Holiday Tree Lighting
ON PAGE 14

Foster City Holiday Pop-Up
ON BACK COVER

Registration begins November 13th
This Season

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 6, 2019 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.

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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: 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
VIBE Teen Center

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:

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

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 2019-2020 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.

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.
Holiday Painting Class for Seniors!

Tap into your inner artist and join us for a holiday-themed painting class led by Netra Arts.

Thursday, December 5th
1:00pm - 2:30pm
Lagoon Room
Fee: $25
Includes instruction and supplies
Registration Code: SENIORPAINT-A

Register at the Recreation Center or call 650-286-2585 for more information.
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, January 15
Thursday, March 5 & 19
Tuesday, February 5 & 19

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 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 the San Mateo Adult School brochure.

Class Schedule

Please check the Senior Expressions Newsletter for class dates or visit www.smuhsd.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>
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*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>
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</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</td>
<td>1-3 pm</td>
<td>Senior Wing</td>
</tr>
<tr>
<td></td>
<td>(2nd &amp; 4th)</td>
<td></td>
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<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>
<tr>
<td>Fri</td>
<td>Open Play</td>
<td>10 am-3 pm</td>
<td>Clipper Room</td>
</tr>
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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:

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<tr>
<th>Date</th>
<th>Time</th>
<th>Room</th>
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<tbody>
<tr>
<td>Jan. 2 &amp; 29</td>
<td>9:30 am-2 pm</td>
<td>Crane</td>
</tr>
<tr>
<td>Feb. 1</td>
<td>8:30 am-5:30 pm</td>
<td>Mallard</td>
</tr>
<tr>
<td>April 21 &amp; 22</td>
<td>9:30 am-2 pm</td>
<td>Crane</td>
</tr>
<tr>
<td>April 25</td>
<td>8:30 am-5:30 pm</td>
<td>Mallard</td>
</tr>
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</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 improved self-esteem, improved social skills, and increased 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

**Rebound Basketball**
(Ages 6-10)

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>
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<tbody>
<tr>
<td>STEAM19-2-1-AUD</td>
<td>W</td>
<td>11/06/19 - 01/22/20</td>
<td>1:10 - 2:10 pm</td>
<td>$185</td>
</tr>
<tr>
<td>STEAM19-2-1-FC</td>
<td>W</td>
<td>11/06/19 - 01/22/20</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
</tr>
</tbody>
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**Fun with Programming**
(Ages 6-10)

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 Mac. They will be able to immediately see the results of their code. All necessary equipment will be provided 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 management, 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

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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>STEAM19-2-3-FC</td>
<td>W</td>
<td>11/06/19 - 01/22/20</td>
<td>1:00 - 2:00 pm</td>
<td>$249</td>
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<tr>
<td>STEAM19-3-3-FC</td>
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<td>11/06/19 - 01/22/20</td>
<td>1:00 - 2:00 pm</td>
<td>$249</td>
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</tbody>
</table>
Academic Chess
(Ages 6-10)
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

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<th>Date</th>
<th>Time</th>
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<td>Session 2</td>
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<tr>
<td>STEAM19-2-4-AUD</td>
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<tr>
<td>STEAM19-2-4-FC</td>
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<td>11/06/19 - 01/22/20</td>
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<td>$159</td>
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<tr>
<td>Session 3</td>
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<tr>
<td>STEAM19-3-4-AUD</td>
<td>W</td>
<td>01/29/20 - 03/25/20</td>
<td>1:10 - 2:10 pm</td>
<td>$159</td>
</tr>
<tr>
<td>STEAM19-3-4-FC</td>
<td>W</td>
<td>01/29/20 - 03/25/20</td>
<td>1:00 - 2:00 pm</td>
<td>$159</td>
</tr>
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</table>

Kassirer Tennis
(Ages 6-10)
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 hand 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: FC School Classroom, Foster City Class RM

<table>
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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
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<tr>
<td>Session 2</td>
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</tr>
<tr>
<td>STEAM19-2-6-FC</td>
<td>W</td>
<td>11/06/19 - 01/22/20</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
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<tr>
<td>Session 3</td>
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<tr>
<td>STEAM19-3-6-FC</td>
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<td>01/29/20 - 03/25/20</td>
<td>1:00 - 2:00 pm</td>
<td>$185</td>
</tr>
</tbody>
</table>
Kassirer Pickleball

(Ages 6-10)

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>
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<tr>
<td>STEAM19-2-7-AUD</td>
<td>W</td>
<td>11/06/19 - 01/01/20</td>
<td>1:10 - 2:10 pm</td>
<td>$185</td>
</tr>
<tr>
<td>STEAM19-3-7-AUD</td>
<td>W</td>
<td>01/29/20 - 03/25/20</td>
<td>1:10 - 2:10 pm</td>
<td>$185</td>
</tr>
</tbody>
</table>

Golf FORE Kids

(Ages 6-10)

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), they are rewarded with a GFK hat pin in each color level they complete. On-going sessions 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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<td>01/29/20 - 03/25/20</td>
<td>1:00 - 2:00 pm</td>
<td>$279</td>
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</table>
Advancing Therapeutics, Improving Lives.

For more than 30 years, Gilead has worked to develop medicines that address areas of unmet medical need for people around the world.

Our portfolio of medicines and pipeline of investigational drugs include treatments for HIV/AIDS, liver diseases, cancer, inflammatory and respiratory diseases, and cardiovascular conditions.

Every day we strive to transform and simplify care for people with life-threatening illnesses.
Winter Camps

Wild N’ Wacky Winter Camp
(Ages 6-10)
Foster City has a GREAT camp planned for your camper’s Winter 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: TBD
Location: VIBE Teen Center, VIBE Whole Facility

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<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 track, rings, trapeze, balance beam, bars, Olympic-size padded floor, a foam-filled pit, an 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>
<th>Fee</th>
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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.

Class Will Not Meet On: 12/25, 1/1
Instructor: Create Mix and Mingle Staff
Location: Create Mix and Mingle, 1888 S Norfolk St, San Mateo, CA 94403

<table>
<thead>
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<th>Activity #</th>
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<td>1:00 pm - 4:00 pm</td>
<td>$285</td>
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</table>

Formalin,
Improving
Lives.
For more information, please visit www.gilead.com.
© 2019 Gilead Sciences, Inc.
For more than 30 years, Gilead has worked to develop medicines that address areas of unmet medical need for people around the world.
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Every day we strive to transform and simplify care for people with life-threatening illnesses.

Register Online @ www.fostercity.org or call us at (650) 286-3380 - 13
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
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Special Thanks to our 2019 Summer Days Sponsors

Ness Plumbing
Julie Flouty Homes
Peninsula Youth Soccer Club
St. Ambrose Episcopal Church
Candace Naylor
UPS Store #0244
Sports Basement
Crowne Plaza Foster City-San Mateo
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, 1888 S Norfolk St, San Mateo, CA 94403

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<th>Day</th>
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<td>WINTER20.C1-I</td>
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<tr>
<td>WINTER20.C1-K</td>
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<td>12/26/19</td>
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<tr>
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<tr>
<td>WINTER20.C1-N</td>
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<tr>
<td>WINTER20.C1-H</td>
<td>M</td>
<td>02/17/20</td>
<td>9:00 am - 4:00 pm</td>
<td>$110</td>
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</tbody>
</table>

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 is necessary. Class size is limited to 12 students to allow for more individual attention. Material fee: $20.

Instructor: Tammerlaine Burwell

Location: Recreation Center, Ceramics Room

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<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
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<th>Fee</th>
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<tbody>
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<td>WINTER20.A1-A</td>
<td>Tu</td>
<td>01/07/20</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 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>
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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 two beginning classes and provide their own tools. 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>
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<td>WINTER20.A3-A</td>
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<td>$205</td>
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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 two beginning classes and provide their own tools.

Instructor: Tammerlaine Burwell

Location: Recreation Center, Ceramics Room

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<th>Date</th>
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<td>6:30 - 9:30 pm</td>
<td>$175</td>
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Ceramics Workshop

(Ages 18+)

Ceramics Workshop - Prerequisites:

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

Location: Recreation Center, Ceramics Room

Instructor: Monday AM – Gail Manke  
           Monday PM – Penny Shepherd  
           Wednesday – Jane Lim  
           Saturday – Terry Hinton

<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>01/04/20 - 03/07/20</td>
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<td>$55</td>
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<td>$55</td>
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<td>WINTER20.A5-C</td>
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<td>$55</td>
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Music & Dance

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. 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>
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<th>Time</th>
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<td>$125</td>
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Pre Ballet/Tap

(Ages 4-6)

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>
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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 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 dances.

Instructor: Isidro, Kennedy, Hernandez

Location: Recreation Center, Spirit Room

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<th>Activity #</th>
<th>Day</th>
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American Line Dancing Goes Chinese – Beginner Series

Instructor: Caroline Kennedy (Cantonese & Mandarin)

<table>
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<th>Activity #</th>
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<td>01/07/20-03/10/20</td>
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</table>
Music & Dance

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

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.

Piano
(Ages 5-13)
Learn to play the piano in a special group setting. Students will each sit at an electric piano with headphones 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>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
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<tr>
<td>WINTER20.M1-A</td>
<td>W</td>
<td>01/08/20 - 03/11/20</td>
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<td>$237</td>
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<tr>
<td>WINTER20.M1-B</td>
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<td>01/08/20 - 03/11/20</td>
<td>4:30 - 5:20 pm</td>
<td>$237</td>
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<tr>
<td>WINTER20.M1-C</td>
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<td>WINTER20.M1-F</td>
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<td>01/10/20 - 03/13/20</td>
<td>3:30 - 4:20 pm</td>
<td>$237</td>
</tr>
</tbody>
</table>
Foster City Softball 2020

Spring Season Starts: March 16th

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
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!
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: 2/15, 2/29
Instructor: Communication Academy Staff
Location: Recreation Center, Spirit Room

Public Speaking: Impromptu Speaker
(Ages 7-14)
What is crucial to success in school and personal life? Good communication! Impromptu Speech teaches skills critical to speaking on the spot. Students learn to manage anxiety, present themselves with confidence, organize concepts quickly, and speak effectively. With small classes of 12 students and weekly practice, students gain confidence and receive detailed feedback from professional coaches! Material: $25

Class Will Not Meet On: 2/15, 2/29
Instructor: Communication Academy Staff
Location: Recreation Center, Spray Room

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

<table>
<thead>
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<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</td>
<td>M, W, F</td>
<td>9 - 12 p</td>
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<tr>
<td>Skippers</td>
<td>3</td>
<td>Tu, Th</td>
<td>9 - 11:30 a</td>
<td>$275/month</td>
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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>
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<th>Time</th>
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<td>$205</td>
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Masterworks Chorale

**Winter Music Fest**

**Wednesday, December 4 at 7:30 pm**

Foster City Library

Join us for an inspiring and engaging performance from the Masterworks Chorale! An ensemble of singers, the Masterworks Chorale will perform a repertoire which includes sing-along and performed carols, and a selection of familiar holiday favorites, including a Hanukkah and Spanish language piece. Bring the whole family to experience this holiday musical performance after the annual Foster City tree lighting event!

---

Diamond Head Jazz

**Winter Music Fest**

**Thursday, December 12 at 6:30 pm**

Foster City Library

Join us and enjoy a festive atmosphere at the library! The local band Diamond Head Jazz will be jammin’ with some classic holiday tunes. Everyone’s invited, so don’t miss out on this fun and music-filled event for all ages.

---

Helen Loo's LNY Concert

**Lunar New Year Celebration**

**Thursday, January 30th at 6:30 pm**

Foster City Library

In the spirit of Lunar New Year, Helen Loo will be offering a soulful and eclectic performance of Chinese songs in the tradition of the late Teresa Teng, the most influential singer in Asian music industry, blended with other genres and cultures to reflect global peace and harmony. Please join us and celebrate Lunar New Year at this musical event!
Get rewarded for visiting your favorite Foster City businesses!

1. DOWNLOAD APP
Download the free STAMP ME app

2. COLLECT STAMPS
Find participating businesses AROUND YOU to collect stamps!
Simply tap your phone to the Stamp Me Beacon when you make a purchase.

3. GET REWARDS
Collect TEN Stamps to get REWARDS!

local.fostercity.org • 610 Foster City Blvd. Foster City, CA 94404 • (650) 286-3200 • supportlocal@fostercity.org
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: The Foster City Village, Sequoia Healthcare District, Rotary Club of Foster City, with the Foster City Parks and Recreation Department.

Instructor: Melinda Rose
Location: Community Center, Starboard 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>WINTER20.F1-A</td>
<td>Tu&amp;Th</td>
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<td>WINTER20.F1-B</td>
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<td>9:30 - 10:20 am</td>
<td>$48</td>
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</table>

Also sponsored by the Sequoia Healthcare District

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

Instructor: Melinda Rose
Location: Community Center, Starboard Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
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<td>10:30 - 11:20 am</td>
<td>$48</td>
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</table>

Also sponsored by the Peninsula Health Care District

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: Community Center, Starboard Room

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Fee</th>
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<td>01/07/20 - 03/26/20</td>
<td>11:00 - 11:50 am</td>
<td>$48</td>
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</tbody>
</table>
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 $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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Owner</th>
<th>Program</th>
</tr>
</thead>
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<tr>
<td>M/W/Th</td>
<td>8:20 am</td>
<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>
</tr>
</tbody>
</table>

Brewer Island School Gymnasium – 1151 Polynesia Drive

| Sat.   | 8:30 am | Donna | Dance Mixx |
| Sun.   | 9 am *  | Donna | Dance Mixx |

*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 jazzercisecn@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
Instructor: Bernard Edwards
Location: Recreation Center, Mist Room

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<td>WINTER20.K1-B</td>
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<td>01/09/20 - 03/12/20</td>
<td>4:30 - 5:15 pm</td>
<td>$124</td>
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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: 1/20, 2/17
Instructor: Bernard Edwards
Location: Recreation Center, Mist Room

<table>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>M&amp;W</td>
<td>01/08/20 - 03/11/20</td>
<td>8:05 - 9:30 pm</td>
<td>$227</td>
</tr>
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</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: 1/20, 2/17
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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<tr>
<td>Intro/Beg/Adv</td>
<td>M&amp;W</td>
<td>01/08/20 - 03/11/20</td>
<td>8:05 - 9:05 pm</td>
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<tr>
<td>Intro/Beg/Adv</td>
<td>M&amp;W</td>
<td>01/08/20 - 03/11/20</td>
<td>8:05 - 9:30 pm</td>
<td>$227</td>
</tr>
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</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! Starting February 1, 2019, 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](http://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.

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](http://www.sanmateokendo.org).

**Instructor:** San Mateo Kendo Dojo

**Location:** Recreation Center, Spirit Room

<table>
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<tr>
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<th>Fee</th>
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<td>Sa</td>
<td>01/04/20 - 03/07/20</td>
<td>1:30 - 2:30 pm</td>
<td>$18</td>
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</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](http://www.sanmateokendo.org).

**Instructor:** San Mateo Kendo Dojo

**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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<tbody>
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<td>WINTER20.S13-A</td>
<td>Sa</td>
<td>01/04/20 - 03/07/20</td>
<td>3:00 - 5:00 pm</td>
<td>$18</td>
</tr>
</tbody>
</table>
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: 1/20, 2/17
Instructor: Staff Peninsula Gym
Location: Recreation Center, Bluebird Room

Activity # | Day | Date | Time | Fee
--- | --- | --- | --- | ---
WINTER20.S3-A | M | 01/06/20 - 03/23/20 | 10:00 - 10:55 am | $140
WINTER20.S3-B | M | 01/06/20 - 03/23/20 | 11:00 - 11:55 am | $140
WINTER20.S3-C | M | 01/06/20 - 03/23/20 | 2:00 - 3:00 pm | $140

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

Activity # | Day | Date | Time | Fee
--- | --- | --- | --- | ---
WINTER20.S9-A | F | 01/31/20 - 03/13/20 | 3:40 - 4:15 pm | $139
WINTER20.S10-A | F | 01/31/20 - 03/13/20 | 4:15 - 5:00 pm | $139

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

Activity # | Day | Date | Time | Fee
--- | --- | --- | --- | ---
WINTER20.S4-A | Tu | 01/07/20 - 03/10/20 | 10:00 - 10:55 am | $165
WINTER20.S4-B | W | 01/08/20 - 03/11/20 | 10:00 - 10:55 am | $165
WINTER20.S4-C | Tu | 01/07/20 - 03/10/20 | 2:30 - 3:25 pm | $165
WINTER20.S4-D | Tu | 01/07/20 - 03/10/20 | 3:30 - 4:25 pm | $165
WINTER20.S4-E | W | 01/08/20 - 03/11/20 | 2:00 - 2:55 pm | $165
WINTER20.S4-F | W | 01/08/20 - 03/11/20 | 3:00 - 3:55 pm | $165
**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.

**Instructor:** Staff Kidz Love Soccer

**Location:** Edgewater Park, Soccer Field

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Fee</th>
</tr>
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<td>01/31/20 - 03/13/20</td>
<td>5:00 - 5:45 pm</td>
<td>$139</td>
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</table>

**Great Volleyball**

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 are welcome!

**Instructor:** Akbar Jones

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Ages 8-10)</td>
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<tr>
<td>WINTER20.S1-A</td>
<td>M</td>
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**After School Hoops**

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

<table>
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<th>Date</th>
<th>Time</th>
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<td>Th</td>
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<td>$235</td>
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<td>(Ages 10-12)</td>
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<tr>
<td>WINTER20.S2-C</td>
<td>Th</td>
<td>01/09/20 - 03/12/20</td>
<td>7:00 - 8:30 pm</td>
<td>$235</td>
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</table>

**Volleyball**

*(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:** 1/20, 2/17

**Instructor:** Clint Steele

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<td>7:00 - 10:00 pm</td>
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Learn to Play Pickleball
(Ages 18+)
This class is designed for first-time players or those interested in learning what this funny-named sport is all about! Learn every aspect of the game including basic shot techniques, rules, court position, strategy, equipment, and where to play. Start your lifelong enjoyment of pickleball that is sure to bring you new friendships, exercise, and FUN! This informative class is taught by Marcia Neishi, who is both a skilled player as well as a certified pickleball instructor through the International Pickleball Teaching Professional Association (IPTPA).

Instructor: Marcia Neishi
Location: Leo Ryan Park, Ryan Tennis 1

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<td>$90</td>
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</table>

Pickleball
Beyond the Basics
(Ages 18+)
Want to improve your game? This is a “beyond the basics” class and a way to help sharpen your skills! Learn more effective dinking, volleying, serving, lobbing, the 3rd shot drop, plus fun and helpful practice drills that will take your game to the next level. Proper court positioning, appropriate shot selections, strategies, and more will be learned as the goal of this class is to promote smart, high percentage pickleball. The instructor is Marcia Neishi, who is both a skilled player as well as a certified pickleball instructor through the International Pickleball Teaching Professional Association (IPTPA).

Instructor: Marcia Neishi
Location: Leo Ryan Park, Ryan Tennis 1

<table>
<thead>
<tr>
<th>Activity #</th>
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<td>03/18/20 - 04/08/20</td>
<td>10:30 am - 12:00 pm</td>
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Table Tennis
Join the club! Foster City Parks and Recreation Department is providing a place to play table tennis. You may register quarterly or drop in for $3 (cash only, exact change). Please register during the first month. This quarter’s membership is from Oct through Dec.

<table>
<thead>
<tr>
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<td>(Ages 18+)</td>
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<tr>
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<td>(Ages 50+)</td>
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Table Tennis
Join the club! Foster City Parks and Recreation Department is providing a place to play table tennis. You may register quarterly or drop in for $3 (cash only, exact change). Please register during the first month. This quarter’s membership is from Jan through March.

<table>
<thead>
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<td>(Ages 18+)</td>
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<tr>
<td>TTJan-Mar2020-A</td>
<td>Tu,Th,F,Su</td>
<td>01/01/20 - 03/31/20</td>
<td>11:00 am - 10:00 pm</td>
<td>$35</td>
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<tr>
<td>(Ages 50+)</td>
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<tr>
<td>TTJan-Mar2020-B</td>
<td>Tu,Th,F,Su</td>
<td>01/01/20 - 03/31/20</td>
<td>11:00 am - 10:00 pm</td>
<td>$25</td>
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Children under 18 must be accompanied by a parent $3 drop in fee paid at the front desk on the day of. Cash only, exact change
Location: Recreation Center, Lagoon Room
## Tot Beginning Ice Skating
(Ages 3-5)

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Saturday</td>
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<tr>
<td>WINTER20.S6-A</td>
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<td>2:30 - 3:00 pm</td>
<td>$196</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>01/14/20 - 02/25/20</td>
<td>5:30 - 6:00 pm</td>
<td>$196</td>
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## Parent & Tot Beginning Ice Skating
(Ages 3-5)

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<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<td></td>
<td></td>
<td>Saturday</td>
<td>3:15 pm</td>
<td></td>
</tr>
<tr>
<td>WINTER20.S8-A</td>
<td>Sa</td>
<td>01/11/20 - 02/22/20</td>
<td>2:30 - 3:00 pm</td>
<td>$196</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>01/14/20 - 02/25/20</td>
<td>5:00 - 5:30 pm</td>
<td>$196</td>
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## Youth Beginning Ice Skating
(Ages 6-12)

<table>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<tr>
<td></td>
<td></td>
<td>Saturday</td>
<td>3:15 pm</td>
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</tr>
<tr>
<td>WINTER20.S5-A</td>
<td>Sa</td>
<td>01/11/20 - 02/22/20</td>
<td>2:00 - 2:30 pm</td>
<td>$196</td>
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<tr>
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<td>Tuesday</td>
<td>01/14/20 - 02/25/20</td>
<td>5:00 - 5:30 pm</td>
<td>$196</td>
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</table>

## Adult Beginning Ice Skating
(Ages 16+)

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Saturday</td>
<td>3:15 pm</td>
<td></td>
</tr>
<tr>
<td>WINTER20.S7-A</td>
<td>Sa</td>
<td>01/11/20 - 02/22/20</td>
<td>12:15 - 1:00 pm</td>
<td>$196</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>01/14/20 - 02/25/20</td>
<td>6:30 - 7:15 pm</td>
<td>$196</td>
</tr>
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</table>

## 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.

**Class Will Not Meet On:** 2/15, 2/18

**Instructor:** Nazareth Ice Oasis Staff

**Location:** Bridgepointe Shopping Center – Ice Oasis, 2202 Bridgepointe, San Mateo
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.
Class Will Not Meet On: 1/20
Instructor: Whitlinger/Sarsfield Tennis
Location: Leo Ryan Park, Ryan Tennis 3

Quickstart Advantage Tennis
(Ages 8-10)
Special service, only 3-6 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.
Class Will Not Meet On: 1/20
Instructor: Whitlinger/Sarsfield Tennis
Location: Leo Ryan Park, Ryan Tennis 3

Quickstart Tennis
(Ages 8-10)
Special service! Only 3-6 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

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.

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.
Class Will Not Meet On: 1/20
Instructor: TBD
Location: Leo Ryan Park, Ryan Tennis 3

<table>
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<th>Time</th>
<th>Fee</th>
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<td>WINTER20.T1-C</td>
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<td>02/25/20 - 03/12/20</td>
<td>3:20 - 4:00 pm</td>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
</tr>
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<table>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
</tr>
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<td>Tu&amp;Th</td>
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<td>WINTER20.T4-B</td>
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<td>02/25/20 - 03/12/20</td>
<td>5:00 - 6:00 pm</td>
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<table>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>02/24/20 - 03/11/20</td>
<td>5:00 - 6:00 pm</td>
<td>$99</td>
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**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
Chakradance Workshop

(Ages 18+)

Chakradance is a therapeutic dance for healing and personal development. Dancing through the ancient chakra system awakens the body, expands the mind, and calls out to the soul. Dancing with different 7 chakras (energy wheel) is like dancing the 7 landscapes, each with their own lessons, meaning, and stories. Explore, have fun, find a new meaning, let go. Look deeper into each chakra, each part of you and experience more within the dance that is uniquely yours. Chakradance gives people time out from their everyday lives and we use a fusion of spontaneous movements and guided imagery and pulsing music that’s resonating to and invoking the mood of each chakra. We use the chakra as a map because they really encompass the whole of human experience.

Instructor: Cheryl Pierce

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>01/09/20 - 03/05/20</td>
<td>6:00 - 7:00 pm</td>
<td>$175</td>
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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!

Instructor: Elliotte Mao

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>Beginner</td>
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<td>WINTER20.W3-A</td>
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<td>5:30 - 6:30 pm</td>
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<td>WINTER20.W3-D</td>
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<td>01/10/20 - 02/28/20</td>
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<td>$77</td>
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<td>WINTER20.W3-G</td>
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<td>03/04/20 - 04/22/20</td>
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<td>WINTER20.W3-J</td>
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<td>Intermediate</td>
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<td>01/08/20 - 02/26/20</td>
<td>6:30 - 7:30 pm</td>
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<tr>
<td>WINTER20.W3-E</td>
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<td>6:30 - 7:30 pm</td>
<td>$67</td>
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<tr>
<td>WINTER20.W3-K</td>
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<td>03/06/20 - 04/24/20</td>
<td>1:00 - 2:00 pm</td>
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<td>01/08/20 - 02/26/20</td>
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<td>03/06/20 - 04/24/20</td>
<td>2:00 - 3:00 pm</td>
<td>$67</td>
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</table>
Yoga for the Balanced Child

(Ages 3-6)
The goal of this course is to introduce yoga to kids in a fun and engaging way and to empower them with skills that will be helpful both physically and mentally. During the class session each child will be introduced to yoga and being mindful using stories, movement, breathing practices, fun and games.

Instructor: Barbara Pesci Rosenberg
Location: Recreation Center, Mist 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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</thead>
<tbody>
<tr>
<td>WINTER20.W2-A</td>
<td>Tu</td>
<td>01/07/20 - 02/11/20</td>
<td>10:00 - 11:00 am</td>
<td>$75</td>
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</table>

Beginning Yoga

(Ages 16 +)
This will be a very inspirational and gentle yoga class with special care to the knees, neck, and lower back. Focus will be 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 poses 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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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<tr>
<td>WINTER20.W4-A</td>
<td>Th</td>
<td>01/30/20 - 03/19/20</td>
<td>7:00 - 8:00 pm</td>
<td>$86</td>
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</table>

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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<th>Activity #</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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<td>01/07/20 - 03/10/20</td>
<td>6:30 - 7:45 pm</td>
<td>$100</td>
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</table>
Re-inventing You and Your Career
ReNew Year
Wednesday, January 8th at 7 PM
Foster City Library
Join us to re-invent yourself in the beginning of the year. In this interactive workshop, a variety of panelists from Phase2Careers will help you learn: To tap into your transferable skills; Steps to make the transition; Obstacles you will face; What you will need to learn about the process; How to communicate to others your career goals. Resource for career changers.

The World of Jane Austen:
Art, Fashion & Eligible Gentlemen
De Young Museum Art Talk
Tuesday, December 10 at 6:30 pm
Foster City Library: Teen Area
Explore the era of beloved English novelist Jane Austen through the arts, from the paintings of Gainsborough and Reynolds to the elegant Georgian townhouses of Bath and the fashions of the day.

The Kona Winds Trio
Winter Music Fest
Thursday, December 5 at 6:30 pm
Foster City Library
Join us for the woodwind group, Kona Wind! This Bay Area based group rings in the holidays with classical pieces by Ravel, Milhaud, Nielsen, Beethoven and much more!
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 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
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 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 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.org 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 www.fostercitytennis-club.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](http://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](http://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>
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</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>BOCCE BALL</td>
<td>SOCCER FIELDS</td>
<td>DOG PLAYGROUND</td>
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</table>

<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>TURNSTONE/1.53</td>
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</table>
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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</table>

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: ☐

<table>
<thead>
<tr>
<th>Fees: $________</th>
<th>Non-Resident Fee (add $10 per class): $_______</th>
<th>TOTAL: $_______</th>
</tr>
</thead>
</table>

**PAYMENT INFORMATION**

Payment Method: ☐ Cash ☐ Check (Payable to “City of Foster City”) ☐ Credit Card (Incur 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: _______ _______ _______ _______ / _______ 3-Digit Security Code: _______

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

Signature: ____________________________________________________ Date: __________________

**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, November 13, 2019
Go to www.fostercity.org, then click on Classes.

MAIL-IN
Starting Wednesday, November 13, 2019
Foster City Parks and Rec. Dept.
– Registration
650 Shell Blvd., Foster City, CA 94404

NON-RESIDENT
Starting Monday, November 25, 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 $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.
• No refund/credit will be issued after the program begins.
• Medical emergencies may be exempt from this policy with certification from a doctor.
• 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)
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 aorenz@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
Jamie Echeverria
Todd Haena
Manuel Garcia
Garrett Gotthardt
Lava Kioa
Genaro Munoz
Luis Neri
Matthew Ryan
Raul Salazar
Naz 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

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

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

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: www.fostercity.org
Facebook: www.facebook.com/CityofFosterCity
Twitter: @cityoffc
Instagram: @cityoffc
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Foster City Forum: https://www.fostercity.org/community/page/foster-city-forumb
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
Foster City Holiday Pop-Up

FRIDAY DECEMBER 6, 2019
4 PM – 8 PM

SF ETSY VENDORS
HOLIDAY REFRESHMENTS
& DIY ACTIVITIES