Registration begins June 8th
# Foster City

## Virtual Fourth of July Celebration

**Saturday, July 4, 2020**

**10:30am-3:30pm**

Celebrating this great nation is a little different this year. Though we are not able to come together, join the City of Foster City and the Lions Club of Foster City for a virtual Fourth of July experience. Be sure to follow us on Facebook ([FosterCityRecreation](https://www.facebook.com/FosterCityRecreation)) or on this page to celebrate the day with us! While we know this year’s event will look a bit different than previous years, we will still be including some of the previous year’s favorite programs. We’re still working on finalizing more of the day’s details so check back often as we’ll continue to update the site.

Please note that no programs will take place on site and that all content will be available online. The 2020 fireworks show has been canceled.

The Schedule of Events will be posted as the event gets closer. For more information, email recreation@fostercity.org or call 650-286-3380.
PHYSICAL DISTANCING IN PARKS

Here are some tips to play it safe in parks and on trails, in the midst of COVID-19.

**Six for Safety**
Practice social distancing by maintaining a 6-foot distance from others. Respect their space and situation. Move to the side or another path to avoid others.

**Practice Good Hygiene**
Wash your hands before AND after visiting a park. Carry hand sanitizer or antibacterial wipes, cover your cough, and follow other guidelines outlined by the Centers for Disease and Control (CDC).

**Plan ahead and Leave No Trace**
Be prepared for no access to public restrooms as all park amenities are closed. Avoid touching shared equipment including picnic tables and water fountains. Please consider taking your trash with you.

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CLOSED UNTIL FURTHER NOTICE

- Playgrounds
- Dog Park
- Fitness Equipment
- All sports fields (including batting cages, skate park, tennis, pickle ball, and basketball courts)
- Restrooms
- Picnic Tables & BBQs
Foster City's 4th of July Virtual Family Parade

4th of July slideshow will begin at noon on FC Park and Recreation's Facebook page

Family Parade

Categories
Most Patriotic Individual or Group
Most Patriotic Bike/Trike/Wagon
Most Unique
Best Integration of Family Pet
Best Overall
Family Parade Contest Registration

Name: _________________________ Phone: ________________
Address: _____________________ City: ________________ Zip: ______
Email: ____________________________________________

Category Entering (OK to enter multiple categories):

  ( ) Most Patriotic Individual or Group
  ( ) Most Patriotic Bike/Trike/Wagon
  ( ) Most Unique
  ( ) Best Integration of Family Pet
  ( ) Best Overall

Please email bkoehler@fostercity.org and attach a picture per category and registration.

Deadline Friday, June 26th @ 5PM.
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)

Smoke-Free Parks

To support park cleanliness, comfort, and health, the Foster City parks system has been designated a “smoke-free” zone. Your cooperation is appreciated.

Foster City Library

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

For a complete program listing, visit: https://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 Dusty (650) 286-3374 or Maddy (650) 286-3396.

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:

Monday, Tuesday, Thursday 3 - 6:30 pm
Wednesday 2 - 6:30 pm
Friday 3 - 10 pm
Saturday and Sunday Closed

Foster City Youth Advisory Committee

Committee meetings are held the first Wednesdays of each month. Meetings begin at 7:00 pm 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.

The 2019-2020 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.
Foster City's 4th of July
Virtual Dog Contest

Saturday, July 4th
slideshow will begin at 11AM
on Foster City Park and Recreation's Facebook page

Dog Contest
Categories
Most Patriotic*
Dog/Owner Look-A-Like*
Most Handsome*
Most Beautiful*
Best Trick**
Fastest Eater ***

*photo
**video
***12 participants Video recorded on July 2nd @ 2PM.
Dog Contest Registration

Name: _________________________ Phone: _____________________

Address: _____________________ City: _______________ Zip: ____

Email: ____________________________________________________

Dog Name: ____________________________________________

Dog Breed: ____________________________________________

Category Entering (OK to enter multiple categories):

(   ) Most Patriotic*
(   ) Dog/Owner Look A Like*
(   ) Most Handsome*
(   ) Most Beautiful*
(   ) Best Trick**
(   ) Fastest Eater***

*Photo          ** Video

*** First 12 registered will be accepted. Recording will be done on July 2nd @ 2 PM. 12 registrants will be emailed final details on video taping.

Please email ojimenez@fostercity.org and attach a picture per category and or video if entering the trick category and registration.

Deadline Friday, June 26th @ 5PM.
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.

June 2 & 16
July 7 & 21
August 4 & 18

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 www.shfb.org/get-food/ 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 email Jeri McGovern, Program Coordinator at jmcgovern@smuhsd.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 visit www.sanmateoadulted.org.

Class Schedule
Please check the Senior Expressions Newsletter for class dates or visit www.sanmateoadulted.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>Tues</td>
<td>Tai Chi - Intensive</td>
<td>2:10 pm</td>
<td>Spirit</td>
<td>$90</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>
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</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</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</td>
</tr>
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</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
- 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>
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</thead>
<tbody>
<tr>
<td>August 25 &amp; 26</td>
<td>9:30am-2:00pm</td>
<td>Crane</td>
</tr>
<tr>
<td>August 29</td>
<td>8:30am-5:30pm</td>
<td>Mallard</td>
</tr>
<tr>
<td>November 17 &amp; 18</td>
<td>9:30am-2:00pm</td>
<td>Crane</td>
</tr>
<tr>
<td>November 21</td>
<td>8:30am-5:30pm</td>
<td>Mallard</td>
</tr>
</tbody>
</table>

Sequoia Healthcare District Cultivates Healthy Living for All Ages with Launch of SEQUOIA STRONG

Sequoia Strong™ (formerly 70 Strong) is a new personal resource guide to healthy living for community members of all ages including Children, Teens, Adults, and Adults 50+. Visit the new and improved, user-friendly directory at sequoiastrong.org to find activities you love and services you need. All resources are personally recommended by the Sequoia Healthcare District for District residents, and most are provided for fee or at low-cost.
BROWN BAG PROGRAM
Free Food for Seniors

DO YOU NEED FOOD?
The Second Harvest Food Bank Brown Bag Program provides food twice a month to low-income seniors.

DO YOU QUALIFY?
• Age 60+ or disabled (55+)
• Low Income
• A resident of Santa Clara or San Mateo counties

HOW DOES BROWN BAG WORK?
• Brown Bag Program distributes food to low-income seniors at various distribution sites throughout Santa Clara and San Mateo counties.
• Members receive a bi-monthly bag of groceries. The bag could include items such as fresh fruits and vegetables, rice, bread, eggs, chicken and much more. Members can pick up one bag per household from a Brown Bag site only.
• Applying for this program will not affect your ability to apply for other government benefits or local agencies.
• Caregiver, friend or neighbor can pick up your bag for you.

HOW DO I SIGN UP?
Call Food Connection at 1-800-984-3663 and complete an application. Pre-boxed groceries are available for pickup on the 1st and 3rd Fridays of every month starting at 9am in the parking lot of the Foster City Recreation Center located at 650 Shell Blvd.
Summer Camps

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 Tritna 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

Kid’s Art Camp at Create, Mix, and Mingle
(Ages 6-14)
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, 1888 S. Norfolk St., San Mateo, Ca 94403

<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>SUMMER20.C21-A</td>
<td>M-F</td>
<td>06/22/20 - 06/26/20</td>
<td>9:00 am - 12:00 pm</td>
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<td>SUMMER20.C21-B</td>
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<td>07/27/20 - 07/31/20</td>
<td>1:00 pm - 4:00 pm</td>
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Create, Mix, and Mingle
Kid’s Skateboard Art
(Ages 6-14)
Kids will explore the world of pop, cartoon, and graffiti art including designing, sketching, drawing, and painting. Skateboard art is perfect for hanging as wall decor or ready to add wheels and ride! Kids are guided by a local professional artist. Please bring a snack.

Instructor: Create Mix and Mingle Staff
Location: Create Mix and Mingle, 1888 S. Norfolk St., San Mateo, Ca 94403

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tr>
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<td>1:00 pm - 4:00 pm</td>
<td>$285</td>
</tr>
<tr>
<td>SUMMER20.C21-E</td>
<td>M-F</td>
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<tr>
<td>SUMMER20.C21-G</td>
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<tr>
<td>SUMMER20.C21-H</td>
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<tr>
<td>SUMMER20.C21-I</td>
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<td>08/03/20 - 08/07/20</td>
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<tr>
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<td>$285</td>
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<tr>
<td>SUMMER20.C21-N</td>
<td>M-F</td>
<td>08/17/20 - 08/21/20</td>
<td>9:00 am - 12:00 pm</td>
<td>$285</td>
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</table>
The Foster City Summer Ceramics Classics are cancelled due to San Mateo County COVID-19 Health Orders.
Music and Dance

American Line Dancing Outdoor Series
(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 and 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 and grow together doing various music and rhythm.

**Instructor:** Allen Isidro

**Location:** Leo Ryan Park, Meadow next to Senior Wing Parking Lot

<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>Level 1</td>
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<td>SUMMER20.D1-A</td>
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<td>$40</td>
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<td>SUMMER20.D1-C</td>
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<td>07/10/20 - 08/28/20</td>
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<td>Level II</td>
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<tr>
<td>SUMMER20.D1-B</td>
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<td>07/07/20 - 08/25/20</td>
<td>6:00 - 7:00 pm</td>
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<tr>
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<td>07/10/20 - 08/28/20</td>
<td>11:00 - 12:00 am</td>
<td>$40</td>
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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](http://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](http://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](http://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](http://www.vivalamusica.org), or (650) 346-5084. Meets every Monday at 7 pm at Foster City School.
Special Interest

Public Speaking: Improv

(Ages 6-11)

Learn to speak on the spot! Learn to manage anxiety, present with confidence, organize concepts quickly, and speak effectively through fun improv activities. With small class sizes of 12 students and weekly practice, students receive detailed feedback from professional coaches! Material fee of $25 due to instructor on first day.

Class will not meet on: 7/4

Instructor: Communication Academy Staff

Location: Virtual Online

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<th>Time</th>
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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.

Registration for 2020-2021 School Year begins on Wednesday, March 4.

Children must be 3 years old (for Skippers) or 4 years old (for Mariners) by 9/1/20 to be eligible to enroll.

To apply, place a completed registration form, a photocopy of your child’s birth certificate, and a $50 deposit in a sealed envelope and bring it to the Foster City Recreation Center starting on March 4, 2020 at 1:00 p.m. You will be notified of the status of your child’s application by April 10.

If your child does not get a space, your deposit will be returned to you and your child will be put on the wait list. If your child does get a space, your deposit is non-refundable/non-transferable. The balance of September’s fee will be due by July 15, 2020.

Mariners: $425/month
Skippers: $275/month
Fitness

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: Rotary Club of Foster City, & Foster City Village with the Foster City Parks and Recreation Department.

Instructor: Melinda Rose
Location: Virtual Online

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<td>10:00 - 10:50 am</td>
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Mind Over Matter (Ages 18+)
This course provides practical and gentle movement techniques and tools to create healthier physical and mental capacities to form deeper connections. You will learn effective mindfulness techniques that will guide you to feel mentally grounded, emotionally stronger, and physically energized. Along with mindful movement, you will lift weights to increase body and mind strength and vitality. As a result, participants will experience more connection, balance, and happiness.

Sponsored by: Peninsula Health Care District, Rotary Club of Foster City, and Foster City Village with the Foster City Parks and Recreation Department.

Instructor: Melinda Rose
Location: Virtual Online

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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 use a chair or the wall for support during poses as they gain balance, strength, and endurance.

Sponsored by: Sequoia Healthcare District, Rotary Club of Foster City, and Foster City Village with the Foster City Parks and Recreation Department.

Instructor: Melinda Rose
Location: Virtual Online

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Jazzercise

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira’d-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 $25. Best Value: Unlimited classes for $75 per month with auto pay. NO joining fees! Other passes available at jazzercise.com or in class.

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

Foster City Recreation Center – 650 Shell Blvd.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Owner</th>
<th>Program</th>
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<tr>
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<td>Candace</td>
<td>LO Express</td>
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<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>
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<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

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<th>Day</th>
<th>Time</th>
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<td>Donna</td>
<td>Dance Mixx</td>
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<tr>
<td>Sun</td>
<td>9 am *</td>
<td>Donna</td>
<td>Dance Mixx</td>
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</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.
Learn to Play Pickleball

(Ages 18+)

This class is designed for first time players. Learn why pickleball is the fastest growing game in America and be a part of the excitement! Learn how to dink, volley, serve, return, score, hit ground strokes, and overheads. Beginners will learn basic positioning, proper techniques, rules etiquette, strategy, shot selections, and placement. Lifelong enjoyment of pickleball and new friendships begin here! Bring a towel, water, hat, and “can-do” attitude. This fun and informative class will be taught by Gary Wong. He’s a seasoned pickleball tournament player and a certified PPR pickleball instructor. Material fee of $8 due to instructor on first day.

Instructor: Gary Wong

Location: Leo Ryan Park, Pickleball Courts 4 & 5

<table>
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<tr>
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<th>Date</th>
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Pickleball Beyond the Basics

(Ages 18+)

Take your pickleball game to the next level. Learn how to fine-tune your ground strokes, volleys, dinks, serves, returns, and overheads. Develop proper techniques, strategies, positioning, and high percentage shots. Drills are designed to improve your confidence and make you a better player. Bring a towel, water, hat, and “let’s do it” attitude. This fun and informative class will be taught by Gary Wong. He’s a seasoned pickleball tournament player and certified PPR pickleball instructor. Material fee of $8 due to instructor on first day.

Instructor: Gary Wong

Location: Leo Ryan Park, Pickleball Courts 4 & 5

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<tr>
<th>Activity #</th>
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<td>07/19/20 - 08/09/20</td>
<td>2:00 - 3:30 pm</td>
<td>$90</td>
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Pickleball Private Lessons

My private lessons are designed to give you undivided attention, whether it’s a one-on-one, semi-private or group of four players. Tell me your needs and I will customize a class for you. This is the perfect opportunity to really fine-tune specific strokes or parts of your game! Perhaps you and your partner might want to be a stronger team, learn efficient switching techniques, better court coverage and positioning, etc. How to play tournaments together, who should serve first and cover the middle. Why stack? How to keep your partner positive and happy. This special private lesson class will be taught by Gary Wong. He’s a seasoned pickleball tournament player and certified PPR pickleball instructor.

Rates: $65/hr for one student, $70/hr for two students ($35 each), $90/hr for three students ($30 each) $100/hr for four students ($25 each).

Location: Leo Ryan Park, Pickleball Court 4
Supplies, pickleballs: $5 per student
Please email: gwpickleballacademy@gmail.com
Gymnastics with Peninsula Gymnastics

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 Gymnastics Staff

**Location:** Peninsula Gymnastics, 1740 Leslie Street, San Mateo

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**Tot/Pre Soccer**

(Ages 4)

Enjoy running and kicking just like the big kids! Have fun and learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first class session. All participants receive a Kidz Love Soccer jersey!

**Class Will Not Meet On:** 7/3

**Instructor:** Kidz Love Soccer Staff

**Location:** Edgewater Park, Soccer Field

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<td>$139</td>
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**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!

**Class Will Not Meet On:** 7/3

**Instructor:** Kidz Love Soccer Staff

**Location:** Edgewater Park, Soccer Field

<table>
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<th>Activity #</th>
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<td>$139</td>
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Classes are subject to cancellation due to county COVID-19 Health Order.

Kids Love Soccer Virtual Class coming soon!

Check Foster City Virtual Recreation Page for more details.
Soccer 1: Techniques and 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.

Class Will Not Meet On: 7/3
Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

<table>
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Soccer 2: Skills and 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.

Class Will Not Meet On: 7/3
Instructor: Kidz Love Soccer Staff
Location: Edgewater Park, Soccer Field

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Tennis

Terrific Tiny Tennis
(Ages 5-7)
Special service! Only 2-5 players per class! 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. We recommend the 21” to 23” rackets.
Instructor: Whitlinger/Sarsfield Tennis
Location: Leo Ryan Park, Ryan Tennis 3

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<th>Time</th>
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<td>3:50 - 4:30 pm</td>
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Quickstart Tennis
(Ages 8-10)
Special service! Only 3-6 players per class! Classes of 2 will be either reduced to 4 lessons with student’s approval or we will cancel class at our discretion. 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

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<td>$102</td>
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Junior Novice Tennis
(Ages 11-14)
Special service! Only 3-6 players per class! Develop the essential techniques with emphasis on control, depth, and direction. Lessons incorporate rules, sportsmanship, and basic doubles play. In general, we recommend the 26” racket.
Instructor: Whitlinger/Sarsfield Tennis
Location: Leo Ryan Park, Ryan Tennis 3

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<td>6:30 - 7:30 pm</td>
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Junior Low Intermediate Tennis
(Ages 11-14)
Special service! Only 3-6 players per class! For players who are consistent on a slow pace rally but needs 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

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<th>Activity #</th>
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<td>07/13/20 - 07/29/20</td>
<td>6:30 - 7:30 pm</td>
<td>$102</td>
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</table>
Tennis

Youth Tennis Camps
(Ages 8-10)
Special service, only 3-6 players per class! Our popular tennis camps emphasizes stroke FUNdamentals with dynamic games and exciting drills. Each camp will have the appropriate court size and tennis balls for their age group. Two courts groups by age and/or ability, novice to low intermediate.

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

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(Ages 11-14)

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Adult Novice Tennis
(Ages 15 +)
Special service! Only 3-6 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

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<th>Day</th>
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SUMMER20T7-B | Tu&Th | 07/14/20 - 07/30/20 | 7:30 - 8:30 pm | $102 |

SUMMER20T7-B | Tu&Th | 07/14/20 - 07/30/20 | 7:30 - 8:30 pm | $102 |

Adult Low Intermediate Tennis
(Ages 15 +)
Special service! Only 3-6 players per class! For players who are consistent on a slow pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUMMER20T7-A</td>
<td>M&amp;W</td>
<td>06/22/20 - 07/08/20</td>
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</table>

Adult Intermediate Tennis
(Ages 15 +)
Special service! Only 3-6 players per class! For players who are consistent on a medium pace rally but needs to develop more spin, power, and/or variety. Refine stroke techniques, strategy, and tactics with performance enhancing drills.

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

<table>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>SUMMER20T8-A</td>
<td>M&amp;W</td>
<td>07/13/20 - 07/29/20</td>
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<td>$102</td>
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</table>

TENNIS INSTRUCTORS
James Regino
“Reggie”
M/W Classes

Michael Loleng
Tu/Th Classes

Register Online @ www.fostercity.org or call us at (650) 286-3380 • 23
Tennis

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:** Stanford/Whitlinger & Sarsfield Tennis

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

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

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 an additional person.

**Location:** Boothbay Park

Tennis and Pickleball Court Reservations

To prevent crowds from congregating and assist staff with actively monitoring the courts to be compliant with County Health Orders, reservations for tennis courts and pickleball courts are required 24 hours in advance and no drop-in play is allowed. Please note the updated tennis and pickleball court hours at Catamaran, Edgewater, and Shell courts, effective Monday, June 8:

- Monday – Thursday: 8:00a.m.-10:00p.m.
- Friday: 8:00a.m.-3:00p.m. (last reservation at 2:00p.m.)
- Closed on weekends
Wellness

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!

Instructor: Elliotte Mao

Location: Recreation Center, Spirit Room

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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>All Levels Welcome</td>
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<tr>
<td>SPRING20.W3-G</td>
<td>W</td>
<td>07/08/20-08/26/20</td>
<td>10:00-11:00 am</td>
<td>$76</td>
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<tr>
<td>SPRING20.W3-J</td>
<td>F</td>
<td>07/10/20-08/28/20</td>
<td>11:30-12:30 pm</td>
<td>$76</td>
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</table>

Hatha Yoga 4 Lunch
(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: Leo Ryan Park Meadow next to Senior Wing Parking Lot

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<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<tr>
<td>SUMMER20.W4-A</td>
<td>Tu</td>
<td>07/07/20-08/25/20</td>
<td>12-1 pm</td>
<td>$100</td>
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</table>
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
https://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
http://fostercitychamber.com
Library .................................... 574-4842
www.smcl.org
San Mateo Adult School .................. 558-2100
www.smuhsd.org/smas
Commute.org ............................. 588-8170
https://www.commute.org
Caltrain/Samtrans ........................ 1-800-660-4287
www.caltrain.com
www.samtrans.com

Athletic Organizations

AYSO Soccer
www.fcayso.org
Bay Cities Bulldogs/Pop Warner ........ 578-8248
Little League ............................ 533-9383
http://www.fcll.org
Mariners Point Golf ........................ 573-7888
https://www.marinerspoint.com
Pony/Colt League Baseball
www.pencitiesbaseball.org
PYSC/CYSA Soccer
www.peninsula-soccer.org
Tennis Club
https://www.fostercitytennisclub.org
Youth Softball Association
www.fcysa.org/

Cultural Arts

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

Resources

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

Community Organizations

Foster City Association of Black Residents. . 218-4459
Foster City Historical Society
fchistorysocy@yahoo.com
Foster City Lions Club
http://www.fostercitylions.com
Foster City Rotary Club
http://www.fostercityrotary.org
Foster City Parents Club
https://fcpc.wildapricot.org
Foster City Village ....................... 378-8541
www.fostercityvillage.org

Commute.org ............................. 588-8170
https://www.commute.org

Caltrain/Samtrans ........................ 1-800-660-4287
www.caltrain.com
www.samtrans.com

Youth Softball Association
www.fcysa.org/
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 7pm 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](http://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](http://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](http://www.fostercityvillage.org).
Leagues, Water and concessions

**Adult Softball Leagues**

Since Spring 2019, the City of Foster City began administering its Adult Softball Leagues at Edgewater Park. For more details or questions regarding adult softball, please email Oz Jimenez at ojimenez@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 ojimenez@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 https://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’uwaiti Outrigger Canoe Club**

Ho’okahi Pu’uwaiti 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

<table>
<thead>
<tr>
<th>BALLFIELD</th>
<th>BEACH</th>
<th>CHILDREN’S PLAY AREA</th>
<th>PICNIC AREA</th>
<th>TENNIS COURTS</th>
</tr>
</thead>
<tbody>
<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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<tr>
<td>BARBECUE</td>
<td>BOAT LAUNCH</td>
<td>BOCCCE BALL</td>
<td>SOCCER FIELDS</td>
<td>DOG PLAYGROUND</td>
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</table>

## PARKS/ACRES

<table>
<thead>
<tr>
<th>PARK NAME</th>
<th>BALLFIELD</th>
<th>BEACH</th>
<th>CHILDREN’S PLAY AREA</th>
<th>PICNIC AREA</th>
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<td>BOAT /DOG/3.18</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. Participants of virtual recreation classes acknowledge they are responsible for ensuring their environment is safe/free from obstructions and that any use of third-party applications (e.g. Zoom, Google Meet, etc.) at their own risk. 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 Monday, June 8, 2020
Go to www.fostercity.org, then click on Classes.

MAIL-IN
Starting Monday, June 8, 2020
Foster City Parks and Rec. Dept.
– Registration
650 Shell Blvd., Foster City, CA 94404

FAX-IN
Starting Monday, June 8, 2020
Fax completed form including all your MasterCard/Visa information to (650) 345-1408, Attn: “Registration”

WALK-IN
Starting Monday, June 8, 2020
Monday 8 am-10 pm
Friday 8 am-5 pm
Saturday 9 am-4 pm

NON-RESIDENT
Starting Monday, May 16, 2020

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 $10 administrative fee for ALL classes, which is already included in the advertised cost.
• Class registrations will not be taken over the phone.

Refund Policy
• If payment was made with cash/check, refunds will be in the form of a check. Please allow 4-6 weeks.
• If payment was made with credit/debit, refunds will go back to the original payment method. Please allow 2-4 weeks.
• All refund requests must be received in person or via email 7 days before the program begins.
• A $10 administrative fee will be deducted from all refunds.
• No refund/credit will be given for the 2.75% processing fee as this is charged by a third party.
• Certain programs may have specific refund policies (such as Senior Trips and Mariners & Skippers Preschool). This will be clearly stated on registration 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
egobrera@fostercity.org, (650) 286-3389

‘Andra Lorenz, Senior Management Analyst
alorenz@fostercity.org, (650) 286-3214

Nabil Butros, Recreation Coordinator
nbutros@fostercity.org, (650) 286-3387

Colleen Gotthardt, Recreation Coordinator II
cgotthardt@fostercity.org, (650) 286-3378

Oswald Jimenez, Recreation Coordinator II
ojimenez@fostercity.org, (650) 286-3379

Bob Koehler, Recreation Coordinator II
bkoehler@fostercity.org, (650) 286-3382

Dusty Landwehr, Recreation Coordinator
dlandwehr@fostercity.org, (650) 286-3374

Sandy Castro, Administrative Assistant II
scastro@fostercity.org, (650) 286-3385

Kelly Hawkins, Administrative Assistant I
khawkins@fostercity.org, (650) 286-3285

Tiernan Kang, Building Services Coordinator
tnkang@fostercity.org, (650) 286-3386

PARKS STAFF
Pete Chiamos, Parks Manager
pchaimos@fostercity.org, (650) 286-3549

Frank Fanara, Parks Manager
ffanara@fostercity.org, (650) 286-3553

Emely DeLa Cruz, Administrative Assistant II
ecruz@fostercity.org, (650) 286-3568

Salvador Acevedo
Jamie Echeverria
Todd Haena
Manuel Garcia
Garrett Gotthardt
Abel Jimenez
Lava Kioa
Carlos Munguia
Genaro Munoz
Luis Neri
Matthew Ryan
Raul Salazar
Nazi Schroeder
Gerardo Valerio
Wilber Ventura
Danny Weber

PARKS AND RECREATION COMMITTEE
Fred Baer
Charles Tomberg
Doris Duncan
Deborah Owdom
Yvonne Ryzak
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.

Connect with the Parks and Rec

Website:
http://www.fostercity.org/parksrec
Facebook:
www.facebook.com/FosterCityRecreation/
Twitter:
@fcrcreation
Instagram:
@fcrcreation

Connect with the City

Be sure to keep up with the City of Foster City online 24/7. It’s easy and convenient, and right at your fingertips on your computer or mobile device!

Website: https://www.fostercity.org
Facebook: https://www.facebook.com/CityofFosterCity
Twitter: @cityoffc
Instagram: @cityoffc
YouTube:
https://www.youtube.com/user/CityofFosterCity
Foster City Forum: www.fostercity.org/community/ page/foster-city-forum-0
Foster City Access: https://www.fostercity.org/ community/page/foster-city-accessc
Foster City News Alerts: https://www.fostercity.org/community/page/ foster-city-e-newsletter-sign