Registration begins August 7th

Community Bike Ride
ON PAGE 12

Halloween Festival
ON PAGE 36

Summer Days
ON PAGE 25

Holiday Tree Lighting
ON PAGE 38
This Season

September

2019 FAMILY OVERNIGHTER
September 7-8, 5pm-8am
Boothbay Park

Grab your tent and sleeping bags, it's time for the Family Overnighter. Come enjoy a relaxing evening with your family at Boothbay Park. Recreation staff has a fun-filled evening of games, campfire, songs, stories and s'mores planned for you. All registrants must register for this event online. This event is open to all ages. Must register per person in your family
$15 per participant (non-refundable)
Activity # FAMOVER 2018

2019 COMMUNITY BIKE RIDE
Sunday, September 22, 9am-1pm
Boothbay Park

Families and individuals are invited to participate in a 2.5 or 11 mile ride with other community members along the beautiful levee-pedway in Foster City. Free bike and helmet safety checks will be provided, along with water and treats at the halfway point and finish line. Come join the fun at this Foster City Family Fun Series event!

October

Halloween Festival
Saturday, October 26, 11 a.m.-2 p.m.
The VIBE

Join us for a SPOOKtacular day of food, games, and fun! This event is geared toward preschoolers-fifth grade. The day will consist of arts and crafts, costume contest, games, and a Haunted House. For more information, call 650.286.3254, or visit www.fostercity.org. Proceeds from the event benefit the Foster City Youth and Teen Foundation.
Admission: $3 (2 years and under – Free)

October, cont.

Safe Routes to School
Wednesday, October 2
Audubon, Brewer Island, and Foster City Elementary Schools

On October 2, we are asking students to sign a pledge and help their school win the golden sneaker by participating.

Students will sign safety pledges and receive special giveaways. Meet for the walking school bus at a park near your school before 7:50 am and you'll receive snacks and an exclusive giveaway! For more information, please contact Ben Dieterle at (650) 286-3387 or visit https://www.fostercity.org/parksrec/page/safe-routes-school

November

Letters to Santa

The Foster City Parks and Recreation Department has made arrangements with Santa to accept mail for the delivery to the North Pole beginning November 13, 2019. Foster City youngsters are encouraged to write a letter to Santa. Parents may either place the letter in the designated mailbox at either the Foster City Teen Center, 670 Shell Blvd., or the Recreation Center, 650 Shell Blvd. You can also mail it to:
Santa Claus
c/o Foster City Parks and Recreation
650 Shell Blvd.
Foster City, CA 94404

All letters should include the child's first and last name, along with a self-addressed, stamped envelope so that a response may be mailed. Deadline is December 7, 2018 at 5 p.m. For more information please call (650) 286-3374.

December

Tree Lighting – Free!
Wednesday, December 4, 6-7 p.m.
Foster City Recreation Center

Begin this holiday season with Foster City's Tree Lighting Ceremony. Join us for joyful music and light refreshments, followed by a countdown to light the tree. Kids can enjoy coloring activities and a chance to meet our “Special Visitor” in a red suit.
Bocce Ball Court Rentals
The City of Foster City Bocce Courts are available for reservation.
If you are looking to have a friendly game amongst friends and family or are looking for a team builder for your company.

For pricing and availability, contact us at (650) 286-3380.
Online Reservations coming soon.
Foster City Dog Park & Off-Leash Hours

Located at Boat Park, find a 20,000 square foot dog park to bring your canine for fun and exercise. The dog park includes separate fenced areas for small dogs and large dogs, synthetic turf and decomposed granite areas, and a water station. Foster City Dog Park’s hours of operation run from 6 am-10 pm daily.

Dogs may be off-leash (but under control) from 5-8 am daily in designated areas of the following parks:

Boothbay Park
(Corner of Edgewater Blvd. and Boothbay Ave.)

Catamaran Park
(Corner of Shell Blvd. and Catamaran St.)

Edgewater Park
(Corner of Edgewater Blvd. and Regulus St.)

Farragut Park
(Corner of Beach Park Blvd. and Farragut Blvd.)

Sea Cloud Park
(Corner of Pitcairn Dr. and Sea Cloud Dr. 5-8 am Mon-Sat, 5-9 am Sun)

Foster City Library

Foster City Library
1000 E. Hillsdale Blvd.
(650) 574-4842

For a complete program listing, visit:
www.smcl.org

Hours:
Monday-Wednesday 10 am-9 pm
Thursday-Friday 10 am-6 pm
Saturday 10 am-5 pm
Sunday 1-5 pm

Library Storytime Schedule:

- Baby Storytime: M 10:30 am, Birth to 18 months
- Baby & Toddler Storytime: Tu 10:30 am, Birth to 2 years old
- Family Storytime: W 7 pm, All ages
- Toddler Storytime: Th 10:30 am, 2 to 3 year old
- Preschool Storytime: F 10:30 am, 3 to 5 year old
- Family Storytime: Sa 10:30 am, All ages

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 12 - 3 pm and 3 - 5:35 pm for children in grades K-5. For additional information, please call Bright Horizons directly at (650) 773-0917.

Instructor: Bright Horizon Chinese School teachers
Becoming a Member of The VIBE

The VIBE Teen Center provides a variety of activities, events, and resources for teens in middle school or high school. It’s not only a great place for teens to meet and interact with others their age, but also to partake in fun activities and events planned by VIBE staff. To become an active member, come to The VIBE and pick up a membership application form and get a tour of the facility. Only $25 for membership due one time with application.

Rent The VIBE!!!

Looking for a fun place to hold a birthday party or other special event? The VIBE is available for rent on Saturdays and Sundays. For more information, please call (650) 286-3374.

The VIBE Teen Center

The VIBE is a supervised teen center in Foster City, where students 6th-12th grade can hang out with their friends after school. They are able to play pool, ping pong, foosball, Sony Playstation 4, Nintendo Wii, Xbox360, basketball and watch movies. The VIBE also features a computer lab where students have access to Microsoft Word, Excel and the internet for homework research. We also offer many special events, such as dances and sports tournaments. To become an active member, come to The VIBE and pick up a membership application form and get a tour of the facility. Only $25 for a membership, collected one time with application. Please call The VIBE at (650) 286-3254 for more information.

Hours:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Tuesday, Thursday</td>
<td>3 - 6:30 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2 - 6:30 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>3 - 10 pm</td>
</tr>
<tr>
<td>Saturday and Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its fifth year. All workshops are free and will be held at the Foster City Teen Center. We encourage you to reserve your spot for the workshop by calling (650) 286-3374 or emailing dlandwehr@fostercity.org. The 2018-2019 Family Enrichment Series is sponsored by Gilead Sciences.

Foster City Youth Advisory Committee

Committee meetings are held the first Wednesdays of each month. Meetings begin at 6:30p and will be held at The VIBE, F.C. Teen Center (670 Shell Blvd.). The public is invited to attend meetings and assist with events.

Applications for the 2019-2020 Youth Advisory Committee will be available on May 1st. The 2018-2019 members of the Youth Advisory Committee (YAC) were sworn in by our City Council in September. Keep your eyes open for activities and events sponsored by the committee. Some of the YAC sponsored events include the Halloween Festival, Tree Lighting and Spaghetti Feed Fundraiser. For additional information, please call the YAC advisor at (650) 286-3374.

Support the Youth & Teen Foundation

The Foster City Youth & 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 of today’s working families.

The Foster City Youth & Teen Foundation’s purpose is to provide resources and funding for amenities and supplies for the City’s Youth & Teen Programs. With the community’s help, we can enhance our facilities and programs for our local youth & teens. Patrons that contribute $100 or more are eligible to have their name displayed on a recognition wall in the teen center! For more information on the Youth & Teen Foundation or to make a tax-deductible donation, please contact Dusty Landwehr at (650) 286-3374 or dlandwehr@fostercity.org.
Saturday, September 21, 2019
15th Annual
County of San Mateo
DISASTER PREPAREDNESS DAY

10AM-2PM, San Mateo County Event Center
1346 Saratoga Avenue, San Mateo

* See website for parking and transportation options *

www.smcdisasterprep.org

Explore fire trucks, SWAT & other emergency response vehicles
Venture into the Smoky Hall & Shake House
Check out Bomb Squad Robots
Attend classes on CPR, First Aid & more
Learn about school & community safety resources

A FREE day of fun for the whole family!

Office of Emergency Services at (650) 363-4790
Office of Supervisor Carole Groom at (650) 363-4568
Seniors

Foster City Senior Wing

650 Shell Blvd.  
(650) 286-2585

Are you looking for great things to do, exciting places to go, and fun people to meet? Stop by the Foster City Senior Wing! We have all this and more! Listed below is a sampling of activities. More information can be found in the Senior Expressions newsletter, which is available at the Senior Wing or by subscription.

Senior Wing Hours:
Monday - Friday 9 am-4 pm

Senior Expressions

Published on a quarterly basis, the newsletter includes class information, services, trips and tours, and special event announcements. Please pick one up at the Senior Wing, or have it mailed directly to your home by purchasing the Senior Expressions newsletter subscription. With the subscription you will receive the newsletter four times a year at your home, before it is available to non-subscribers. Call (650) 286-2585 for more information.

Fee:
- $12 per year
- Prorated after January ($3 per edition)

Thursday Matinees

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30 pm in the Sunfish Room. Free popcorn & water are provided. Call or stop by the Senior Wing for the list of upcoming movies. Movies are subject to change without notice.

Day: Thursdays  
Time: 12:30 pm  
Location: Sunfish Room  
Cost: FREE!

Trips

The Senior Wing goes on many exciting trips every month. Trips include historic sites, performances, factories, museums, gardens, restaurants, and much more! Trips depart from the Senior Wing and transportation is included. Look in the Senior Expressions Newsletter for trip information or stop by the Senior Wing to find out where the next trip is going. Join us for a fun-filled day!

Senior Meals

Join the Foster City Senior Wing and the Foster City Rotary Club for a delicious hot lunch that includes soup, an entrée, and dessert. Preregister at the Recreation Center. Space is limited to the first 40 participants. Pay $5 (cash only) at the door. Upcoming meals will be held in the Bluebird Room from 11:30 am-12:30 pm.

Tuesday, September 3  
Tuesday, November 5  
Tuesday, October 1  
Tuesday, December 3

Friendship/55+ Club

Join us to meet others and make new friends. We plan monthly entertainment, potluck meals, and an end of the month birthday celebration.

Meets - Thursdays from 11a-12:30p
Fee - $25 per year
For more info contact the Senior Wing  
(650) 286-2585

Free Food for Seniors:
Brown Bag Program

The Second Harvest Food Bank Brown Bag Program is now being offered at the Foster City Recreation Center! Members receive a bi-monthly bag of groceries which could include items such as fresh fruits and vegetables, rice, bread, eggs, chicken, and much more.

To sign up, call the Food Bank at (650) 610-0800 ext 165 or visit https://www.shfb.org/brownbag for more information.
Seniors

Senior Classes

The Senior Wing offers a wide variety of classes to meet your interests. Join one of our fun-filled classes to learn a new skill, meet new friends, and stay healthy. Senior classes are sponsored by the San Mateo Adult School. For more class options, please visit the Adult section of the Activity Guide.

- All classes include a $5 administrative fee for the Parks and Recreation Department
- Certain classes do not meet for the entire duration of the semester. Please reference the brochure for specific dates & pricing information.

Enrollment: To register for a class, please contact the San Mateo Adult School directly at (650) 558-2100 or go to www.smace.org. Enrollment is accepted on an ongoing basis, but class fees are not prorated if you start after a session begins. Enrollment fees are paid directly to the San Mateo Adult School. Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Class Schedule

Please check San Mateo Adult School Brochure for class dates or visit www.smace.org.

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Room</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>Painting &amp; Drawing</td>
<td>9:30a &amp; 12:30p</td>
<td>Sunfish</td>
<td>$105</td>
</tr>
<tr>
<td>Tues</td>
<td>Zumba Gold</td>
<td>10:45a &amp; 11:45a</td>
<td>Spirit</td>
<td>$55</td>
</tr>
<tr>
<td>Tues</td>
<td>Yoga</td>
<td>11 am</td>
<td>Port*</td>
<td>$55</td>
</tr>
<tr>
<td>Tues</td>
<td>Tai Chi- Beginner</td>
<td>1 pm</td>
<td>Spirit</td>
<td>$55</td>
</tr>
<tr>
<td>Wed</td>
<td>Hand Knitting</td>
<td>10:30a &amp; 1:30p</td>
<td>Sunfish</td>
<td>$70</td>
</tr>
<tr>
<td>Wed</td>
<td>Qi Gong</td>
<td>10:45 am</td>
<td>Spirit</td>
<td>$55</td>
</tr>
<tr>
<td>Thurs</td>
<td>Tai Chi- Intensive</td>
<td>9 am &amp; 1 pm</td>
<td>Spirit</td>
<td>TBA</td>
</tr>
<tr>
<td>Thurs</td>
<td>Yoga for Health</td>
<td>12:15 pm</td>
<td>Port*</td>
<td>$55</td>
</tr>
<tr>
<td>Thurs</td>
<td>Watercolor</td>
<td>1 pm</td>
<td>Sail*</td>
<td>$75</td>
</tr>
</tbody>
</table>

*Sail Room and Port Room - Community Center 1000 E. Hillsdale Blvd (2nd Floor)

Senior Game Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Game</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Bridge</td>
<td>1-4 pm</td>
<td>Clipper Room</td>
</tr>
<tr>
<td>Mon</td>
<td>Pedro</td>
<td>1-4 pm</td>
<td>Sunfish</td>
</tr>
<tr>
<td>Mon</td>
<td>Mah Jong  (2nd &amp; 4th)</td>
<td>1-3 pm</td>
<td>Senior Wing Lobby</td>
</tr>
<tr>
<td>Tues</td>
<td>Open Play</td>
<td>1-3 pm</td>
<td>Senior Wing Lobby</td>
</tr>
<tr>
<td>Thurs</td>
<td>Bridge</td>
<td>1-4 pm</td>
<td>Clipper Room</td>
</tr>
<tr>
<td>Thurs</td>
<td>Open Play</td>
<td>12:30-2:30 pm</td>
<td>Senior Wing Lobby</td>
</tr>
<tr>
<td>Fri</td>
<td>Open Play</td>
<td>10 am-3 pm</td>
<td>Clipper Room</td>
</tr>
</tbody>
</table>

Supply own materials. No money exchanged.

Driver Safety Course

This interactive class is for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age-related changes in vision, hearing, and reaction time. This class will also review new laws and smart driving strategies. The class fee includes a workbook and a DMV certificate for an insurance discount good for three years.

Registration:
- Register at the Recreation Center or call 650-286-2585
- Registration fee paid in class

Fee:
- $15 - AARP Members
- $20 - Non-members

Class Dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 27 &amp; 28</td>
<td>9:30 am-2 pm</td>
<td>Mist</td>
</tr>
<tr>
<td>August 31</td>
<td>8:30 am-5:30 pm</td>
<td>Mallard</td>
</tr>
<tr>
<td>Nov. 12 &amp; 13</td>
<td>9:30 am-2 pm</td>
<td>Mist</td>
</tr>
<tr>
<td>Nov. 16</td>
<td>8:30 am-5:30 pm</td>
<td>Mallard</td>
</tr>
</tbody>
</table>
Welcome to STEAM Academy! This is an afterschool program Wednesdays at Foster City and Audubon Elementary School. After the minimum day, students can stay on site to attend one of these fun, educational classes! STEAM is an acronym for science/sports, technology, engineering, arts, and mathematics. The benefits from these classes will be seen in the classroom through an improved self-esteem, improved social skills, and increase academic interest and performance. For 1st – 5th grade only. Take four different classes in STEAM or participate in all four sessions to earn a ribbon at the end of the year. Registration now open.

Wednesday Enrichment Classes
Audubon & Foster City Elementary Schools • Grades 1-5
(No STEAM: 10/9, 10/16)

Rebound Basketball
Rebound Basketball Academy co-ed basketball classes emphasize developing sports skills and improving self-esteem while teaching the fundamentals such as dribbling, passing, and shooting. Fun games will be played in each class. Fee includes a ribbon at the end of the season.

Instructor: Manuel Minzer
Location: Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM19-1-AUD</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:10 - 2:10 pm</td>
<td>$185</td>
</tr>
<tr>
<td>STEAM19-1-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
</tr>
</tbody>
</table>

Math Pro
Have fun and be creative while learning Math. This program enhances your Math skills and makes you confident in solving Math problems. We practice Math with fun games, puzzles, and grade-wise worksheets to polish arithmetic skills. This our foundational program designed to develop a child’s brain. We recognize that interest in Math and the development of a positive disposition and identity as a your Mathematician starts at a very young age. We have developed this program which is child-centered, engages the child, and enables them to think “Out of the Box” Material fee: $10, due to instructor on first day.

Instructor: Out of the Box Kids
Location: Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM19-2-AUD</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:10 - 2:10 pm</td>
<td>$205</td>
</tr>
<tr>
<td>STEAM19-2-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$205</td>
</tr>
</tbody>
</table>

Fun with Programming
Augmented Reality & Games with Swift
Have fun learning how to write computer programs! We will write code to make our game characters move, jump, and navigate intelligently! Explore augmented reality (AR) and touch, sound, and camera sensors. Students will learn the fundamentals of computer programming using Swift, the open-source language used for developing apps on the iPhone and the Max. They will be able to immediately see the results of their code. All necessary equipment will be provide for use during class. The main goals of the class are to give students a fun experience, while increasing their exposure to STEM, the scientific method, planning, prioritization, time managements, completing projects from start to finish, and organization. Students will gain an appreciation for programming and see how easy it is to learn. They will learn how to break down and analyze problems as they debug their code.

Instructor: Fun With Academics LLC
Location: FC School Classroom, Foster City Class RM

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM19-3-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$249</td>
</tr>
</tbody>
</table>
Academic Chess

Learn chess in a fun, engaging, and dynamic environment. Our philosophy is to instill the love of the game. As a result, we’re able to witness firsthand our students developing patience, strategic planning ability, and critical thinking skills. They also come to understand that decisions, both on and off the chess board, result in consequences. Class caters to all levels and all participants receive our exclusive workbooks. If you have any questions regarding the program, please feel free to call 888-44-CHESS

**Instructor:** Chess Academic

**Location:** Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM19-4-AUD</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:10 - 2:10 pm</td>
<td>$159</td>
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<tr>
<td>STEAM19-4-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$159</td>
</tr>
</tbody>
</table>

Mad Science: Energy, Forces, and Flight

It’s a bird, it’s a plane - no - it’s Mad Science! Explore aerodynamics and the properties of air, and make your very own loop-flying stunt plane! Race down the electron freeway as we student “current” events! Check out the ooey-gooey science of Mad Mud! Learn about the incredible Fun-damental Forces as we study gravity, inertia, and centripetal force! Discover what shapes make the world’s strongest buildings, and then build your own bridge! All this and more in these sessions of Mad Science!

**Instructor:** Mad Science

**Location:** Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$149</td>
</tr>
</tbody>
</table>

Kassirer Tennis

Kassirer Tennis was created by Laura Kassirer, a former Wimbledon player, so students can have fun learning a sport they can play for a lifetime conveniently as school with their classmates. Coaches set up portable tennis nets on the blacktop to make kid-sized tennis courts and provide kid-sized rackets and starter balls! Students will learn professional quality fundamentals, play fun group games, improve point of contact, hand-eye, and movement, and start to rally. We group the class by grade and teach to your child’s level and abilities. Our coaches emphasize sportsmanship and teamwork while instilling that every child can succeed through persistence and hard work. Our coaches also make sure your kids are socializing and having fun! Just wear athletic shoes and attire to class and our coaches will provide the rest.

**Instructor:** Laura Kassirer

**Location:** Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAM19-6-AUD</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:10 - 2:10 pm</td>
<td>$185</td>
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<tr>
<td>STEAM19-6-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
</tr>
</tbody>
</table>
Kassirer Pickleball

Kassirer Pickleball was created by Laura Kassirer, a former Wimbledon player, so students can have fun learning a sport they can play for a lifetime conveniently as school with their classmates. Coaches set up portable nets and throw down lines on the blacktop to make pickleball courts. Pickleball is a cross between ping-pong and tennis and is a sport the whole family can play together. It is fun and easy to learn. Pickleball is a social sports and kids will start rallying, serving, and playing games on the first day of class. Coaches will provide whiffle balls and give each child their own paddle so they can practice at home. Kids will improve their hand-eye coordination, reaction, fitness, and movement. Pickleball skills can help kids get ready to play tennis. Material fee: $30 due to instructor first day of class.

Instructor: Laura Kassirer

Location: Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
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<tr>
<td>STEAM19-7-FC</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
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</table>

Golf FORE Kids

Golf FORE Kids is bringing the gold course to your school! GFK is an at-school, after-school golf enrichment program. GFK provides all equipment so students need to bring nothing but a smile to each class! Students learn all aspects of golf, from swing fundamentals to the game’s rules, etiquette, and life values, while advancing through a 12 Level Program! All students start in the blue level and receive a blue GFK hat when they complete and entire session. As students progress through the next levels (orange, green, black, silver, and gold), the are rewarded with a GFK hat pin in each color level they complete. On-going session will be offered throughout the year! For more information please visit www.golfFOREkids.net or call Chris today at 650-701-4586.

Instructor: Golf Fore Kids, LLC

Location: Audubon Classroom, Audubon Classroom

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>STEAM19-8-AUD</td>
<td>W</td>
<td>08/28/19 - 10/30/19</td>
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<td>$279</td>
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<td>STEAM19-8-FC</td>
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<td>08/28/19 - 10/30/19</td>
<td>1:00 - 2:00 pm</td>
<td>$279</td>
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</table>
FOSTER CITY COMMUNITY
BIKE RIDE

FREE
ALL AGES

SUNDAY, SEPTEMBER 22, 2019
9:45AM - 12PM at Boothbay Park
5 or 11 Mile Ride
Bike Safety Checks • Giveaways • Water & Snacks

WWW.FOSTERCITY.ORG • 650.286.3380

This event/program is not sponsored by the San Mateo-Foster City School District.
FUNtastic Fall Camp

Foster City has a GREAT camp planned for your camper’s Fall Intersession! Our camp staff provides a safe environment for laughs, new friends, and days packed full of activities. Your child will have the intersession of their life as they participate in fun sports, active games, silly arts and crafts projects, crazy song singing, and much more! Campers should pack a healthy bag lunch, snacks, water, and sunscreen daily, as well as a big appetite for fun and adventure. It’s time to sign up and head to camp!

Instructor: Camp Staff

Location: VIBE Teen Center, VIBE Whole Facility

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
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Circus On Stage Camp

(Ages 4-12)

Our camp for children with or without gymnastics experience is under the management of excellent coaches, members of the USA Gymnastics Federation, circus performers, and choreographers. Camp includes gymnastics, tumbling, and “circus art dance”, which combines dance and stage movement. Children work on the Tumble trak, rings, trapeze, balance beam, bars, Olympic-size padded floor, a foam-filled pit, and two in-ground trampolines. Circus Show every Friday at 12:15pm. Campers please bring a lunch daily. Free supervision available from 8am-9am and after care available for Full Day camps from 4pm-6pm. Full day campers make a trip to Trinta Park daily. Free supervision available from 8am - 9am and after care available for Full Day campers from 4pm - 6pm. Children are split by age.

Instructor: Peninsula Gym Staff

Location: Peninsula Gymnastics, 1740 Leslie Street, San Mateo

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tr>
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<td>9:00 am - 4:00 pm</td>
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3D Modeling and Painting

(Ages 6-16)

This course will teach you the basics of 3D modeling and printing, converting images to 3D models, and critical basic concepts in Slash and/or Blender. The course will uncover the core processes behind 3D printing and reveal one of the most powerful capabilities of the 3D printing revolution that’s accessible to anyone. We use both TinkerCAD and Blender for teaching.

Instructor: Siliconvalley4U

Location: Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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Coding4Kids

(Ages 6-16)

We at SiliconValley4U introduce technology concepts and strive to build love for the programming language. We believe technology education expands creativity and emphasizes logical reasoning. We have created a pathway to graduate to the next level, we start from Scratch for second grade and up and graduate them to Python. We create a strong foundation and help the kids practice making coding easy for them. We hope to create young data scientists by the end of completion of each course.

Instructor: Siliconvalley4U

Location: Recreation Center, Mist Room

<table>
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<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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</table>
Kid’s Art Camp at Create, Mix, and Mingle (Single Day)

(Ages 5-14)

Kids will spark their imagination and senses while they design and create projects incorporating painting, drawing, and crafting. Campers will use an exciting array of traditional and non-traditional materials including canvas, paint, pastels, decorative and textured papers, photographs, stickers and objects! The possibilities are endless as they create images, collages, greeting cards, and other visual art projects guided by a local professional artist. Please bring a snack. For full day, please bring a lunch and a snack.

Instructor: Create Mix and Mingle Staff

Location: Create Mix and Mingle, San Mateo

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>FALL19.C2-F</td>
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<td>9:00 am - 4:00 pm</td>
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Week-Long Kid’s Art Camp at Create, Mix, and Mingle

(Ages 5-14)

Kids will spark their imagination and senses while they design and create projects incorporating painting, drawing, and crafting. Campers will use an exciting array of traditional and non-traditional materials including canvas, paint, pastels, decorative and textured papers, photographs, stickers and objects! The possibilities are endless as they create images, collages, greeting cards, and other visual art projects guided by a local professional artist. Please bring a snack. For full day, please bring a lunch and a snack.

Instructor: Create Mix and Mingle Staff

Location: Create Mix and Mingle, San Mateo

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Date</th>
<th>Time</th>
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<td>$235</td>
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</table>
At Kids Connection, we strive for the extraordinary in everything we do and that starts with learning. Our teachers are one of a kind. Meet Caitlin Daly, a former curator at the Egyptian Museum in San Jose, or Doreen James, a reading specialist who has been with us for over 20 years. Drop in on a classroom to see how state of the art technology transforms the learning experience. Meet our students, captains of curiosity and creative cavaliers who push boundaries of extraordinary every day, scoring in the top 1% nationwide. We have been helping children reach for the stars for over 30 years. We are lifelong optimists for what the future holds and what our students can achieve.

To learn more visit our website

www.kidsconnectionschools.com

or call us at (650)578-6691
Arts and Crafts

Beginning Ceramics
(Ages 18+)

In this beginning class students will enjoy a hands on, creative experience in a friendly atmosphere. Ceramics instruction in hand building and wheel throwing, covering various techniques, skills, and projects. No previous experience in necessary. Class size is limited to 10 students to allow for more individual attention. Material fee: $20.

Instructor: Tammerlaine Burwell
Location: Recreation Center, Ceramics Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>FALL19.A1-A</td>
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<td>09/24/19 - 11/12/19</td>
<td>6:30 - 9:00 pm</td>
<td>$175</td>
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Ceramics - Youth
(Ages 8-18)

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 sculptural pieces that will stay together through the firing process, to allow children to open their minds and to express themselves in an open and positive environment.

Instructor: Tammerlaine Burwell
Location: Recreation Center, Ceramics Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<td>FALL19.A2-A</td>
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<td>09/25/19 - 11/13/19</td>
<td>4:15 - 5:45 pm</td>
<td>$125</td>
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Ceramics Level 2 with Open Studio
(Ages 18+)

Come join our friendly classes for a relaxing and creative experience. This is a multi-level class where students can develop their skills in hand building and throwing. Instruction will include demonstrations and individual encouragement to expand your creativity in clay. Students must have completed 2 beginning classes and provide their own tools. Material fee: $20.

Class Will Not Meet On: 11/28
Instructor: Tammerlaine Burwell
Location: Recreation Center, Ceramics Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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Ceramics Level 2
(Ages 18+)

Come join our friendly classes for a relaxing and creative experience. This is a multi-level class where students can develop their skills in hand building and throwing. Instruction will include demonstrations and individual encouragement to expand your creativity in clay. Students must have completed 2 beginning classes and provide their own tools.

Class Will Not Meet On: 11/28
Instructor: Tammerlaine Burwell
Location: Recreation Center, Ceramics Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>FALL19.A4-A</td>
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<td>$155</td>
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GLAZED TO PERFECTION
Ceramics Open Studio

(Ages 18+)

Ceramics Open Studio - Prerequisites:
1. Students must have completed two LEVEL 2 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.

Saturday Class Will Not Meet On: 9/14, 9/21
Monday Class Will Not Meet On: 11/11

Instructors:
Saturday - Terry Hinton
Monday AM - Gail Manke
Monday PM - Penny Shepherd
Wednesday AM - Jane Lim

Location: Recreation Center, Ceramics Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>10:30 am - 4:00 pm</td>
<td>$55</td>
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<tr>
<td>FALL19.A5-C</td>
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<td>09/09/19 - 11/18/19</td>
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<td>FALL19.A5-D</td>
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<td>09/11/19 - 11/13/19</td>
<td>10:30 am - 4:00 pm</td>
<td>$55</td>
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</table>

For more information, contact us at (650) 286-3380 or visit our website at https://www.fostercity.org/parksrec/page/facility-reservations
Music and Dance

American Line Dancing
(Ages 18+)

American Line Dancing is for fun and exercise, open to all ages that enjoy dancing to get lively, move with confidence, and stay healthy & fit, with or without a partner. Level 1 is for new students or returning students who just like to enjoy easy-to-learn line dancing selections. Level 2 is for students who are beyond beginning level and would like to learn more complicated or sophisticated selections and patterns. LDVALI uses a unique program and methodology that help students of various skill levels learn & grow together doing various music and rhythm.

Class Will Not Meet On: 10/22, 10/25

Instructor: Allen Isidro

Location: Recreation Center, Spirit Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>$40</td>
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Ballet Intro
(Ages 6-11)

Want to learn ballet? Come join Ms. Sheri to learn the fundamentals of ballet. You will learn plies, tendues, releves and more. We will work at the barre, center, and across the floor. Ballet improves your posture, strength, and coordination, and is a great base for any dance style. Please wear leotard, tights, and ballet shoes. No skirts as they can be distracting. Parents are welcome to watch the last class.

Instructor: Sheri Alonso

Location: Recreation Center, Spirit Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>Th</td>
<td>09/12/19</td>
<td>4:00 - 5:00 pm</td>
<td>$125</td>
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Pre Ballet/Tap
(Ages 4-5)

This class will start in tap shoes. Dancers will experience using their feet as percussion instruments. They will learn a variety of shuffles, top taps, heel drops and more. In the ballet portion of the class dancers will learn plie, tendue, and work both center and across the floor. Girls should wear a leotard (with no skirt attached) and tights. Boys should wear shorts and a t-shirt. Ballet and tap shoes are required. Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Location: Recreation Center, Spirit Room

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Time</th>
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<td>3:00 - 4:00 pm</td>
<td>$125</td>
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Piano
(Ages 5-13)

Learn to play the piano in a special group setting. Students will each sit at an electric piano with head-phones as the instructor rotates 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 given at the first class and are covered in the class fee.

Instructor: Staff Music Art Studio

Location: Music Art Studio, 1479 Beach Park Blvd.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>09/11/19 - 11/13/19</td>
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<td>$237</td>
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<tr>
<td>FALL19.M3-B</td>
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<td>09/11/19 - 11/13/19</td>
<td>4:30 - 5:20 pm</td>
<td>$237</td>
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<tr>
<td>FALL19.M3-C</td>
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<td>09/11/19 - 11/13/19</td>
<td>5:30 - 6:20 pm</td>
<td>$237</td>
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<tr>
<td>FALL19.M3-D</td>
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<td>6:30 - 7:20 pm</td>
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</tbody>
</table>
Voice/Theater One Day Intensive

Instructor: Deirdre Lobo-D’Cunha • Location: Recreation Center, Clipper Room

Vocal Technique For All Genres of Music: A Voice Intensive

Students learn vocal technique to sing any genre of music including, Pop, Rap, Hip Hop, etc. In this intensive, students will sing a Pop song. Students start out with relaxation exercises, and vocal warm ups. They then learn a song, and work with movement. Finally, students sing and perform part of the song or the entire piece at the end of the intensive. This is a 2-hour intensive, and hence students are encouraged to bring plenty of water, snacks and lunch. Additionally, students should wear comfortable clothing, and shoes. They must bring a notebook, pencil and eraser.

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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>(Ages 7-10)</td>
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<tr>
<td>FALL19.M4-A</td>
<td>Sa</td>
<td>09/07/19</td>
<td>10:00 am - 12:00 pm</td>
<td>$100</td>
</tr>
<tr>
<td>(Ages 11-13)</td>
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<td></td>
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</tr>
<tr>
<td>FALL19.M4-B</td>
<td>Sa</td>
<td>09/07/19</td>
<td>1:00 pm - 3:00 pm</td>
<td>$100</td>
</tr>
</tbody>
</table>

Project Your Voice & Speak With Finesse: Speech Arts

Speak with the correct usage of breath, vowels, etc., to project your voice, and be heard by the last person in the room. Technique which will not only help you speak clearly, but speak with finesse, and confidence. Learn to speak extemporaneously. Students must bring in a speech or poem which is memorized and under 1 minute. Students will get to perform the speech or poem at the end of the intensive. This is a 2-hour intensive, and hence students are encouraged to bring plenty of water, snacks and lunch. Additionally, students should wear comfortable clothing, and shoes. They must bring a notebook, pencil and eraser.

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<tr>
<th>Activity #</th>
<th>Day</th>
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<tbody>
<tr>
<td>(Ages 14-18)</td>
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<tr>
<td>FALL19.M4-E</td>
<td>Sa</td>
<td>11/02/19</td>
<td>10:00 am - 12:00 pm</td>
<td>$100</td>
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<tr>
<td>(Ages 11-13)</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>FALL19.M4-F</td>
<td>Sa</td>
<td>11/02/19</td>
<td>1:00 pm - 3:00 pm</td>
<td>$100</td>
</tr>
</tbody>
</table>

Build Confidence & Be The Character: A Drama Intensive

This is not just an acting intensive; but a confidence building intensive as well. Students work on their acting skills through various exercises, and monologues. Students must have a monologue that is memorized and ready to be coached by the instructor. Monologues must be under 1 minute. Students will get to perform the monologue at the end of the intensive. This is a 2-hour intensive, and hence students are encouraged to bring plenty of water, snacks and lunch. Additionally, students should wear comfortable clothing, and shoes. They must bring a notebook, pencil and eraser.

<table>
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<tr>
<th>Activity #</th>
<th>Day</th>
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<tr>
<td>(Ages 11-13)</td>
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<tr>
<td>FALL19.M4-C</td>
<td>Sa</td>
<td>10/05/19</td>
<td>10:00 am - 12:00 pm</td>
<td>$100</td>
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<tr>
<td>(Ages 14-18)</td>
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<td>FALL19.M4-D</td>
<td>Sa</td>
<td>10/05/19</td>
<td>1:00 pm - 3:00 pm</td>
<td>$100</td>
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Sing-Act-Move With Confidence: A Musical Theatre Intensive

Students learn vocal technique to sing Broadway & Disney music. In this one day intensive, students start out with relaxation exercises, and vocal warm ups. They then learn the Broadway or Disney song, and work with movement. Finally, students sing a part of a song, or the entire song, at the end of the intensive in a performance. Students ages 7 and up are invited to enroll for this intensive. This is a 2-hour intensive, and hence students are encouraged to bring plenty of water, snacks and lunch. Additionally, students should wear comfortable clothing, and shoes. They must bring a notebook, pencil and eraser.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<tbody>
<tr>
<td>(Ages 14-18)</td>
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<tr>
<td>FALL19.M4-G</td>
<td>Sa</td>
<td>12/07/19</td>
<td>10:00 am - 12:00 pm</td>
<td>$100</td>
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<tr>
<td>(Special Needs - 8-11 Years)</td>
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<tr>
<td>FALL19.M4-H</td>
<td>Sa</td>
<td>12/07/19</td>
<td>1:00 pm - 3:00 pm</td>
<td>$100</td>
</tr>
</tbody>
</table>
Music and Dance

Singing Class - Sing at the Next Level!

(Ages 7-12)

Students will work on and improve their vocal technique, stage presence, acting skills, building their confidence, self-expression, and diction. The focus will be on small ensembles. Students will work on music theory, sight reading & ear training. To sign up please enter the Activity # FALL19.M1-A. The session will end in an in-class performance. Please call 650-270-9870 or email us at admin@clavusa.com after you register online. To learn more about our programs visit our website at www.clavusa.com.

Class Will Not Meet On: 10/17, 10/31

Instructor: Deirdre Lobo-D’Cunha

Location: Recreation Center, Spray Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>FALL19.M1-A</td>
<td>Th</td>
<td>09/05/19 - 11/07/19</td>
<td>6:00 - 7:00 pm</td>
<td>$250</td>
</tr>
</tbody>
</table>

Singing Class - Discover Your Inner Voice

(Ages 7-9)

Students will continue to work on and improve their vocal technique, stage presence, acting skills, building their confidence, self-expression, and diction. The focus will be on small ensembles. Students will work on music theory, sight reading & ear training. To sign up please enter the Activity # FALL19.M2-A or B. The session will end in an in-class performance. Please call 650-270-9870 or email us at admin@clavusa.com after you register online. To learn more about our programs visit our website at www.clavusa.com.

Class Will Not Meet On: 10/17, 10/31

Instructor: Deirdre Lobo-D’Cunha

Location: Recreation Center, Spray Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>FALL19.M2-A</td>
<td>Th</td>
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<td>$250</td>
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<tr>
<td>FALL19.M2-B</td>
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<td>09/05/19 - 11/07/19</td>
<td>5:00 - 6:00 pm</td>
<td>$250</td>
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</table>

Chorus Groups

Foster City Community Chorus

This group is a mixed 75-voice adult chorus. Residents of all cities with an ability to match a pitch are welcome. For more information, visit www.peninsulamusicalarts.org, or call (650) 268-8345. Meets every Tuesday from 7-9:30 pm at Audubon Elementary School.

Heart & Soul

An 18-voice performance chorale for experienced singers by audition. Arrange required auditions in advance through www.peninsulamusicalarts.org, or call (650) 268-8345. Meets every Tuesday from 9:30-10 pm at Audubon Elementary School.

The Community Singers

An adult chorus of singers who wish to sing well-known popular music, unaccompanied at local hospitals, Senior Centers, etc. There are no long term commitments, nor set rehearsals, and performances are as arranged. Information at www.peninsulamusicalarts.org or call (650) 268-8345.

Viva La Musica

Sing it like you mean it - with Viva La Musica, a secular, mixed-voice, avocational adult choir and orchestra, Shulamit Hoffman, Artistic Director.

For concerts and membership information, contact www.vivalamusica.org, or (650) 346-5084. Meets every Monday at 7 pm at Foster City School.
Foster City Softball 2019

Fall Season Starts: September 30th

Registration packets available on the City website.

Sign up for Foster City softball at the Recreation Center.

Games will be held at Edgewater Park located at - Edgewater Blvd., Foster City, CA 94404

Available Corporate Coed League Monday D-1 and Tuesday D-2

Men’s League Thursday D-1.

For more information please call (650) 286-3380
Bricks Challenge
(Ages 6-11)

Using stories and simple demonstrations to spark imagination and critical thinking, Bricks Challenge is Young Engineers' most popular enrichment program. With the use of LEGO® building blocks in conjunction with other tools and mechanical parts, our specially trained educators inspire youth participants while teaching theoretical and applied principles of science, technology, mechanical engineering and math (STEM). In addition our students develop their abilities for independent learning and improve their building skills. Young Engineers' Bricks Challenge enrichment program introduces elementary school age students to basic laws of physics and the necessary mathematic equations that coincide with those scientific calculations. Young Engineers has specially designed a brief classroom style demonstration that is immediately followed by hands-on application through building Young Engineers' LEGO® parts models. Each lesson is meant to inspire students to create, build and learn through a fun and entertaining LEGO® Challenge experience.

Instructor: Alexa Prieto
Location: Recreation Center, Sunfish Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>FALL19.SP1-A</td>
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<td>09/12/19 - 11/14/19</td>
<td>5:00 - 6:00 pm</td>
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<tr>
<td>FALL19.SP1-B</td>
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<td>09/13/19 - 11/15/19</td>
<td>5:00 - 6:00 pm</td>
<td>$195</td>
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Math Olympiad
(Ages 7-11)

Develop a love of math and boost math grades! Math Olympiad allows students to shine while tackling challenging problems from previous competitions. Our ongoing series is designed to improve math intuition, develop reasoning skills, and master strategies in creative problem solving. Students are introduced to new principles and topics each quarter, and courses can be taken in any order. Small classes of 12 students allow for ample individual feedback from expert instructors! Students must know how to read and write. Material Fee: $25.

Class Will Not Meet On: 10/26, 11/2, 11/9, 11/30
Instructor: Communication Academy Staff
Location: Recreation Center, Spirit Room

<table>
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<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>Sa</td>
<td>09/28/19 - 12/14/19</td>
<td>9:30 - 10:30 am</td>
<td>$205</td>
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<tr>
<td>FALL19.SP2-B</td>
<td>Sa</td>
<td>09/28/19 - 12/14/19</td>
<td>10:45 - 11:45 am</td>
<td>$205</td>
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Public Speaking: Informative Speech
(Ages 7-14)

What is crucial to success in school and beyond? Good communication! Students grow by learning the essentials of a clear, effective presentation. Students create a speech on a topic of their choice and learn to manage nervousness, develop research/organizational skills, and communicate effectively. Most importantly students gain confidence. Detailed feedback and professional coaches! Final speeches recorded. Max of 12 students. Material Fee: $25.

Class Will Not Meet On: 10/26, 11/2, 11/9, 11/30
Instructor: Communication Academy Staff
Location: Recreation Center, Bow Room

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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
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<td>FALL19.SP3-A</td>
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<td>1:15 - 2:15 pm</td>
<td>$205</td>
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<tr>
<td>FALL19.SP3-B</td>
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<td>09/28/19 - 12/14/19</td>
<td>2:30 - 3:30 pm</td>
<td>$205</td>
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<tr>
<td>FALL19.SP3-C</td>
<td>Sa</td>
<td>09/28/19 - 12/14/19</td>
<td>3:45 - 4:45 pm</td>
<td>$205</td>
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</tbody>
</table>
Mariners and Skippers Preschool

The Foster City Parks and Recreation Department offers a part-time preschool program from September to May each year.

Skippers meet Tuesdays and Thursdays from 9:00 - 11:30 a.m., and offers three-year-olds an early learning experience away from home. Mariners meet Mondays, Wednesdays and Fridays from 9:00 - 12:00 p.m., and provides four-year-olds with opportunities to develop early literacy and math skills. Both programs emphasize social and academic learning through art activities, science, story time and music, as well as indoor and outdoor play.

Children must be completely potty trained to enroll. There is no online registration for this program. For details about registration and fees, please pick up a flier from the Recreation Center or send us an email at skipmarpreschool@att.net. For more information about the program or to schedule a visit, please call (650) 286 - 3399.

Applications are accepted throughout the year. If our classes are full at the time of your application, your child will be automatically wait listed. To apply, place a completed registration form and a photocopy of your child's birth certificate in a sealed envelope and bring it to the Foster City Recreation Center. Children must be 3 years old (for Skippers) or 4 years old (for Mariners) by 9/1/19 to be eligible to enroll.

Room: Preschool
Instructors: Pam Sutter and Chris Royce

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<thead>
<tr>
<th>Level</th>
<th>Age</th>
<th>Days</th>
<th>Hours</th>
<th>Fee</th>
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<tr>
<td>Mariners</td>
<td>4's</td>
<td>M, W, F</td>
<td>9 - 12 p</td>
<td>$400/month</td>
</tr>
<tr>
<td>Skippers</td>
<td>3's</td>
<td>Tu, Th</td>
<td>9 - 11:30a</td>
<td>$275/month</td>
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Passport to Retirement

The course includes the information you need to assess the costs associated with retirement, determine your sources of retirement income, improve your investment potential, reduce your financial risk and help preserve your estate for your heirs. You’ll also find out how to fight the effects of inflation, avoid unnecessary taxes, and protect yourself from the potentially devastating costs associated with long-term care expenses.

The course will be taught in two, 3 hour sessions.

Instructor: Bob Stafford

Location: Recreation Center, Clipper Room

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<th>Activity</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
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<td>FALL19.SP5-A</td>
<td>Tu</td>
<td>10/10 &amp; 10/17</td>
<td>6:30 - 9:30 pm</td>
<td>$49</td>
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<tr>
<td>FALL19.SP5-B</td>
<td>Th</td>
<td>10/15 &amp; 10/22</td>
<td>6:30 - 9:30 pm</td>
<td>$49</td>
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</table>
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 of today’s working families. In June of 2009, we opened our permanent home, a 9,800 square foot facility which not only accommodates more participants but staff has been able to implement a variety of new programs and activities. Approximately 200-300 teens a week benefit from the new facility and programs, skate park and basketball court.

The Foster City Youth and Teen Foundation’s purpose is to provide resources and funding for amenities and supplies for City’s youth and teen programs for our local youth and teens. For more information on The Foster City Youth and Teen Foundation or to make a tax-deductible donation, please contact Dusty Landwehr at (650) 286-3374 or email her at dlandwehr@fostercity.org.

Donate today!

DONATION FORM

Donor’s Name: ____________________________________________________________
Address: __________________________________________ City: __________________ Zip: __________________
Work#: __________________ Home#: __________________ Cell#: __________________
Email Address: ___________________________________________________________________________________________________

Please circle The Following Donation Methods:

Check

Enclosed is a check/Money order made payable to the City of Foster City in the amount of $ _________________________

Credit Card

I would like to charge this donation of $ _____________________ to the following credit card:

Cardholder’s Name: ________________________________________________________________________________________________
Card (Circle one): Visa MasterCard Card#:___________-__________-__________-__________ Exp.:________ CVC#:________

Patrons that contribute $100 are eligible to have their name displayed on a recognition wall at The Vibe Teen Center. Please check the box if you are interested in participating. ☐ Recreation Staff will contact you with more information. Foster City Tax ID# 94-1524941

Please send all contributions to:
Foster City Youth and Teen Foundation
C/O Dusty Landwehr
650 Shell Blvd
Foster City, CA 94404

THANK YOU FOR YOUR SUPPORT!
FOSTER CITY SUMMER DAYS

August 23-25, 2019
Leo J. Ryan Memorial Park

Live Music • Beer & Wine • SF Etsy Vendors
Food Trucks • Carnival Rides • Games and more
Kids Bolly Fitness
(Ages 5-13)
Get your kids moving and grooving to the latest Bollywood music mixed with Top 40 tracks. Class will feature kid-friendly routines with easy to follow steps and choreography. Kids will learn to develop a healthy lifestyle and incorporate fitness as a natural part of their lives by making fitness fun. Kids will grow their skills in areas like leadership, team work, creativity, coordination, and develop confidence, self-esteem, memory, and cultural awareness. Parents welcome to join. Drop in fee: $15 (cash only) For more info visit www.energyzefitness.com or contact: priyanka@energyzefitness.com / 650-918-0774
Instructor: Priyanka Shinde
Location: Recreation Center, Spirit Room

Core Fitness
(Ages 18 +)
Core Fitness is a safe and fun way to get fit and stay fit! Participants may be seated for added support or stand as they strengthen their balance, transitioning skills, and agility. Light weights and resistance bands of various levels are used during each movement. Gain muscle strength and improve bone density and overall health. Sponsored by: Sequoia Healthcare District, Rotary Club of Foster City, & Foster City Village with the Foster City Parks and Recreation Department.
Instructor: Melinda Rose
Location: Community Center, Starboard Room

HIIT Body Conditioning
(Ages 18 +)
Get total body workout in this 30-minute express class. You will improve your strength, power, and agility with cardio and body conditioning drills. You will also build core strength and incorporate exercises to tone upper and lower body. All levels are welcome! Bring yoga mat, set of light dumbbells, and water.
Instructor: Priyanka Shinde
Location: Recreation Center, Lagoon Room

Restorative Yoga
(Ages 18 +)
Restorative YOGA will calm and reset your entire body and mind to prepare you for ultimate relaxation. It is a bountiful vehicle for easing tension and bringing forth a profound sense of calm through deeply relaxing pose sequences. Participants may use a chair or the wall for support during poses as they gain balance, strength, and endurance. Sponsored by: Foster City Village, Peninsula Health Care District, Rotary Club of Foster City & with the FC Parks & Recreation Department.
Instructor: Melinda Rubio
Location: Community Center, Starboard Room

Chair Yoga
(Ages 18 +)
Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This is a great practice for everyone as it deepens flexibility and strengthens personal body awareness. Learn many type of yoga postures, breathing techniques, meditation, and ways to relax. Sponsored by: Sequoia Healthcare District, Rotary Club of Foster City, & Foster City Village with the Foster City Parks and Recreation Department.
Instructor: Melinda Rose
Location: Community Center, Sail Room
Jazzercise

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It’s a calorie-torching, hip-swiveling, Shakira’ed-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800 calories in one 60 minute class. Our classes — Dance Mixx, Interval, Fusion, Core, Strike, and Strength — will leave you breathless, toned and coming back for more. Drop-Ins welcome at $20. Best Value monthly pass at $60 with a joining fee and auto pay. Other passes available at jazzercise.com or in class.

Stop working out. Start working it...with Jazzercise.

Foster City Recreation Center – 650 Shell Blvd.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Owner</th>
<th>Program</th>
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<tbody>
<tr>
<td>M/W/Th</td>
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<td>Candace</td>
<td>LO Express</td>
</tr>
<tr>
<td>M-F</td>
<td>9 am *</td>
<td>Candace</td>
<td>Varies</td>
</tr>
<tr>
<td>M/W</td>
<td>6 pm</td>
<td>Donna</td>
<td>Dance Mixx</td>
</tr>
<tr>
<td>M/W</td>
<td>7 pm</td>
<td>Donna</td>
<td>Express -30 Min</td>
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Brewer Island School Gymnasium – 1151 Polynesia Drive

<table>
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<th>Day</th>
<th>Time</th>
<th>Owner</th>
<th>Program</th>
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<tbody>
<tr>
<td>Sat.</td>
<td>8:30 am</td>
<td>Donna</td>
<td>Dance Mixx</td>
</tr>
<tr>
<td>Sun.</td>
<td>9 am *</td>
<td>Donna</td>
<td>Dance Mixx</td>
</tr>
</tbody>
</table>

*Child Care available upon request

Dance Mixx: Torch fat, sculpt lean muscle and crush calories with this high intensity 55-60 minute workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy.

Fusion: Supercharge your metabolism and blast fat fast. This circuit-based High Intensity Interval Training (HiIT) class fuses cardio pumping dance moves with muscle work. Rev up your results with this total body workout.

Interval: Don’t just burn calories, incinerate them. Interval Dance Mixx adds High Intensity Interval Training (HiIT) cardio bursts to get your heart pumping and push your metabolism into overdrive. This total body cardio plus strength workout is a roller coaster ride and you want to be on it!

Strength: Go for confidence-inspiring contour and definition while you melt fat. It’s fat-burning, muscle-sculpting, it-hurts-and-it’s-worth-it strength training. This class will transform you!

Express: Cut to the chase with a 30 minute blast of dance-based cardio plus strength training. Rev it up and rock it out in half the time.

For more information call Candace at (650) 464-4483 or jazzerciseczn@gmail.com, Donna Jones at (650) 759-4852 or djfitness@mac.com. Visit www.Jazzercise.com or call 1-800-FIT-IS-IT. Please do not call the Recreation Center.
Martial Arts

Pee Wee Karate
(Ages 4-6)
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. Karate Gi (Uniform) may be purchase from the Instructor. **Instructor:** Chief Master Teacher Sensei Edwards

**Class Will Not Meet On:** 11/11, 11/14, 11/18, 11/19, 11/20, 11/21, 11/28

**Instructor:** Bernard Edwards

**Location:** Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>FALL19.K2-A</td>
<td>Tu</td>
<td>09/24/19 - 11/26/19</td>
<td>4:30 - 5:15 pm</td>
<td>$124</td>
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<tr>
<td>FALL19.K2-B</td>
<td>Th</td>
<td>09/26/19 - 11/28/19</td>
<td>4:30 - 5:15 pm</td>
<td>$124</td>
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</table>

Karate Intro/Beg/Adv
(Ages 5-15)
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. New students should enter at this level, complete at least 2 or 3 sessions, or have equivalent training, or instructor’s approval before moving to a more advanced class.

**Class Will Not Meet On:** 11/11, 11/14, 11/18, 11/19, 11/20, 11/21, 11/28

**Instructor:** Bernard Edwards

**Location:** Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro/Beginner</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>FALL19.K1-A</td>
<td>M&amp;W</td>
<td>09/23/19 - 11/27/19</td>
<td>8:05 - 9:00 pm</td>
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<td>$227</td>
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Advanced Beginner

<table>
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<th>Fee</th>
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<tbody>
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<td>5:45 - 6:30 pm</td>
<td>$222</td>
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Intermediate/Advance

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<th>Date</th>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>FALL19.K3-A</td>
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<td>7:15 - 8:00 pm</td>
<td>$70</td>
</tr>
</tbody>
</table>

Karate (Ages 16+)
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. New students should enter at this level, complete at least 2 or 3 sessions, or have equivalent training, or instructor’s approval before moving to a more advanced class.

**Class Will Not Meet On:** 11/11, 11/14, 11/18, 11/19, 11/20, 11/21, 11/28

**Instructor:** Bernard Edwards

**Location:** Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Intro/Beginner</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FALL19.K1-A</td>
<td>M&amp;W</td>
<td>09/23/19 - 11/27/19</td>
<td>8:05 - 9:00 pm</td>
<td>$227</td>
</tr>
</tbody>
</table>

Kobujutsu (Weapons)
(Ages 9+)
For beginners white to blue belt. Kyu levels 0 - 6. All students must be enrolled in the City of Foster City Recreation Center Karate program.

**Class Will Not Meet On:** 11/11

**Instructor:** Bernard Edwards

**Location:** Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Intro/Beginner</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>FALL19.K3-A</td>
<td>M&amp;W</td>
<td>09/23/19 - 11/27/19</td>
<td>7:15 - 8:00 pm</td>
<td>$70</td>
</tr>
</tbody>
</table>
Kendo – Beginning
(Ages 8 +)
Kendo is rooted in the sword fighting techniques of the Samurai. The martial art conditions the body and spirit through traditional physical and spiritual training. Practitioners will learn fundamental body movements and fighting techniques. Participation requires the use of a shinai (bamboo sword), which can be purchased on site. Protective gear (bogu) is not required. For beginners only. There is an additional yearly fee not included in the class fee. For more information visit www.sanmateokendo.org.

Instructor: TBD
Location: Recreation Center, Spirit Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>09/07/19 - 12/14/19</td>
<td>1:30 - 2:30 pm</td>
<td>$18</td>
</tr>
</tbody>
</table>

Kendo – Advanced
(Ages 8 +)
The Advanced Kendo class is for kendo practitioners who have demonstrated proficiency in the fundamentals of kendo. Students will wear protective gear and engage in actual combat. Instructor approval is required prior to enrollment. There is an additional yearly fee not included in the class fee. For more information visit www.sanmateokendo.org.

Instructor: TBD
Location: Recreation Center, Spirit Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>03/30/19 - 06/15/19</td>
<td>3:00 pm - 5:00 pm</td>
<td>$18</td>
</tr>
</tbody>
</table>

Reserve a Foster City Park Online!

Foster City has several parks that can be reserved for private events and now the process has simplified with our online rental system! Foster City residents can check availability, make reservations, and pay for rentals all in one location, without having to come into the Recreation Center for paperwork.

To reserve a park, go to www.fostercity.org and click on “Park Rentals”, under the “Leisure” tab. The system will guide you through all steps of your reservation. Once completed, you will receive a receipt/confirmation. The Parks and Recreation Department will receive your application and handle the rest of the process.

If you have any questions regarding this process, please call the Recreation Center front desk at (650) 286-3380 or email recreation@fostercity.org
Tot/Pre Soccer
(Ages 4)

Little tykes will enjoy running and kicking just like the big kids! 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. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL19.S10-A</td>
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<td>09/13/19 - 11/01/19</td>
<td>3:40 - 4:15 pm</td>
<td>$107</td>
</tr>
</tbody>
</table>

Mommy/Daddy & Me Soccer
(Ages 2-3)

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey!

Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>FALL19.S8-A</td>
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<td>09/13/19 - 10/18/19</td>
<td>5:10 - 5:40 pm</td>
<td>$95</td>
</tr>
</tbody>
</table>

Soccer 1: Techniques & Teamwork
(Ages 5-6)

Players will learn dribbling, passing, defense and shooting goals! 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. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a soccer jersey! Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>09/13/19 - 11/01/19</td>
<td>4:15 - 5:00 pm</td>
<td>$119</td>
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</table>

Soccer 2: Skills & Scrimmages
(Ages 7-10)

Kidz will have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL19.S11-A</td>
<td>F</td>
<td>09/13/19 - 10/18/19</td>
<td>5:00 - 6:35 pm</td>
<td>$119</td>
</tr>
</tbody>
</table>
Little Angels Gymnastics
(Ages 2)
Welcome to the beautiful and exciting world of preschool gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months - 3 1/2 years old in a safe and adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their loco-motor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too!

Class Will Not Meet On: 11/11
Instructor: Peninsula Gym Staff
Location: Recreation Center, Bluebird Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>FALL19.S13-A</td>
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<td>FALL19.S13-B</td>
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<td>$140</td>
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<tr>
<td>FALL19.S13-C</td>
<td>M</td>
<td>09/09/19 - 11/18/19</td>
<td>2:00 - 3:00 pm</td>
<td>$140</td>
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Gymnastics with Peninsula Gymnastics
(Ages 3-4)
Our program consists of movement and gymnastics classes designed to help students develop a sense of physical fitness, coordination, and self-esteem. Students learn basic gymnastics skills such as climbing, rolling, swinging, jumping, and balancing while improving their listening skills and ability to follow directions. Classes include use of: tumble trak, rings, trapeze, balance beam, preschool bars, Olympic size padded floor, foam-filled pit, and two in-ground trampolines.

Instructor: Peninsula Gym Staff
Location: Peninsula Gymnastics, 1740 Leslie Street, San Mateo

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>FALL19.S12-A</td>
<td>Tu</td>
<td>09/10/19 - 11/12/19</td>
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<tr>
<td>FALL19.S12-B</td>
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<td>09/11/19 - 11/13/19</td>
<td>10:00 - 10:55 am</td>
<td>$165</td>
</tr>
<tr>
<td>FALL19.S12-C</td>
<td>Tu</td>
<td>09/10/19 - 11/12/19</td>
<td>2:30 - 3:25 pm</td>
<td>$165</td>
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<tr>
<td>FALL19.S12-D</td>
<td>Tu</td>
<td>09/10/19 - 11/12/19</td>
<td>3:30 - 4:25 pm</td>
<td>$165</td>
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<tr>
<td>FALL19.S12-E</td>
<td>W</td>
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<td>$165</td>
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<tr>
<td>FALL19.S12-F</td>
<td>W</td>
<td>09/11/19 - 11/13/19</td>
<td>3:00 - 3:55 pm</td>
<td>$165</td>
</tr>
</tbody>
</table>
Ice Oasis – Ice Skating Classes

This class is a fun introduction to basic ice skating skills and proper techniques on ice. Skaters will learn how to skate forward and backward as well as how to stop. Skate rental and practice time are included on the day of the lesson. Gloves/mittens recommended. Please arrive 15 minutes early. For more information call 650-574-6033. The lesson price includes 1 half hour lesson and 1 half hour practice time. Practice Time: Saturday 3:00pm.

Instructor: Nazareth Ice Oasis Staff
Location: Bridgepointe Shopping Center – Ice Oasis, 2202 Bridgepointe, San Mateo

Youth Beginning Ice Skating
(Ages 6-12)
Practice Time: Saturday 3:15 to 4 pm and Tuesday 4 to 4:45 pm

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
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<tbody>
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<td>FALL19.S2-A</td>
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<td>10/12/19 - 11/16/19</td>
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<td>$196</td>
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<tr>
<td>FALL19.S2-B</td>
<td>Tu</td>
<td>10/15/19 - 11/19/19</td>
<td>5:00 - 5:30 pm</td>
<td>$196</td>
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Adult Beginning Ice Skating
(Ages 14+)
Practice Time: Saturday 11:30 am to 12 pm and Tuesday 4 to 4:45 pm

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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>FALL19.S3-A</td>
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<td>10/12/19 - 11/16/19</td>
<td>12:15 - 1:00 pm</td>
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<tr>
<td>FALL19.S3-B</td>
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<td>10/15/19 - 11/19/19</td>
<td>6:30 - 7:15 pm</td>
<td>$196</td>
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Tot Beginning Ice Skating
(Ages 3-5)
Practice Time: Saturday 3:15 to 4 pm and Tuesday 4 to 4:45 pm

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<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>Tu</td>
<td>10/15/19 - 11/19/19</td>
<td>5:30 - 6:00 pm</td>
<td>$196</td>
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Parent & Tot Beginning Ice Skating
(Ages 3-5)
Practice Time: Saturday 3:15 to 4 pm and Tuesday 4 to 4:45 pm

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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>FALL19.S5-A</td>
<td>Sa</td>
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<td>FALL19.S5-B</td>
<td>Tu</td>
<td>10/15/19 - 11/19/19</td>
<td>5:00 - 5:30 pm</td>
<td>$196</td>
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</table>
After School Hoops
(Ages 6-12)
Help your child build confidence on the basketball court as they learn the fundamentals and acquire the skills needed to compete at a higher level. Coach Joe Kaiser and his team of enthusiastic coaches provide a positive environment with fun drills and games focused on shooting, dribbling, passing, rebounding and defending. Then, the skills are put to the test as every class ends with a 30-minute scrimmage. This basketball program is available to all boys and girls ages 6-12.

Instructor: Joe Kaiser
Location: Brewer Island Gym, 1151 Polynesia Drive

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<td>FALL19.S6-B</td>
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<td>$220</td>
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<tr>
<td>FALL19.S6-C</td>
<td>Th</td>
<td>09/12/19 - 11/14/19</td>
<td>7:00 - 8:30 pm</td>
<td>$220</td>
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</table>

Great Volleyball
(Ages 8-13)
Volleyball is a great sport to teach life lessons that last your entire life. This course is designed to help build character and self-esteem in your child. Participants will learn to build on basic volleyball skills and work to be a complete player. We will focus on passing, setting, serving, and hitting. By encouraging teamwork and sportsmanship in a fun and exciting atmosphere, your child will learn how to work well with others to achieve a common goal. All skill levels and welcome!

Instructor: Akbar Jones
Location: Brewer Island Gym, 1151 Polynesia Drive

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<th>Date</th>
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<tr>
<td>FALL19.S7-C</td>
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<td>FALL19.S7-B</td>
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<td>10/14/19 - 11/18/19</td>
<td>4:30 - 5:30 pm</td>
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<tr>
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<td>10/14/19 - 11/18/19</td>
<td>5:45 - 6:45 pm</td>
<td>$100</td>
</tr>
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Volleyball – Beginner / Low Intermediate
(Ages 14+)
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. $5 lab fee due at first class.

Class Will Not Meet On: 11/11

Instructor: Clint Steele
Location: Brewer Island Gym, 1151 Polynesia Drive

<table>
<thead>
<tr>
<th>Activity #</th>
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<tbody>
<tr>
<td>FALL19.S7-A</td>
<td>M</td>
<td>09/09/19 - 12/16/19</td>
<td>7:00 - 10:00 pm</td>
<td>$145</td>
</tr>
</tbody>
</table>

Volleyball – High Intermediate / Advanced
(Ages 14+)
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. $5 lab fee due at first class.

Instructor: Clint Steele
Location: Brewer Island Gym, 1151 Polynesia Drive

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>09/11/19 - 12/18/19</td>
<td>7:00 - 10:00 pm</td>
<td>$155</td>
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</table>
**Terrific Tiny Tennis**  
(Ages 5-7)

Children, 5-7 years of age, play FUN activities and games on the “42 ft.” court with low compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success oriented environment. Small group lessons: Small group lessons, only 2-6 students per class! We recommend the 21” to 23” rackets.

**Instructor:** Whitlinger/Sarsfield Tennis  
**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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<th>Activity #</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL19.T1-A</td>
<td>M&amp;W</td>
<td>09/09/19 - 10/02/19</td>
<td>3:50 - 4:30 pm</td>
<td>$109</td>
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<tr>
<td>FALL19.T1-B</td>
<td>M&amp;W</td>
<td>10/14/19 - 11/06/19</td>
<td>3:50 - 4:30 pm</td>
<td>$109</td>
</tr>
<tr>
<td>FALL19.T1-C</td>
<td>Tu&amp;Th</td>
<td>09/10/19 - 10/03/19</td>
<td>3:50 - 4:30 pm</td>
<td>$109</td>
</tr>
<tr>
<td>FALL19.T1-D</td>
<td>Tu&amp;Th</td>
<td>10/15/19 - 11/07/19</td>
<td>3:50 - 4:30 pm</td>
<td>$109</td>
</tr>
</tbody>
</table>

**Quickstart Tennis**  
(Ages 8-10)

Special service! Only 2-6 players per class! Learn simple and efficient techniques on the 60 ft. court with low compression tennis balls. Emphasis on control, consistency, sportsmanship, and FUN! In general we recommend the 25” racket.

**Instructor:** Whitlinger/Sarsfield Tennis  
**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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<thead>
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<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>FALL19.T2-A</td>
<td>Tu&amp;Th</td>
<td>09/10/19 - 10/03/19</td>
<td>4:30 - 5:30 pm</td>
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<td>FALL19.T2-B</td>
<td>Tu&amp;Th</td>
<td>10/15/19 - 11/07/19</td>
<td>4:30 - 5:30 pm</td>
<td>$139</td>
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**Quickstart Advantage Tennis**  
(Ages 9-10)

Special service, only 2-6 players per class! Review and develop techniques on the 60 ft. court with low compression tennis balls. More emphasis on depth, direction, and spin. Players should have prior Quickstart experience and/or instructor’s approval.

**Instructor:** Whitlinger/Sarsfield Tennis  
**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

<table>
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<th>Activity #</th>
<th>Day</th>
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<td>10/14/19 - 11/06/19</td>
<td>4:30 - 5:30 pm</td>
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**Junior Novice Tennis**  
(Ages 11-14)

Special service, only 2-6 players per class! Review and develop techniques on the 60 ft. court with low compression tennis balls. More emphasis on depth, direction, and spin. Players should have prior Quickstart experience and/or instructor’s approval.

**Instructor:** Whitlinger/Sarsfield Tennis  
**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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**TENNIS INSTRUCTORS**

James Regino  
“Reggie”  
M/W Classes

Michael Loleng  
Tu/Th Classes
Tennis Rain Policy

In case of rain, please contact the Tennis Weather Hotline at (650) 294-7503 no earlier than one hour before your lesson. Please do not leave a message. If it rains just before class starts check with your instructor at the court. **NO POSTPONEMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE REC. DEPT.** If at any time the instructor is absent, report to the next scheduled lesson. The makeup date(s) will be listed online at WhitlingerSarsfieldTennis.com. Unless notified to the contrary, makeup lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) will be used when there is a conflict with an incoming class.

Note: If any earlier class is postponed due to rain, following classes may also be postponed that day even if the courts become dry.

Individual Tennis Lessons: Play the Stanford Way!

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. To arrange a lesson, please visit www.WhitlingerSarsfieldTennis.com for more information.

Instructor: Whitlinger/Sarsfield Tennis

Location: Leo Ryan Park, Ryan Tennis 3 and 4

Activity # | Day  | Date                  | Time             | Fee  |
--- | --- | ---------------------- | ----------------- | --- |
FALL19.T6-A | Tu&Th | 09/10/19 - 10/03/19 | 6:30 - 7:30 pm   | $139 |
FALL19.T6-B | Tu&Th | 10/15/19 - 11/07/19 | 6:30 - 7:30 pm   | $139 |

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.**

Fee: $75 per hour or $210 for three one-hour lessons. Add $5 per hour for each additional person.

Location: Boothbay Park

---

Junior Low Intermediate Tennis

(Ages 11-14)

SPECIAL SERVICE! Only 2-6 players per class! For players who are consistent on a slow pace rally but needs to better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

**Instructor:** TBD

**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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Adult Novice Tennis

(Ages 15+)

Special service! Only 2-6 players! Develop the essential techniques with emphasis on control, depth, and direction. Lessons incorporate rules, sportsmanship, and basic doubles play.

**Instructor:** Whitlinger/Sarsfield Tennis

**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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Adult Low Intermediate

(Ages 15+)

SPECIAL SERVICE! Only 2-6 players per class! For players who are consistent on a slow pace rally but needs to better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

**Instructor:** Whitlinger/Sarsfield Tennis

**Location:** Leo Ryan Park, Ryan Tennis 3 and 4

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<td>7:30 - 8:30 pm</td>
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FOSTER CITY YOUTH AND TEEN FOUNDATION PRESENTS:

Halloween Festival

A Fundraiser for the Foster City Youth and Teen Foundation

Saturday, October 26th
11 AM – 2 PM

Enjoy a Spookatacular day featuring:

A Haunted House
A Costume Contest
Crafts, Games & Much More...

Foster City: 670 Shell Blvd / $3 admission (Ages 2 and under - Free)
For More information: www.fostercity.org - 650.286.3380

This event/program is not endorsed by the San Mateo-Foster City School District.
Wellness

Beginning Yoga

(Ages 16 +)

This will be a very inspirational and gentle yoga class with special care to the knees, neck, and lower back. I focus on the therapeutic affects of correct alignment and movement principles. As you deepen your practice of asanas (yoga postures), you will expand your awareness into higher consciousness. Practice yoga postures for flexibility, strength, and muscle tone. Learn relaxation and stress reductions techniques. Pranayama (breath practice) and meditation is the doorway to inner stillness. Leave class feeling fully rejuvenated. Wear comfortable clothing and do not eat before class. Bring a yoga mat or two large towels.

Instructor: Suzanne Caughlan

Location: Recreation Center, Mist Room

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Hatha Yoga

(Ages 11 +)

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. Beginning and intermediate.

Instructor: Larry Caughlan

Location: Recreation Center, Clipper Room

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Tai Chi Wellness

(Ages 18 +)

Explore and experience this health enhancing exercise, using the intrinsic life force call “Qi” through a series of steps culled from nature’s finest movements. The body/mind/spirit exercise will fortify balance, reduce stress, and promote health and energy. No athletic skills needed. Learner friendly, educational, inspiring! Popular instructor Elliotte Mao brings 20 years of Tai Chi practice and a wealth of wisdom to her classes. In a supportive environment, at a comfortable pace, you will discover your body’s strengths and challenges with three progressive levels to enjoy!

Class Will Not Meet On: 12/4, 11/29

Instructor: Elliotte Mao

Location: Recreation Center, Spirit Room

<table>
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<th>Time</th>
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<td>$67</td>
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Taijiquan can help you build a healthy body and a peaceful mind. We encourage all to try it.
FOSTER CITY PARKS AND RECREATION & ROTARY CLUB PRESENTS

Holiday Tree Lighting

WEDNESDAY, DECEMBER 4 | 6 - 7PM

FEATURING: Refreshments • Caroling • Kids Crafts • Visits with Santa

Get into the season of giving by bringing a canned good or non-perishable item to donate to the Samaritan House

For more info, please call the Recreation Center at (650) 286-3380
Community Directory

Parks & Recreation Department

Community Center ........................................... 286-2500
Corporation Yard (Parks Division) .............. 286-8140
Recreation Center .......................................... 286-3380
Senior Wing .................................................. 286-2585
VIBE - Teen Center ......................................... 286-3254

City Departments

City Hall ......................................................... 286-3200
www.fostercity.org
Community Development/Permits ............ 286-3225
Emergency .................................................... 9-1-1
Fire Department ............................................. 286-3350
Police Department ........................................... 286-3300

Community Partners

Chamber of Commerce ................................. 573-7600
www.fostercitychamber.com
Library .......................................................... 574-4842
www.smcl.org
San Mateo Adult School ......................... 558-2100
www.smace.org
Commute.org ................................................. 588-8170
www.commute.org
Caltrain/Samtrans ................................. 1-800-660-4287
www.caltrain.com/www.samtrans.com

Community Organizations

Foster City Association of Black Residents ... 218-4459
Foster City Historical Society
fchistorysocy@yahoo.com
Foster City Lions Club
www.fostercitylions.com
Foster City Rotary Club
www.fostercityrotary.org
Foster City Parents Club ..................... 489-5202
www.fostercityparentsclub.org
Foster City Village ..................................... 378-8541
www.fostercityvillage.org

Athletic Organizations

AYSO Soccer
www.fcayso.org
Bay Cities Bulldogs/Pop Warner ............. 578-8248
www.baycitiesbulldogs.net
Little League .................................................. 533-9383
www.fcll.org
Mariners Point Golf ............................... 573-7888
www.marinerspoint.com
Pony/Colt League
www.fcyb.org/pony
PYSC/CYSA Soccer
www.peninsulasoccer.com
Tennis Club
www.fostercitytennisclub.org
Youth Softball Association
www.fcysa.org/

Cultural Arts

Community Singers ................................. 268-8345
www.peninsulamusicalarts.org
Community Chorus ................................. 268-8345
www.peninsulamusicalarts.org
Heart and Soul ............................................. 268-8345
www.peninsulamusicalarts.org
Hillbarn Theatre ................................. 349-6411
www.hillbarntheatre.org
Viva la Musica ........................................... 346-5084
www.vivalamusica.org

Resources

HIP Housing .............................................. 348-6660
Ifanucchi@hiphousing.org
Peninsula Conflict Resolution Center ........ 513-0330
www.prcrweb.org
S.C.O.R.E. .................................................. 573-7600
www.fostercitychamber.com

Register Online @ www.fostercity.org or call us at (650) 286-3380 • 39
Community Organizations

**Lions Club**
The Foster City Lions Club involves itself in many community and charitable activities such as youth and senior outreach programs, sight conservation projects, and local blood drives. Meets: 2nd and 4th Tuesdays of the month at 7 pm at the Recreation Center.

**Rotary Club**
The Rotary Club of Foster City meets weekly on Wednesdays at 12:15 pm in the Foster City Crowne Plaza Hotel, and welcome you to participate in our gathering. Our members experience personal and professional growth, and Rotary is a tremendous vehicle for the modeling of positive values. Our focus is to “Be a Gift to the World” through a variety of vocational service opportunities both locally and internationally. Please visit www.fostercityrotary.org to learn more. For questions, please contact Madlen Saddik, Rotary Membership Director at (650) 954-0848 or email saddiktravel@gmail.com.

**Foster City Parents’ Club**
The Foster City Parents’ Club is a community social and networking organization offering a supportive meeting place and forum for parents of young children from birth to five years living in and around Foster City. Members of the club have access to many regular events and activities such as playgroups, monthly new member socials, club wide parties, interest based sub-groups and parent only activities. Monthly General Meetings take place at locations around Foster City. To join the Foster City Parents’ Club or for more information, visit www.fostercityparentsclub.org.

**Foster City Association of Black Residents**
The Foster City Association of Black Residents (FCABR) was established in 1967. An active participant in the early development of Foster City life. FCABR contributed to youth sports and special events, initiating Pop Warner Football, early Soccer, and batting cages. FCABR currently hold two free community events to celebrate Foster City diversity which include a September picnic and a January MLK social. Contact: Bill Stewart (650) 218-4459 for additional info.

**Foster City Men’s Club**
The Foster City Men's Club brings together a diverse group of Foster City (and surrounding areas) men to enrich local families and support the community. Its focus is to bring together people for sociable, exciting events and supporting opportunities for Foster City children's education - with a particular emphasis on Science, Technology, Engineering and Math. Come join the fun!

**Foster City Village**
Foster City Village is a volunteer nonprofit organization committed to supporting older adults as they age in our community. We provide social connections, transportation, access to services, educational opportunities, light home/yard maintenance and more. Interested as a volunteer or as a member? Call (650) 378-8541 or visit us at www.fostercityvillage.org
Leagues, Water and Concessions

**Adult Softball Leagues**
Beginning Spring 2019, the City of Foster City will be administering its Adult Softball Leagues at Edgewater Park. For more details or questions regarding adult softball, please email Oz Jimenez at o jimenez@fostercity.org or call (650) 286-2279. We look forward to having you participate in another great softball season in Foster City!

**Adult Bocce Ball Leagues**
Get your friends and colleagues together for this fun and social league. The league will be administered by the Foster City Parks and Recreation Department, and matches will be played at the Bocce Ball courts in Leo Ryan Park. For more information please contact Oz Jimenez at ojimenez@fostercity.com for afternoon and evening leagues.

**Bocce Ball**
Visit the bocce ball courts in Leo Ryan Park, 8 am-10 pm, seven days a week. Bring your own bocce set or borrow one from the Recreation Center.

**Pickleball**
The City of Foster City will be offering a Pickleball League in the Spring. Please email Oz Jimenez at o jimenez@fostercity.org if you are interested. Ladies, men’s and co-ed divisions will be available.

**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. 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 website at www.fostercitytennisclub.org.

**Skate Park**
Our skate park, located next to The VIBE, is suitable for both beginners working on the basics and advanced skaters who want to improve their skills.

**Kiteboard Lessons & Rentals**
Take lessons or rent equipment and kiteboard at a premiere location! Additional water sports available.

**Location**: East 3rd Ave.

**Wind Over Water** ......................... 218-6023

**Duffy Electric Boat Rental**
Tour the Foster City lagoon at your leisure. Discover the serenity of being on the water!

**Location**: Leo Ryan Park

**Edgewater Marine** ......................... 766-9155

**Lagoon Water Activities**
Offering a variety of water activities on the lagoon and lessons available- windsurf, paddleboats, etc.

**Location**: Leo Ryan Park Boat House

**California Windsurfing** .................... 594-0335

**Snack Shack**
Support local youth sports with a purchase at the Snack Shack.

**Location**: Sea Cloud Park

**AYSO** ........................................ 349-5425

**Bay Area Dragon Boats**
Formed in 1996, the Bay Area Dragon Boat Foundation is a 501(c)(3) nonprofit organization and our primary focus is dragon boat paddling and racing. Our organization is run by 100% volunteers.

**Visit www.bayareadragons.org for more details.**

**Ho’okahi Pu’uawai Outrigger Canoe Club**
Ho’okahi Pu’uawai Outrigger Canoe Club (HPOCC) was founded in 1998 to promote outrigger canoeing and related Hawaiian and Pacific Island paddling sports.

**Visit www.hpocc.org for more details.**
# Park Amenity Grid

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<thead>
<tr>
<th>BALLFIELD</th>
<th>BEACH</th>
<th>CHILDREN’S PLAY AREA</th>
<th>PICNIC AREA</th>
<th>TENNIS COURTS</th>
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<tr>
<td>BASKETBALL COURTS</td>
<td>BIKE PATH</td>
<td>PICKLE BALL COURTS</td>
<td>RESTROOM</td>
<td>VOLLEYBALL COURTS</td>
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<td>BARBECUE</td>
<td>BOAT LAUNCH</td>
<td>BOCCE BALL</td>
<td>SOCCER FIELDS</td>
<td>DOG PLAYGROUND</td>
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<table>
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<th>PARKS/ACRES</th>
<th>Ballfield</th>
<th>Beach</th>
<th>Children’s Play Area</th>
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<td>SHOREBIRD/ 3.5</td>
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<td>🔥</td>
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<tr>
<td>SUNFISH/2.41</td>
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<tr>
<td>TURNSTONE/1.53</td>
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Registration Form

- Please write legibly; fill in all required spaces, including the activity number for each class.
- Mail or bring your registration form to: Recreation Center, 650 Shell Blvd. Foster City, CA 94404

HOUSEHOLD INFORMATION

Name: ____________________________________________________________

Street Address: ______________________________________________________________________________________

City: ___________________________ Zip: __________ Email: __________________________

Home Phone: ___________________________ Cell Phone: __________________________

ACTIVITY REGISTRATION

<table>
<thead>
<tr>
<th>Participant’s Name</th>
<th>Age</th>
<th>Birthdate</th>
<th>M/F</th>
<th>Activity Name</th>
<th>Activity #</th>
<th>Fee</th>
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Persons with disabilities are welcome to participate in any class or activity offered. Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities? If yes, check here: ☐

Fees: $_______
Non-Resident Fee (add $10 per class): $_______
TOTAL: $_______

PAYMENT INFORMATION

Payment Method: ☐ Cash ☐ Check (Payable to “City of Foster City”)
☐ Credit Card (Incurs 2.75% fee as of April 1, 2019)

Receipt: ☐ Email ☐ Mail

I hereby authorize the use of my MasterCard or Visa account:

Name on Card: ____________________________________________________________

Card Number: __ __ __ __ - __ __ __ __ - __ __ __ __ - __ __ __ __

Expiration (Month/Year): _______ /_______ 3-Digit Security Code: ______

Signature: ______________________________________________________________

REFUND POLICY

All refund requests must be received in person or via email 7 days before program begins. A $10 administrative fee will be deducted from all refunds. No refund or credit will be given for the 2.75% processing fee as this is charged by a third party. No refunds/credits will be issued after the program begins. Medical emergencies may be exempt from this policy with certification from a doctor. At this time, all refunds will be given in the form of a check. Please allow 4-6 weeks to receive refund check. Certain programs may have specific refund policies (such as Senior Trips and Mariners and Skippers Preschool). This will be clearly stated on signup sheets for those programs.

I have read and agree to the Refund Policy.

Initials: __________________

LIABILITY WAIVER & MEDIA RELEASE

I hereby agree to hold the City of Foster City, the Estero Municipal Improvement District, their employees, officers, and program and activity instructors harmless from all liability which may arise as a result of my participation in the above activities. In the event that the above named participant is a minor I hereby give my permission for his/her participation in the above listed activities and also agree to hold the City of Foster City, the Estero Municipal Improvement District, their employees, officers, and program and activity instructors harmless from all liability which may arise as a result from said minor’s participation in such activities. I understand that the above named activities may involve risk or accidental injury and hereby voluntarily assume such risks. I/we agree to allow my/our photo and/or video for program publicity. If the participant is a minor, the parent or guardian must sign below.

Signature: ____________________________________________________________ Date: __________________
☐ Participant ☐ Parent ☐ Guardian
Registration policy Information

**ONLINE**
Starting Wednesday, August 7, 2019
Go to www.fostercity.org, then click on Classes.

**MAIL-IN**
Starting Wednesday, August 7, 2019
Foster City Parks and Rec. Dept. – Registration
650 Shell Blvd., Foster City, CA 94404

**NON-RESIDENT**
Starting Monday, August 19, 2019

Registration Information
- Fill out form completely, including activity number (please print), and ages for children.
- Write a separate check for each person, for each class.
- Make checks payable to the City of Foster City (include activity number on check). Do not mail cash. Registration will not be processed without correctly paid fees.
- Class fees cannot be prorated; there will be NO make up sessions for participants who miss class.
- If indicated class is filled, and no alternative is listed, your name will be put on the waiting list, and your check returned.
- Classes not reaching minimum numbers will be cancelled and all registration fees refunded.
- There is a non-refundable $5 administrative fee for ALL classes, which is already included in the advertised cost.
- Class registrations will not be taken over the phone.

Refund Policy
- All refund requests must be received in person or via email 7 days before program begins.
- A $10 administrative fee will be deducted from all refunds.
- No refund or credit will be given for the 2.75% processing fee as this is charged by a third party.
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- Medical emergencies may be exempt from this policy with certification from a doctor.
- At this time, all refunds will be given in the form of a check. Please allow 4-6 weeks to receive refund check.
- Certain programs may have specific refund policies (such as Senior Trips and Mariners and Skippers Preschool). This will be clearly stated on signup sheets for those programs.

Satisfaction Guarantee
- If you're not completely satisfied with any of our programs please let us know! We value your feedback, and will work with you to resolve your concerns.

Cancelled Classes
- A full refund will be issued for classes canceled by Foster City Parks and Recreation (no refund or credit will be given for the 2.75% processing fee as this is charged by a third party)
Staff Information

CITY MANAGER
Jeff Moneda

RECREATION STAFF
Jennifer Liu, Director of Parks & Recreation
jliu@fostercity.org, (650) 286-3390
Tiffany Oren, Recreation Manager
toren@fostercity.org, (650) 286-3395
Estelle Gobrera, Management Coordinator
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‘Andra Lorenz, Senior Management Analyst
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Nabil Butros, Recreation Coordinator
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Dusty Landwehr, Recreation Coordinator
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Kelly Hawkins, Administrative Assistant I
khawkins@fostercity.org, (650) 286-3285
Tiernan Kang, Building Services Coordinator
tnkang@fostercity.org, (650) 286-3386

PARKS AND RECREATION COMMITTEE
Fred Baer, Chair
Charles Tomberg, Vice Chair
Amit Saini, Secretary
Melissa Speidel
Deepa Menon

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Emely Dela Cruz, Administrative Assistant II
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Jamie Echeverria
Matiu Fa
Todd Haena
Manuel Garcia
Garrett Gotthardt
Lava Kioa
Genaro Munoz
Luis Neri
Matthew Ryan
Raul Salazar
Nazi Schroeder
Gerardo Valerio
Wilber Ventura
Danny Weber

VEHICLES & FACILITIES STAFF
Kurt Zander, Building/Vehicles Manager
kzander@fostercity.org, (650) 286-3556

Vehicles
Michael Miller

Facilities
Michael Casey
Gerardo Delfin, Jr.
Felipe Garcia
Tirrell Kang
Foster City
Recreation Center
650 Shell Blvd.
Phone: (650) 286-3380
Fax: (650) 345-1408

Business Hours:
Monday-Friday........................................8 am - 5 pm

Building Hours:
Monday-Friday........................................8 am - 10 pm*
Saturday...............................................9 am - 11 pm*
Sunday..................................................9 am - 10 pm

Foster City
Community Center
1000 E. Hillsdale Blvd.
Phone: (650) 286-2500
Fax: (650) 638-1936

Business Hours:
Monday-Thursday....................................8 am - 5 pm

Building Hours:
Monday – Thursday ..................................8 am - 10 pm
Friday – Saturday .................................Open for Renting
Sunday..................................................Closed*

The Recreation Center and the Community Center are available for rental. Please see Facilities page for more information.

*NOTE: Building closure time may vary based on rentals.
A SPECIAL THANK YOU TO OUR
2019 SUMMER CONCERT SERIES SPONSORS

TITLE SPONSOR

GOLD SPONSORS

SILVER SPONSORS

FRIENDSHIP SPONSORS

For more information on sponsorship opportunities, contact the Parks and Recreation Department at 650-286-3380 or recreation@fostercity.org.