermediate**

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. **This class is held at Brewer Island Gym, 1151 Polynesia Drive, Foster City.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3744.081	9/13-12/13	M	7-10pm	\$93	Off Site
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**Volleyball, High Intermediate – Advanced**

For the experienced volleyball player. This class is intended for those players that already possess the basic individual and team skills. The ability to serve, pass, set, spike, run a 6-2 offense, and a perimeter defense are prerequisites. This class emphasizes specialization, multiple offenses, multiple defenses, play calling, strategies, and other finer points of the game. You are expected to already know rules and volleyball protocols and to have demonstrable, consistently good fundamental skills. Two courts, lots of playing time. Attendance on the first night is required for new participants. A \$3 lab fee is due at the first class. Note: New night! **This class is held at Brewer Island Gym, 1151 Polynesia Drive, Foster City.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3745.081	9/15-12/15	W	7-10pm	\$93	Off Site
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## Beginning Yoga

This will be a very basic and gentle Yoga class – with special care to the knees, neck, and lower back. Practice Yoga postures for flexibility, strength and muscle tone. Learn relaxation and stress reduction techniques. Leave class feeling fully rejuvenated. Wear comfortable clothing, do not eat before class, and bring a yoga mat and two large towels. This session is 9 weeks long. Instructor: Suzanne Caughlan

Age Level: 16 yrs.-Adult

3042.083 9/9-11/4 Th 6:20-7:20pm \$84 Mist

## Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation. Instructor: Larry Caughlan

Age Level: 12 yrs-Adult

3042.081 9/14-11/2 Tu 6:30-7:45pm \$82 Mist

## Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. In this class you will learn and practice many asanas including the sun cycle and inverted poses. This class is for healthy beginners and intermediate level student. Experience many yoga techniques which can lead to a deep sense of balanced integration, rejuvenation and expanding inner awareness. Wear comfortable clothing and do not eat before class. Bring a yoga mat and two large towels. This session is 9 weeks long. Instructor: Suzanne Caughlan

Age Level: 16 yrs-Adult

3042.082 9/9-11/4 Th 7:30-8:45pm \$92 Mist

## “Shape Up” Boot Camp by Shapin’ with Sunita

My job: Motivate you, challenge you, and help you achieve your fitness goals. Your job: Work hard, stay consistent, and you will see and get the results. Sunita’s “Shape Up” boot camp is a no fluff, no frills conditioning class that is cardio tough and muscle strong. You will improve your strength, power, agility and balance training with fast paced agility and cardio drills. You will focus on building core strength training, abdominal training, and will incorporate various toning and sculpting exercises for the upper and lower body. You will also receive nutritional tips, fitness tips, and program design to help stay

## “Shape Up” Boot Camp (continued)

consistent in reaching your fitness goals. Want faster results? Sign up for both classes. All fitness levels! Please bring a set of 5 pound dumbbells and a mat. Outdoor Boot Camp, please meet at Senior Wing Parking Lot (grassy area). [www.shapinwithsunita.com](http://www.shapinwithsunita.com). Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

Location: Spirit

3099.082	9/13-11/15	M	9-10am	\$99
3099.083	9/15-11/17	W	9-10am	\$99
3099.084	9/13-11/17	M & W	9-10am	\$169

Outdoor Location:

Leo Ryan Park (Senior Wing grassy area)

3099.085	9/13-11/15	M	6:30-7:30pm	\$99
3099.086	9/15-11/17	W	6:30-7:30pm	\$99
3099.087	9/13-11/17	M & W	6:30-7:30pm	\$169

## Zumba Fitness



Let’s face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it’s never been known to be an exhilarating experience...UNTIL NOW! Zumba fuses fun Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. My goal is simple: I want you to want to work out, to love working out, and to get hooked. “Zumba Fanatics” achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life all while having an absolute blast! My Zumba routines feature fast rhythms and interval training combined to tone and sculpt your body while burning fat. Flat bottom shoes with minimal tread recommended. Please bring mat to class. No dance experience is necessary. [www.shapinwithsunita.com](http://www.shapinwithsunita.com). Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.081 9/14-11/16 Tu 6:30-7:30pm \$99 Spirit

## Walk for Health

Grab a friend and take a walk around beautiful Foster City. Choose one of three separate walks of 3.6 or 9 miles. All walks begin and end near the Recreation Center. Maps and additional information are available at the Foster City Recreation Center. Just ask for literature from the San Francisco Bay Bandits “Volksmarch Club’s white box”. Walks are free; membership in the Walking Club is optional. Children must be accompanied by an adult. Self guided – ongoing, Monday-Saturday, 8am-5pm.