

For more information on teen events, please call Tiffany at (650) 286-3395 or check out www.fostercityorg.

The VIBE: Foster City's Teen Center

The VIBE is a supervised teen center in Foster City where students in 6th-12th grade can hang out with their friends after school and on weekends. They are able to play pool, ping pong, foosball, Nintendo Wii, Sony Playstation 3, XBOX 360, and watch movies and television programs on the big screen TV. We also offer many special events such as dances and sports tournaments. To register for The VIBE, all new participants are required to pay a one-time registration fee of \$25. Please call The VIBE at 286-3254 for more information.



Regular Hours

Monday, Tuesday, Thursday	3-7pm
Wednesday	2-7pm
Friday	3-10pm

Meet Your 2011 - 2012 Youth Advisory Committee!

- Brittany Brady, Notre Dame - 12
- Michaela Brady, Notre Dame - 11
- Kelly Chang, Aragon - 10
- Karen Chee, San Mateo - 11
- Eric Chuang, San Mateo - 11
- Vivian Chuang, San Mateo - 10
- Danielle Coyle, San Mateo - 12
- Lindsay Custodio, Notre Dame - 11
- Kellie Freshour, San Mateo - 12
- Kristi Kenny, Notre Dame - 12
- Jeremy Hardy, Aragon - 12
- Christina Matian, Notre Dame - 12
- Brittany McOmber - Aragon - 11
- Dayna Sakata, San Mateo - 12
- Viraj Singh, Crystal Springs - 9

Committee meetings are held the first Wednesday of each month at 7pm at The VIBE, F.C. Teen Zone (670 Shell Blvd.) The public is invited to attend meetings and assist with events. For more information, please contact the YAC advisor, Tiffany Hall, at 286-3395.

Middle School Dances

Come to the only dance party in town that is just for middle school students!

November 18
January 20
March 16
May 18



Dances are held from 7-10pm at Brewer Island Gym. Tickets go on sale two weeks before each dance at The VIBE. Only 350 tickets sold, so grab your friends and get your tickets early, they sell out! Cost is \$6 with a student ID, \$7 without. **No tickets will be sold at the door.** There are no in and out privileges; once you leave, you may not re-enter. Any student leaving the dance early must have parent/guardian notify The VIBE at 286-3254 by 4:30pm the night of the dance. Middle School students from Foster City only! These are not school-sponsored events. Dress code will be enforced. Please refer to the website for details regarding middle school dance policies.

Support the Youth & Teen Foundation!

The Foster City Youth and Teen Foundation was established to help fund the development of a new teen center in Foster City. The teen center provides a safe alternative for latchkey kids and is purposely made accessible to help ease the stress on today's working families.

The Foster City Youth and Teen Foundation's purpose is to provide resources and funding for amenities and supplies for the City's youth and teen programs. With the community's help, we can enhance our facilities and programs for our local youth and teens. Patrons that contribute \$100 or more are eligible to have their name displayed on a recognition wall in the new teen center! For more information on the Youth and Teen Foundation or to make a tax-deductible donation, please contact Tiffany Hall at (650) 286-3395 or email thall@fostercity.org.

Rent The VIBE!

Looking for a fun place to hold a birthday party or other special event? The VIBE, Foster City's Teen Center, is available for rent on Sundays and some Saturday evenings. The VIBE is equipped with multiple TVs, video game equipment, stereo system, game tables, and so much more. We also offer a large kitchen area, separate activity room, and enclosed courtyard for your guests to enjoy. For more information, please call 286-3395.

Arts and Crafts

Ceramics

Instruction will include hand-building techniques – pinch, coil, slab and free hand. Classes are flexible so that each individual can expand and express at his/her own level. Goals of the course: To teach the skills needed to make both functional and sculptural pieces that will stay together through the firing process, to allow the children to open their minds and to express themselves in an open and positive environment. Instructor: Tammerlaine Burwell

Age Level: 8-18 yrs.

1474.021 1/12-3/1 Th 4:30-6pm \$65 Ceramics

Drawing I

Students will learn to draw people, animals, still life, and scenery. We will learn how to break things down into basic shapes and how to recognize negative space. Students will draw animals in the forest, people doing winter sports, a floral picture with pastels, and snow scenes. There will be a fee of \$8 for supplies payable to Joanne Muller at the first class. Continuing students will do different projects. Instructor: Joanne Muller

Age Level: 7-14 yrs.

1480.021 1/10-2/7 Tu 3:30-5pm \$50 Bluebird

Drawing II

Drawing II is a continuation of Drawing I but may be taken separately. You will work with pens, oil pastels, markers and colored pencils. We will make an underwater collage, draw a merry-go-round with carousel horses, do scratch art, learn to draw faces, and do a spring picture. There will be a fee of \$8 for supplies payable to Joanne Muller at the first class. Continuing students may do different projects. Instructor: Joanne Muller

Age Level: 7-14 yrs.

1480.022 2/14-3/13 Tu 3:30-5pm \$50 Bluebird



Kids learn valuable, life-long skills while using their creativity in Kid's Carpentry.

Kid's Carpentry

We have taught thousands of children the safe-use of woodworking hand-tools. After first building a sanding block and supertop, kids may choose from a wide variety of fun projects including: boats, clocks, games, trucks, doll furniture, and many more. While building their projects from scratch, children are introduced to concepts of applied math, problem-solving, fine motor skills, and empowered to become independent thinkers. Our motto: Building confidence and teaching with respect and humor in a safe and happy environment. A lab fee of \$35 is payable to the instructor at the first class to cover the glove fee. **Classes are held at Barrett Community Center, 1835 Belburn Drive in Belmont.** Instructor: John Tust

Age Level: 5-12 yrs.

1122.021	1/18-2/29	W	1:30-2:45pm	\$105	Off Site
1122.022	1/18-2/29	W	3-4:15pm	\$105	Off Site
1122.023	1/18-2/29	W	4:30-5:45pm	\$105	Off Site
1122.024	3/14-4/25	W	1:30-2:45pm	\$105	Off Site
1122.025	3/14-4/25	W	3-4:15pm	\$105	Off Site
1122.026	3/14-4/25	W	4:30-5:45pm	\$105	Off Site



Kids create cool art projects using different techniques in Drawing I and II.

Ballet Technique

Students are introduced to classical ballet technique through barre exercises, center combinations, and beginning choreography. We dance to ballet music like Swan Lake or Tchaikovsky's Nutcracker. Ballet improves your posture, strength and coordination, and it is a wonderful base for any dance style. Wear pink ballet slippers, tights and a leotard. Instructor: Kerstin Dieterich

Age Level: 6-10 yrs.

1107.021 1/12-3/15 Th 4:45-5:40pm \$120 Spirit

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



The fun never ends at Foster City Camps!

**Wild 'n Wacky Winter Camp:
December 19-23, 2011**

**Spring Break Camp:
April 2-6, 2012**

See page 5 for all the details.

Beginning: Your path to guitar mastery begins here. You'll learn to play guitar with an emphasis on reading music. Music Art will provide guitars for class and home use for the session. All students will be asked to purchase Book One (with CD) at an additional cost of \$10 to be paid at the first class.

Intermediate: Students must complete beginning guitar to enroll at this level. Book Two (with CD), also at a cost of \$10, provides a strong emphasis on reading, adding more notes and more intricate rhythmic patterns. Also, hand strengthening exercises will be practiced to prepare students for chord playing. Students must complete this course to enroll in the advanced class. Students must supply their own guitars.

Advanced: All students will begin with Book Three (\$10, with CD), which will help them both read at a more advanced level and learn new chords. The goal of this class is to prepare students for playing in a group setting such as the school jazz band, a spiritual group, or even their own band of friends. Students must supply their own guitars.

This class is held at the Music Art Studio, 1479 Beach Park Blvd., Foster City. Instructor: Music Art Staff

Age Level: 8-13 yrs.

Beginning

1590.021 1/12-3/15 Th 6:30-7:20pm \$230 Off Site

Intermediate

1590.022 1/12-3/15 Th 7:30-8:20pm \$230 Off Site

Advanced

1590.023 1/12-3/15 Th 5:30-6:20pm \$230 Off Site

Rock Guitar Band

The band is open to all who have completed the first three Music Art guitar courses. At this level, the class is taught as a cohesive band. Students will play well known pop and rock songs which will include music from the Beatles and genres like classic rock and jazz. There is no plan for students to purchase books for this class. They will have access to sheet music and mp3s during class hours. **This class is held at the Music Art Studio, 1479 Beach Park Blvd., Foster City.** Instructor: Music Art Staff

Age Level: 8-14 yrs.

1590.032 1/12-3/15 Th 4:30-5:20pm \$230 Off Site

Music and Dance

(continued)

Piano, Beginning

Learn to play the piano in a special group setting. Students will each sit at an electric piano with headphones as the instructor will rotate through the students. This is a great method for a beginning through intermediate student. The method has several levels that encourage students to excel and move up to the next level. Books are an additional cost to be paid at class. Maximum of six students per class. **This class is held at the Music Art Studio, 1479 Beach Park Blvd., Foster City.** Instructor: Music Art Staff

Age Level: 5-7 yrs.

1590.024	1/11-3/14	W	3:30-4:20pm	\$230	Off Site
1590.025	1/11-3/14	W	4:30-5:20pm	\$230	Off Site

Age Level: 6-9 yrs.

1590.026	1/11-3/14	W	5:30-6:20pm	\$230	Off Site
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Age Level: 6-10 yrs.

1590.028	1/10-3/13	Tu	5-5:50pm	\$230	Off Site
1590.029	1/10-3/13	Tu	6-6:50pm	\$230	Off Site

Age Level: 7-11 yrs.

1590.027	1/11-3/14	W	6:30-7:20pm	\$230	Off Site
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Rock Drums, Beginning

Rock out with us on the drums! Have fun learning to play drums and other percussion instruments. You will learn to play different styles of drum rhythms, read music notation, and write your own rhythms. By the end of this session, you will be able to rock out on a drum set and other percussion instruments. Students will use electronic drum pads in class and will receive a drum pad and drumsticks for practicing at home. **This class is held at the Music Art Studio, 1479 Beach Park Blvd., Foster City.** Instructor: Music Art Staff

Age Level: 8-13 yrs.

1590.030	1/12-3/15	Th	3:30-4:20pm	\$230	Off Site
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Tap 1, 2 & 3 for Youth

These classes are for the young tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique in Tap 1 and build on basics while learning fun combinations in Tap 2. In Tap 3, dancers will have fun while building technique and learning more challenging combinations. All dancers need teacher's approval for Tap 3. Please have your child wear clothes they can dance in, and tap shoes are required. Parents are welcome to watch. The children will work on a dance that they will perform on the last day of class. **No class on February 20.** Instructor: Amy Floro

Tap 1

Age Level: 4.5-8 yrs.

1109.023	1/23-3/26	M	4:40-5:20pm	\$75	Spirit
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Tap 2

Age Level: 6-11 yrs.

1109.024	1/23-3/26	M	5:20-6pm	\$75	Spirit
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Tap 3

Age Level – 6-11 yrs.

1109.025	1/23-3/26	M	6-6:45pm	\$80	Spirit
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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
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Tap II

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

Chinese Exploration

The Foster City Parks and Recreation Department, in partnership with Bright Horizon Chinese School, offers Chinese immersion classes. The program is designed to engage fun learning experiences through its creative curriculum and exciting activities. The Chinese language class develops students' communication, listening, speaking, and writing skills. Students explore and learn about Chinese culture through traditional Chinese dance, music, calligraphy, arts, drama acting, and much more. Programs are offered 12pm-3pm and 3pm-5:35pm for children in grades K-5. **For additional information, please call Bright Horizons directly at (650) 773-0917.** Instructor: Bright Horizon Chinese School teachers

Emergency Preparedness for Home and Work

Let the Fire Department teach you how you can prepare your family and home for a disaster. September 11th 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

Is your child an aspiring chef? With a focus on healthy food, we will encourage that interest developing age appropriate skills. We will teach cooking techniques, kitchen safety, nutrition and healthy choices. They'll have a great time and get to taste their knowledge at the end. A \$25 lab fee is payable to the instructor at the first class for food and supplies. **This class is held at Twin Pines Lodge, Room 1, at 40 Twin Pines Lane in Belmont.** Instructor: Les Petit Chefs Staff

Age Level: 5-10 yrs.

1508.021 1/19-2/9 Th 4-5pm \$134 Off Site

1508.022 3/1-3/22 Th 4-5pm \$134 Off Site

Wednesday Enrichment @ Foster City School and Audubon Elementary School

Hey parents, if your child is attending Foster City School or Audubon Elementary School sign them up for our Wednesday Enrichment program. Classes are held directly after lunch and students stay on campus during early dismissal day to participate in our exciting classes offered. That's right you don't have to worry about picking them up early on Wednesdays! All classes are taught by well qualified instructors and range from a variety of activities such as Academic Chess to Jr. Jazzercise. Look in your child's weekly envelope for more information or call (650) 286-3380. (*Wednesday Enrichment is only for students attending Foster City School or Audubon Elementary school grades 1st through 5th*).

Police Explorer Program

Are you boy or girl who is 14 to 21 years old? Do you want to ride with police officers on patrol and learn valuable life and leadership skills? Then become a Police Explorer! The Explorer Program gives youth first-hand knowledge of the challenges and job skills that make up police work and teaches responsibility, discipline and respect. Explorers do a wide variety of activities throughout the year, such as, competitions with other Explorer Posts, assisting police at large community events, monthly training, team building events and fundraisers. This is a great way to give back to your community. Applicants must be self-motivated, pass a background check, and be able to attend our academy. For more information contact Corporal Shawn at 650-286-3324 or look for Explorer videos on <http://www.facebook.com/FosterCityPolice>.

Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierras with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of 5 full Saturday's of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch & snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills. Please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information and for pick up times and locations. **No class on February 18.** Instructor: Blue Angels Staff

Age Level: 7-16 yrs.

1056.021 1/21-2/25 Sa 6am-7pm \$849 Off Site

This class is a great way to introduce your child to the game of basketball. Coach Dan Hibson has over 15 years of experience coaching kids of all ages. Kids will be taught dribbling, shooting, passing and defensive skills. All coaches shall adhere to the principles of the Positive Coaching Alliance. An adjustable basket is used to enhance enjoyment and skill development. Boosting children's self esteem through sports is the #1 priority of this class. For more information please visit www.minisportsstars.com. Instructor: Dan Hibson

**Location: Brewer Island Gym,
1151 Polynesia Drive**

Age Level: 5-7 yrs.

1799.024	1/14-2/11	Sa	12:30-1:15pm	\$75
1799.025	2/18-3/17	Sa	12:30-1:15pm	\$75
1799.026	3/24-4/14	Sa	12:30-1:15pm	\$75

Age Level: 8-10 yrs.

1799.027	1/14-2/11	Sa	12:30-1:15pm	\$75
1799.028	2/18-3/17	Sa	12:30-1:15pm	\$75
1799.029	3/24-4/14	Sa	12:30-1:15pm	\$75

Birthday Parties at The VIBE

The VIBE, Foster City's Teen Center, is the perfect location for your child or teen's next birthday celebration!

Need help planning your child's party (ages 5-18)? The VIBE now offers birthday party activities to go with your teen center rental. Birthday packages can include thematic decorations and/or Recreation Staff to lead activities.



The VIBE features the following amenities:

Multiple large screen televisions

Video game equipment

Billiards

Ping Pong

Stereo System and dance floor

Enclosed courtyard



To learn more about VIBE rentals or the Birthday Party program, please call The VIBE at 650.286.3254 or Recreation Coordinator, Tiffany Hall, at 650.286.3395 or email thall@fostercity.org.

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Youth Intro. to Ice Skating

During each six-week session, students will be introduced to basic ice skating skills, like forward and backward skating, stopping and turning. Each lesson provides 30 minutes of instruction and 30 minutes of practice time on the ice. Practice time is from 5:45-6:15pm for ages 5-14. Please be sure to arrive 15 minutes prior to lesson to check in and get skates on. Dress warmly and wear thick socks. Skate rental is included in the class fee. **Classes are held at 2202 Bridgepointe Parkway in San Mateo. No class on January 16.** Instructor: Ice Center Staff

Age Level: 5-7 yrs.

1022.021	1/2-2/13	M	5:15-5:45pm	\$50	Off Site
1022.022	2/27-4/2	M	5:15-5:45pm	\$50	Off Site

Age Level: 8-14 yrs.

1022.023	1/2-2/13	M	6:15-6:45pm	\$50	Off Site
1022.024	2/27-4/2	M	6:15-6:45pm	\$50	Off Site

Ice Skating

You can have fun learning how to ice skate while getting some exercise too! Basic 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 time 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

This class is designed to teach basic ice hockey skating skills. Basic forward skating is required to attend this class. Students will learn to move, turn and stop in a controlled manner. Balance and use of blade edges, critical to a hockey player, will be emphasized. Helmets with face masks and sticks are required. Class fee includes skate rental. All students get six free skating passes to be used during the session. Dress warmly and wear thick socks. Please be sure to arrive 15 minutes prior to lesson. **Classes are held at 2202 Bridgepointe Parkway in San Mateo.** Instructor: Ice Center Staff

Age Level: 6-14 yrs.

1022.025	1/3-2/7	Tu	4-4:30pm	\$50	Off Site
1022.026	2/28-4/3	Tu	4-4:30pm	\$50	Off Site



It's all smiles at Foster City Camps!

**Wild 'n Wacky Winter Camp:
December 19-23, 2011**

**Spring Break Camp:
April 2-6, 2012**

See page 5 for all the details.

(continued)

Pre-Karate I – Coed

This class will emphasize hand-eye coordination, body awareness, social interaction, and concepts of Karate. It also builds confidence and motivates your child to learn and increase concentration. A Karate Gi (uniform) may be purchased from the instructor. (Please note: Children must be 5 years of age prior to the first class meeting). Karate Gi uniform required. **No class on January 16 and February 20; make up classes on January 18 and February 22.** Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 5-7 yrs.

0004.022 1/9-3/12 M 6-6:50pm \$115 Mist/Spray

Pre-Karate II – Coed

This class is designed for children who have completed two or more sessions of Pre-Karate I and/or have the instructor's approval. Children will work on refining their skills at a more advanced level. Instructor: Master Instructor Sensei Edwards, and/or staff

Age Level: 6-8 yrs.

0004.023 1/11-3/14 W 6-6:50pm \$115 Mist/Spray

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. Uniform required. Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 9-17 yrs.

1019.023 1/11-3/14 W 6:55-7:55pm \$115 Mist/Spray

Karate (Coed), Beg/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. Uniform required. **No class on Monday, January 16 and February 20; make up classes on January 18 and February 22.** Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 9-16 yrs.

1019.021 1/9-3/14 M & W 6:55-7:55pm \$205 Mist/Spray

Karate (Coed), Inter/Adv.

Not for the first time student. Must have completed one or more sessions of Karate I or Pre-Karate II. Children will work on refining their Karate skills at a more advanced level. Belt Level: blue, green, brown, and black. **No class on Monday, January 16 and February 20; make up to be announced.** Instructor: Master Instructor Sensei Edwards and/or staff

Age Level: 9-16 yrs.

1019.022 1/9-3/14 M & W 6:55-7:55pm \$205 Mist/Spray

**Karate (Coed),
Intro./Beg./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. 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: 6-13 yrs.

1019.024 1/14-3/10 Sa 9:30-10:50am \$115 Spray

Introduction to Fencing for Youth

Peninsula Fencing Academy offers beginning fencing classes for youths from 6 to 12 years of age. Learn how to fight with swords in a fun and safe setting. With a focus on fun fencing and games, every fencer walks away from this class with a smile on their face. Our youth classes include general fitness, footwork, bladework, bouting, hand eye coordination drills, and games. **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. 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: 6-12 yrs.

1024.021	1/10-2/14	Tu	3:45-4:45pm	\$99	Off Site
1024.022	1/11-2/15	W	3:45-4:45pm	\$99	Off Site
1024.023	1/12-2/16	Th	3:45-4:45pm	\$99	Off Site
1024.024	2/21-3/27	Tu	3:45-4:45pm	\$99	Off Site
1024.025	2/22-3/28	W	3:45-4:45pm	\$99	Off Site
1024.026	2/23-3/29	Th	3:45-4:45pm	\$99	Off Site

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 bouting 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. 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



"Kidz Love Soccer is a great way for kids to learn a new sport or refine their soccer skills."

Kidz Love Soccer

Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: "Where the score is always fun to fun." Visit www.kidzlovesoccer.com for more information. Shin guards are required after the first meeting. **Note: Rainout hotline is 1-888-372-5803.**

Instructor: Kidz Love Soccer Staff

Age Level/Description:

Pre-Soccer (4-5 yrs.) – Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment.

Soccer 1 (5-6 yrs.) – Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually.

Pre-Soccer

1721.022 1/20-3/9 F 3:45-4:20pm \$99 Edgewater Park

Soccer 1

1721.023 1/20-3/9 F 4:20-5:05pm \$99 Edgewater Park

(continued)

Terrific Tiny Tennis

Children, 5-8 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students. Students provide their own racket. We recommend 23" to 25" rackets. Instructors: Staff of Stanford Coach John Whitlinger and USPTA Professional Tom Sarsfield

Location: Tennis Courts –Shell Blvd.

Age Level: 5-6 yrs.

0751.021	1/23-2/8	M & W	3:10-3:50pm	\$65
0751.022	2/27-3/14	M & W	3:10-3:50pm	\$65

Age Level: 7-8 yrs.

0751.023	1/23-2/8	M & W	3:50-4:30pm	\$65
0751.024	2/27-3/14	M & W	3:50-4:30pm	\$65

Tennis

Group lessons: Enjoy top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and USPTA Professional Tom Sarsfield. Youth and adult classes of 3-8 students will consist of six hours of instruction. Classes of two students will be converted into four lessons. Students provide own rackets. See page 10 for skill level descriptions. Instructors: Staff of Stanford Coach John Whitlinger and USPTA Professional Tom Sarsfield

Location: Tennis Courts #3 and #4 - Shell Blvd.

Quickstart Tennis

Age Level: 9-10 yrs.

1751.021	1/23-2/8	M & W	4:30-5:30pm	\$65
1751.022	2/27-3/14	M & W	4:30-5:30pm	\$65

Age Level: 11-14 yrs.

Novice/Low Intermediate

1751.023	1/23-2/8	M & W	6-7pm	\$65
1751.024	2/27-3/14	M & W	6-7pm	\$65

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. Visit www.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.)

(continued)

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

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: 10 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