

**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. Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3475.021 1/12-3/15 Th 7-10pm \$120 Ceramics



*Explore your creativity in Ceramics.*

**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. Instructor: Tammerlaine Burwell

Age Level: 18 yrs.-Up

3474.021 1/12-3/15 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 Janet Warner - Monday  
Penelope Shepherd - Tuesday  
Jane Lim - Wednesday  
Terry Hinton - Saturday

**No class on Monday, January 16 and February 20.**

Age Level: 18 yrs.-Up

3476.024 1/14-3/17 Sa 10:30am-4pm \$55 Ceramics

3476.021 1/9-3/26 M 10:30am-4pm \$55 Ceramics

3476.022 1/10-3/13 Tu 7-10pm \$25 Ceramics

3476.023 1/11-3/14 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. Instructor: Suichiku Suyemasa

Age Level: 18 yrs.-Up

3841.021 1/12-3/15 Th 9am-Noon \$70 Gull

(continued)



*Design your own jewelry or make beautiful gifts for others in a Jewelry Design class.*

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

3470.021 1/10-3/13 Tu 9am-Noon \$70 Ceramics

### Jewelry Making Techniques: Metals and 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 and drilling, polishing, riveting, soldering and stone setting techniques will be demonstrated as we go along. Tools will be supplied. A materials fee of \$45 is payable at the first class. Instructor: Gayton Arrigotti

Age Level: 18 yrs.-Up

3479.021 1/3-1/31 Tu 6:30-9pm \$195 Crane

### Jewelry Making: 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 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 materials fee of \$40 payable to the instructor at the class. Instructor: Gayton Arrigotti

Age Level: 18 yrs.-Up

3479.022 2/25 Sa 9:30am-4:30pm \$140 Crane



*Create works of art with clay, wood, or stone in Sculpture.*

## 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.) Instructor: Ken Chin  
Age Level: 18 yrs.-Up

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

### Cha Cha, Tango

3116.021 1/8-2/5 Su 3-4:15pm Spirit

### Foxtrot, Nightclub 2 Step

3116.022 2/12-3/11 Su 3-4:15pm Spirit

## 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.) Instructor: Ken Chin  
Age Level: 18 yrs.-Up

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

### Bolero

3116.023 1/8-2/5 Su 4:15-5:30pm Spirit

### Bolero

3116.024 2/12-3/11 Su 4:15-5:30pm Spirit



*Belly Dance is a great way to get in shape while having fun.*

## Belly Dance I & II

Belly Dance is an ancient dance which combines flowing movement with fast hip movement and shimmies. It is great exercise for all ages. It is the perfect dance based exercise for those who wish to get fit with very little impact to their joints. All movement is very isometric with smooth stretching and muscle tension. Join us for a great cardio workout. No huffing or puffing needed. You will feel beautiful too. While you dance, your body will gain more flexibility while toning muscles and trimming your figure. You will learn basic and intermediate steps and put everything together to create your own personal dance style. You will learn to dance with a veil, shimmy, and shake and undulate without hurting yourself. What fun. Hip sashes and veils are provided for class. Wear socks or ballet slippers and loose clothing at the waist. Clothing recommended is pants or long full skirt with elastic waist and a tank top. Instructor: Marya Hart (Nadia Behbehani)

Age Level: 18 yrs.-Up

3501.021 1/10-2/7 Tu 6:45-7:45pm \$45 Mallard

3501.022 2/14-3/13 Tu 6:45-7:45pm \$45 Mallard

## Dancer's Workout for Teens and Adults

This class is a hybrid between an exercise and a dance class. Everybody can enjoy movement on their own level while we focus on flexibility, good posture and developing strength in a graceful way. We combine floor stretches and ballet barre exercises with music and small dance combinations across the floor. Wear comfortable dance clothes, ballet slippers or dance barefoot. Instructor: Kerstin Dieterich

Age Level: 13 yrs.-Adult

3107.021 1/12-3/15 Th 5:45-6:45pm \$140 Spirit

# Music and Dance

(continued)

## 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

### Bachata

3116.025 1/10-2/7 Tu 8-9pm Spirit

### West Coast Swing

3116.026 2/14-3/13 Tu 8-9pm Spirit



Learn some new moves for the dance floor in Night Club Dancing.

## Salsa Dancing – Beg. and Inter.

**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. **No class on January 16 and February 20.** Instructor: Ken Chin

Age Level: 18 yrs.-Up

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

### Beginner

3106.021 1/9-3/26 M 7-8pm Spirit

### Intermediate

3106.022 1/9-3/26 M 8-9pm Spirit

## Tap Dancing for Teens and Adults

Want to make music with the “souls” of your feet? 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 – no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes required after the first class.

**Tap II** – Looking for more of a challenge? This class moves quickly, so previous experience is a must. Instructor: Melissa Cheu

Age Level: 12 yrs.-Adult

### Tap I

3109.021 1/11-3/14 W 6:10-6:55pm \$80 Spirit

### Tap II

3109.022 1/11-3/14 W 7-8pm \$85 Spirit

## 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.** Instructor: Fire Department Staff

Age Level: 12 yrs.-Adult

2290.021 2/11 Sa 9am-3pm \$25 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 will be held at the Foster City Fire Station located at 1040 E. Hillsdale Blvd. in Foster City.** Instructor: Fire Department Staff

Age Level: 12 yrs.-Adult

2290.022 3/3 Sa 9-11am Free Off Site

## 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

4446.021 2/18 Sa 10am-Noon Free Preschool  
4446.022 3/14 W 6:30-8:30pm Free Preschool

### Short on Time?

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



## Looking for Ways to Go Green?

The City and its Environmental Sustainability Task Force holds educational events throughout the year. To get all the latest info on Go Green events, sign up for our email list by emailing [gogreen@fostercity.org](mailto:gogreen@fostercity.org). You can also visit <http://www.fostercity.org/news/Go-Green.cfm> or call (650) 286-3291.

## CERT Training

Foster City Fire Department is offering FREE Community Emergency Response Team (CERT) training to the residents of Foster City. CERT training is a "hands on" program that gives students the knowledge to plan for an emergency and the skills to assist themselves, their families and those around them following a major disaster. If a catastrophic event overwhelms or delays the community's first responders, CERT members can assist others by applying the basic response and organization skills that they learned during training.

Students will receive training in emergency preparedness covering: fire suppression, disaster medical, light search and rescue, disaster psychology, radio communications and team organization. Each class emphasizes a set of skills that will be practiced at a hands-on exercise during the last training class, this will help prepare the students for a future mock earthquake exercise. Upon completion of this 25-hour course, students will receive a Certificate of Completion and some basic disaster response equipment. Additionally, students will then become a member of the Community Emergency Response Team in their neighborhood.

Space is limited; register by contacting the Foster City Fire Department at 650/286-3350 or by emailing the Fire Department at [fire@fostercity.org](mailto:fire@fostercity.org). Registration is not taken through the Recreation Department.

Wednesday, January 11, 18 & 25,  
6:30 PM – 9:00 PM

Wednesday, February 1, 8, 15 & 22,  
6:30 PM – 9:00 PM

Saturday, February 25, 8:00 AM – 12:30 PM

Mock Earthquake Exercise, Date TBD

## Adult Softball Leagues

The City of Belmont, City of San Mateo, and City of Foster City are now working in partnership to provide adult softball programs for the 2012 season. The City of San Mateo will now serve as the League Administrator for leagues in each respective city. The leagues are tentatively scheduled to start the first week in April, 2012. For more details or questions regarding adult softball leagues, please email Dan Hibson at [dhibson@cityofsanmateo.org](mailto:dhibson@cityofsanmateo.org) or call 650.522.7433. We look forward to having you participate in another great softball season in Foster City!

## All About Abs – Stability Ball/Gliding Discs Workout

Are you tired of doing countless abdominal exercises and not seeing any results? Then it is time to make some changes to your abdominal workout routine. If you are serious about strengthening your abs/core and want to learn to do it effectively with the right number of reps, sets and various exercises in a row, then this is the class for you. Gliding discs will allow for smooth, fluid, full range of motion that will work multiple muscles while toning and sculpting the core and abs. Please bring your own size 65cm stability ball to class (this is the medium size ball). [www.shapinwithsunita.com](http://www.shapinwithsunita.com). Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.027 1/11-3/14 W 12-12:45pm \$99 Spirit



*Squeeze in a great workout on your lunch hour in the All About Abs class.*

## Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

### Foster City Recreation Center 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9am	Debbie	Jazzercise
T/Th	6:30pm	Cathrine (Debbie)	Jazzercise
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express

### Brewer Island School Gymnasium 1151 Polynesia Drive

Sa	8:30am	Donna	Jazzercise
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### Audubon Elementary School 841 Gull Avenue

Su	9am	Bobby (Donna)	Jazzercise
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**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 Donna Jones at (650) 345-6617 or [djfitness@mac.com](mailto:djfitness@mac.com) or Debbie Sweeney at (650) 570-4349 or [debbiejazz@comcast.net](mailto:debbiejazz@comcast.net). 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 30 years. **For more information or to register, call Debbie at (650) 570-4349 or email [debbiejazz@comcast.net](mailto:debbiejazz@comcast.net).** Registration is not taken through the Recreation Department. Instructor: Debbie Sweeney

1/11-3/14 Wed. 10-10:30am Lagoon \$60 for 4 classes

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**“Shape Up” Boot Camp 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. Shape Up Boot Camp is a 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, abdominal training, and will incorporate various toning and sculpting exercises for the upper and lower body. “Shape Up” Boot Camp is for every fitness level. Please bring a set of 5 or 8 pound dumbbells and mat. Meet at Leo J. Ryan Park (amphitheater). [www.shapinwithsunita.com](http://www.shapinwithsunita.com). **No class on Monday, January 16 and February 20.** Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.022	1/9-3/26	M	6:30-7:30pm	\$99	Ryan Park
3099.023	1/11-3/14	W	6:30-7:30pm	\$99	Ryan Park
3099.024	1/9-3/14	M & W	6:30-7:30pm	\$179	Ryan Park

**Introduction to Fencing for Teens/Adults**

Peninsula Fencing Academy offers beginning fencing classes for teens and adults ages 13 years and older. Learn how to fight with swords in a fun and safe setting. Our teen/adult beginner classes focus on using fencing as a medium for a fun and dynamic workout. General fitness, coordination, drills and games, footwork, bladework, and bouts are all introduced in this course. **Classes are held at Peninsula Fencing Academy at 835 E. San Carlos Avenue, Suite B, San Carlos.** For more information contact us at (650) 592-1619 or by email [info@PeninsulaFencingAcademy.com](mailto:info@PeninsulaFencingAcademy.com). A \$20 lab fee for equipment rental is payable to the instructor at the first class. Instructors: Jay Choi, Chris Atwood and Elizabeth Jug

Age Level: 13 yrs.-Adult

3024.021	1/10-2/14	Tu	7-8pm	\$99	Off Site
3024.022	1/13-2/17	F	6:45-7:45pm	\$99	Off Site
3024.023	2/21-3/27	Tu	7-8pm	\$99	Off Site
3024.024	2/24-3/30	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 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**

3043.021	1/9-2/6	M	12-1pm	\$99	Off Site
3043.022	1/14-2/11	Sat	9-10am	\$99	Off Site
3043.023	1/15-2/12	Su	11am-12pm	\$99	Off Site
3043.024	2/13-3/12	M	12-1pm	\$99	Off Site
3043.025	2/18-3/17	Sa	9-10am	\$99	Off Site
3043.026	2/19-3/18	Su	11am-12pm	\$99	Off Site

**Short Game**

3043.027	1/14-2/11	Sa	10:15-11:15am	\$99	Off Site
3043.028	2/18-3/17	Sa	10:15-11:15am	\$99	Off Site

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### Hula Hooping for Fitness and Fun

Get back in shape after the holidays and have fun doing it. You will learn hooping tricks and combinations while getting a good workout. Hooping burns 600 calories per hour and will strengthen your core, burn the fat, and tone your body...all while having fun. Hoops are provided and are also for sale. Instructor: Brenda Major

Age Level: 18 yrs.-Up

3073.021	1/12-2/9	Th	7-8pm	\$65	Spirit
3073.022	2/16-3/15	Th	7-8pm	\$65	Spirit



*Did you know working out could be fun too?  
Hula Hooping is an exciting new way to burn calories.*

### 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.** Instructor: Ice Center Staff

Age Level: 16 yrs.-Adult

3022.021	1/5-2/9	Th	7-7:30pm	\$50	Off Site
3022.022	3/1-4/5	Th	7-7:30pm	\$50	Off Site

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. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) is required and may be purchased from the instructor. Belt level: white, orange, and yellow. Instructor: Master Instructor Sensei Edwards, and/or staff

Age Level: 17 yrs.-Up

3019.021	1/11-3/14	W	8-9pm	\$140	Mist/Spray
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### Karate (Coed), Inter/Adv.

Not for the first time student. Belt Level: blue, green, brown, and black. Intermediate class until 9:15pm/ Blackbelts until 9:30pm. **No class on Monday, January 16 and February 20. Make up classes to be announced.** Instructor: Master Instructor Sensei Edwards, and/or staff

Age Level: 17 yrs.-Up

3019.022	1/9-3/14	M & W	8-9:30pm	\$205	Mist/Spray
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### Tai Chi Chih, Practice

These are practice sessions, not lessons, so it is important to have had prior instruction in this form. Please note that this is different from the very popular T'ai Chi Chuan. **No class on January 16 and February 20.** Instructor: Bev Geiger

Age Level: 18 yrs.-Up

3038.023	1/9-3/26	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 January-March.

3757.021 - \$35 (Over 18)

3757.022 - \$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. The FCTC is a community organization sponsored by the City of Foster City Parks and Recreation Department and is open to interested tennis players of all levels. Home of the 2006 7.0 Mixed Doubles National Champions and 2008 7.0 Mixed Doubles NorCal Champions, the club normally has over 375 members. The club, which plays on tennis courts throughout Foster City, sponsors several teams at various league levels. You can join the FCTC and get more information on their web site at [www.fostercitytennisclub.org](http://www.fostercitytennisclub.org).

**Tennis Group Lessons**

See page 10 for skill level descriptions

Age Level: 15 yrs.-Adult

**Novice/Low Intermediate**

3751.021 1/23-2/8 M & W 7-8pm \$65

3751.022 2/27-3/14 M & W 7-8pm \$65

**Intermediate/High Intermediate**

3751.023 1/23-2/8 M & W 8-9pm \$65

3751.024 2/27-3/14 M & W 8-9pm \$65

**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 or visit [WhitlingerSarsfieldTennis.com](http://WhitlingerSarsfieldTennis.com) for more information. 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. No class on January 16 and February 20.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3744.021 1/9-3/26 M 7-10pm \$60 Off Site

**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. **This class is held at Brewer Island Gym, 1151 Polynesia Drive, Foster City.** Instructor: Clint Steele

Age Level: 14 yrs.-Adult

3745.021 1/11-3/28 W 7-10pm \$71 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. Instructor: Suzanne Caughlan

Age Level: 16 yrs.-Adult

3042.023 1/26-3/15 Th 6:20-7:20pm \$78 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

3042.021 1/10-2/28 Tu 6:30-7:45pm \$84 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. Instructor: Suzanne Caughlan

Age Level: 16 yrs-Adult

3042.022 1/26-3/15 Th 7:30-8:45pm \$84 Mist

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 a mat. No dance experience is necessary. [www.shapinwithsunita.com](http://www.shapinwithsunita.com). Instructor: Sunita Goldstein

Age Level: 16 yrs.-Up

3099.021 1/10-3/13 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.