

The Guide

Excellent Service. Exciting Programs. Exceptional Places.



FALL 2015
Registration begins August 12th



Foster City Community Chorus
Who's that singing at 4th of July
and the Holiday Tree Lighting?
(Inside Front Cover)

2015 Fall Camps
NEW Foster City Fall Camps
NEW Special Interest Camps
(Pg. 2)

Foster City Sports Wall of Fame
Your cordial invitation to the
2015 Sport Wall of Fame
Induction Ceremony
(Centerfold)

Creating Community Through People, Parks and Programs

Welcome

Foster City Community Chorus

Who are the people singing at the 4th of July celebration or the Tree Lighting Ceremony or in Carnegie Hall or the Vatican in Rome? We are your neighbors belonging to the Foster City Community Chorus. Since our beginning in 1992, we have been affiliated with the Foster City Parks and Recreation Department. Together, we have worked to provide opportunities for the public to experience lifelong activities and strengthen community bonds. We are proud of our partnership and know we are a resource for each other.

We believe that making music is a fun experience and not a chore or deadly serious matter. While we work hard to perfect our sound, we enjoy each others' humor and good cheer. Come and sing in a relaxed, fun setting with adults who love all types of music. No audition is necessary but we do wish you can carry a tune. We meet every Tuesday (August to December and January to May) at 7:00 pm at Audubon School, 841 Gull Avenue.

The Foster City Community Chorus and its sister group, Heart & Soul, perform concerts in May and December; sing for the Tree Lighting Ceremony and at the 4th of July. We sang for special events such as the Senior Wing and Community Center dedications and the Veterans Wall Grand Opening. We also sang at the San Francisco Giants and the Oakland A's baseball games.

Singers of the Foster City Community Chorus have had the opportunity to perform all around the world. Those who wish to sang at Kennedy Center and the White House in Washington, D.C., the Sydney Opera House in Australia, St. Peter's Basilica and the Santi Apostoli in Rome, Carnegie Hall in New York, Disney Concert Hall in Los Angeles, Dallas Symphony Hall in Dallas and Grace Cathedral in San Francisco. Members have sung under the direction of some of the nation's top composers and conductors, including Craig Jessup of the Mormon Tabernacle Choir, Eric Whitacre, Alice Parker, Morton Lauridsen and Donald Neuen.

Become part of a community of friends and volunteers who sing, travel and have fun together. If this sounds exciting to you, come to Audubon School on August 26 to give us a try. If you want more information, check our website at peninsulamusicalarts.org or e-mail us at info@peninsulamusicalarts.org or call us at (650) 268-8345. Check us out on Facebook and follow us on Twitter.

Ed Grohe
Vice President

City of Foster City Parks & Recreation Department

Foster City Recreation Center

650 Shell Blvd.

Phone: (650) 286-3380

Fax: (650) 345-1408

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday 8a-Varies

Saturday 9a-Varies

Sunday 9a-10p

Foster City Community Center

1000 E. Hillsdale Blvd.

Phone: (650) 286-2500

Fax: (650) 638-1936

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday-Saturday 1p-Varies

Sunday Closed*

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

Be sure to follow us on



These Social Networks

PHOTO CREDITS

Front Cover: Ric Peralta
Kayaking Photos: Joe Stacks (pg. 22)

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This Season

September

Community Bike Ride

Sunday, September 20, 10a-1p
Boothbay Park

Families and individuals are invited to participate in a 5 or 11 mile ride with other community members along the beautiful levee-pedway in Foster City. Free bike and helmet safety checks will be provided, along with water and treats at the halfway point and finish line. Come join the fun at this Foster City Family Fun Series event!

October

Halloween Festival

Saturday, October 31, 11a-2p
The VIBE

Join us for a SPOOKtacular day of food, games, and fun! This event is geared toward preschoolers-fifth grade. The day will consist of arts and crafts, costume contest, games, and a Haunted House. For more information, call 650.286-3254, or visit www.fostercity.org. Proceeds from the event benefit the Foster City Youth and Teen Foundation.

Admission: \$3 (2 years and under – Free)

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 16, 2015. Foster City youngsters are encouraged to write a letter to Santa. Parents may either place the letter in the designated mailbox at the Foster City Teen Center, 670 Shell Blvd., or 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 4, 2015 at 5pm. For more information please call (650) 286-3374.

December

Tree Lighting – Free!

Wednesday, December 2, 6p-7p
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. In the spirit of giving, please bring a canned good or non-perishable item to donate to a local charity.

Camps

FUNtastic FALL CAMP **NEW**

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

Instructors: Recreation Staff

Ages: 5-11 yrs.

Regular Care

205702-A1 10/12-10/16 M-F 9a-4p \$190 The Vibe

Extended Care

205702-A2 10/12-10/16 M-F 7a-6p \$230 The Vibe

Wild 'N Wacky Winter Camp

Don't get left out in the cold this winter. Join the staff from our outrageously popular summer camps for a fun-filled session of Wild-N-Wacky Winter Camp. This is your time to reunite with your summer camp buddies and your favorite leaders while having a blast during your winter break. Our camp staff will pack your vacation with tons of fun things to do. Campers should pack a sack lunch and water bottle daily. Don't be shy, sign up for camp early because we are sure to sell out.

***A parent information packet will be mailed out prior to camp!**

Ages: 5-11 yrs.

Session 1 (Regular Care)

305702-A1 12/21-12/23 M-W 9a-4p \$150 The Vibe

Session 1 (Extended Care)**

305702-A2 12/21-12/23 M-W 7:30a-6p \$174 The Vibe

Session 2 (Regular Care)

305702-B1 12/28-12/30 M-W 9a-4p \$150 The Vibe

Session 2 (Extended Care)**

305702-B2 12/28-12/30 M-W 7:30a-6p \$174 The Vibe

**** Child MUST be signed up for a regular session in order to sign up for Extended Care.**

This Season

Jr. Chef Stars Masters' Camp

Pack up your knives and fire up the stove, you're about to embark on a culinary adventure unlike any other! This class series has been engineered by our culinary professionals to give you the experience of what it is like being a bona fide culinary student in our kitchen classrooms. A \$45 materials fee is payable to the instructor on the first day of class.

Instructor: Jr. Chef Stars Staff

Off Site Location: Beresford Recreation Center

Ages: 6-12 yrs.

205490- A 10/19-10/23 M-F 9am-Noon \$225 Off Site

Cake Masters Camp

Build your own Fantasy cake by spending a week with a professional pastry chef and cake instructor. Students will be baking cakes and learning decorating and piping techniques to fill, carve and finish a wild three layer creation of their own. (Cakes built on a 10 inch base). A materials fee of \$50 is payable to the instructor on the first day of class.

Instructor: Jr. Chef Stars Staff

Off Site Location: Beresford Recreation Center

Ages: 7-13 yrs.

205490-B 10/12-10/16 M-F 9am-Noon \$225 Off Site

Gymnastics at Peninsula Gymnastics

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 will work on the tumble trak, rings, trapeze, balance beam, bars, Olympic size padded floor, a foam filled pit, and two in-ground trampolines. Circus Show every Friday at 2:15pm. Campers, please bring a lunch daily. Free supervision available from 8-9am and after care available for full day camps from 4-6pm. Full day camp also includes a trip to Trinta Park. For more information, visit www.peninsulagym.com or call (650)571-7555.

Instructor: Peninsula Gymnastics USAG Certified Staff

Off Site Location: Peninsula Gymnastics, 1740 Leslie Street, San Mateo

Ages: 3.5-5.5 yrs.

205535-A 10/12-10/16 M-F 8a-1p \$185 Off Site

205535-B 10/19-10/23 M-F 8a-1p \$185 Off Site

Ages: 5.5-12 yrs.

205535-C 10/12-10/16 M-F 8a-4p \$200 Off Site

205535-D 10/19-10/23 M-F 8a-4p \$200 Off Site

Mad Science – “Fizz”-ical Phenomena & Che-Mystery

Take a walk on the wild side in this crazy week of sleuth science. Have a ton of fun as we whip up potions and experiment with all kinds of chemical reactions, including growing our own crystals, making sidewalk chalk, and learning the science of chromatography on a Mad Science Lab Coat we get to keep. Mix it up as we experiment with molecular madness, radical reactions, and “fizz”-ical and chemical reactions. Discover what those crazy chemists are really up to in their laboratories!

Instructor: Mad Science Staff

Off Site Location: Foster City Community Center, 1000 E. Hillsdale Blvd.

Ages: 5-12 yrs.

205471-A 10/19-10/23 M-F 9a-Noon \$270 Off Site

205471-B 10/19-10/23 M-F 9a-3p \$365 Off Site

Fall Break Tennis Camps

Our popular tennis camps emphasize stroke FUNda-mentals with dynamic games and exciting drills that enhance skill development. Each camp will have the appropriate court size and tennis balls for their age group. Two courts grouped by ability, novice to low intermediate. Same week Fridays are reserved for makeup lessons if a previous class was postponed; i.e., rain. Please sign up early.

Instructor: Staff of Stanford Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield

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

Ages: 8-10 yrs.

205522-A 10/12-10/15 M-Th 9-10:30a \$81

205522-B 10/19-10/22 M-Th 9-10:30a \$81

Ages: 11-14 yrs.

205522-C 10/12-10/15 M-Th 10:30a-Noon \$81

205522-D 10/19-10/22 M-Th 10:30a-Noon \$81

NEW Communication Academy Camps

Instructor: Communication Academy Staff

Off Site Location: Foster City Fire Department, EOC Room, 1040 East Hillsdale Blvd.

Pre-Public Speaking: Student Leadership

Student Leadership encourages students to develop intensive research skills, diplomatic speaking and writing skills, and student advocacy skills. Students learn how to dialogue with elected officials, draft advocacy letters, and write and make presentations for social media. Taught at age-appropriate level. Material fee of \$15 is due to the instructor on the first day of camp. For more information: (408)777-8876, or www.communication-academy.com.

Ages: 7-8 yrs.

205449-A 10/19-10/23 M-F 1-3:30p \$305 Off Site

Public Speaking: Student Leadership

Student Leadership encourages students to develop intensive research skills, diplomatic speaking and writing skills, and student advocacy skills. Students learn how to dialogue with elected officials, draft advocacy letters, and write and make presentations for social media. Taught at age-appropriate level. Material fee of \$15 is due to the instructor on the first day of camp. For more information: (408)777-8876, or www.communication-academy.com.

Ages: 9-11 yrs.

205449-B 10/12-10/16 M-F 1-3:30p \$315 Off Site

Essay Writing: Student Publication

Students will learn to write a polished manuscript for final publication. This course emphasizes skills necessary to finalize and perfect a piece of writing. Students will work on a single piece of publication-quality material. Taught at age-appropriate level. Material fee of \$25 is due to the instructor on the first day of camp. For more information: (408)777-8876, or www.communication-academy.com.

Ages: 7-8 yrs.

205449-C 10/19-10/23 M-F 9:30a-Noon \$305 Off Site

Ages: 9-11 yrs.

205449-D 10/12-10/16 M-F 9:30a-Noon \$305 Off Site

Full Day Camps

Save \$60 when you enroll in full day camps which combine two fun, back-to-back camps from Communication Academy. Parents maintain peace-of-mind by dropping children off only once for an extended period of time so students can learn two important skills in one sitting. Don't delay on this fantastic opportunity. Students bring own lunch and supervised by teacher. Spaces are limited. Material fee of \$30 is due to the instructor on the first day of camp.

Essay Writing & Pre-Public Speaking

Ages: 7-8 yrs.

205449-E 10/19-10/23 M-F 9:30a-3:30p \$550 Off Site

Ages: 9-11 yrs.

205449-F 10/12-10/16 M-F 9:30a-3:30p \$550 Off Site

Arts & Crafts

My First Art Class - New

My First Art Class "Try It". Here's your chance to try our program with your little ones. This one time class will give you a feel for what our program is about and to meet Teacher Barb.

Instructor: Barb Merkel

Ages: 18 mos-3 yrs.

201199-A 9/18 F 9:30-10:30a \$20 Spray

Ages: 2-4 yrs.

201199-B 9/18 F 10:45-11:45a \$20 Spray

My First Art Class **NEW**

Explore five art stations each week where making a mess is part of the process. Glitter, glue, paint, collage, play clay, we do it all. Art projects continue to change all year long. Process rather than product is emphasized. Art experiences are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing and dancing and having too much fun. This is a parental or caregiver participation class. A \$15 materials fee is payable to the instructor at the first class for eight week class and \$5 for three weekclass.

Instructor: Barb Merkel

8 week session 9/25 - 11/13 (1 hour session)

Ages: 18 mos-3 yrs.

201199-C F 9:30-10:30a \$110 Spray

Ages: 2-4 yrs.

201199-D F 10:45-11:45a \$110 Spray

3 week session 12/4 - 12/18 (1 hour session)

Ages: 18 mos-3 yrs.

201199-E F 9:30-10:30a \$45 Spray

Ages: 2-4 yrs.

201199-F F 10:45-11:45a \$45 Spray

Preschool Drawing

This fall season, Young Rembrandts introduces drawing lessons that will excite your preschool artist. Learning to draw basic shapes is an essential building block for every illustrator. Our ladybug and gumball machine drawings provide excellent practice for drawing circle shapes. From there, our lessons will become progressively more challenging. Our clown puppet and Frankenstein monster are great introductions to character drawing. Other drawings like our candy bag illustration and fall scene will help strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today.

Instructor: Young Rembrandts Staff

Ages: 3.5-5 yrs.

205101-A 9/18-11/20 F 1p-2p \$200 Spray

Music & Dance

Do-Re-Mi Mozart

The well-known Mozart effect shows a casual relationship between classical music and brain functionality for kids of all ages. Come and share with us the magic of classical music and learn basic concepts such as melody, rhythm, sound, tempo, etc. Kids will meet their favorite fairy tale heroes through this musical experience, play with the parachute, bean bags, scarves, feathers, etc. during fun-filled activities. Singing time with teacher Ella's keyboard will help kids to develop important social and musical skills. We believe that anybody can be successful in music.

Instructor: Ella Bazarsky

Ages: 2-4.5 yrs.

201214-A 9/17-11/19 Th 10:30a-11:30a \$125 Spirit

Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn pli , tendue and saut  and more. We will have fun skipping and twirling like a ballerina. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting).

Instructor: Sheri Alonso

Ages: 4-6 yrs.

201331-A 9/17-11/19 Th 3p-3:40p \$115 Spirit

Special Interest

Mariners and Skippers Preschool

The Foster City Parks and Recreation Department offers a part-time preschool program for three and four year olds. Skippers (3 years) offers the younger child an early learning experience away from home. Mariners (4 years) provides the pre-kindergarten child 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/outdoor play. The preschool program runs from September to May each year. **Children must be completely potty trained to enroll.** Tuition is processed through in-class registration. An additional \$40 materials fee is collected per child per session. There is no online registration for this program. For more information, please call (650) 286-3399.

Instructors: Chris Royce and Pam Sutter

Ages: Skippers must be 3 years old by 9/1/15 to be eligible to enroll.

**201440-A Tu & Th 9a-11:30a Preschool
\$900/15 weeks (Oct. - Jan.) plus \$40 Materials fee**

Ages: Mariners must be 4 years old by 9/1/14 to be eligible to enroll.

**201450-A M,W,F 9a-Noon Preschool
\$1350/15 weeks (Oct. - Jan.) plus \$40 Materials fee**

Sports & Fitness

Grown Up & Me Ice Skating

Share the joy of skating with your little one. Enjoy quality time together while exercising and playing with ice toys. This class is meant for young skaters not quite ready to be alone, but old enough to walk and talk. The adult must be able to skate unassisted. Please arrive 15 minutes early for this class. Warm, unrestrictive clothing, ankle-high socks, and gloves or mittens are necessary. Helmets are encouraged. **No class on Tuesday, 11/24.**

Instructor: Belmont Iceland Staff

Off Site Location: Belmont Iceland, 815 Old County Road, Belmont

Ages: 2-5 yrs.

201527-A 9/8-10/13 Tu 10:30a-11a \$70 Off Site

201527-B 10/20-12/8Tu 10:30a-11a \$82 Off Site

Intro to Tot Ice Skating

Make your little one's first ice skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Warm, nonrestrictive clothing, ankle high socks, and gloves or mittens are necessary. Helmets are encouraged. No class on November 26.

Instructor: Belmont Iceland Staff

Off Site Location: Belmont Iceland, 815 Old County Road, Belmont

Ages: 3-6 yrs.

201527-C 9/10-10/15Th 6:15p-6:45p \$70 Off Site

201527-D 10/22-12/10Th 6:15p-6:45p \$82 Off Site

Tots

Little Angels Gymnastics

Welcome to the beautiful and exciting world of pre-school gymnastics. Peninsula Gymnastics provides pre-school gymnastics for students from 20 months-3 ½ years old in a safe, adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their locomotor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too!

Instructor: Cherise Mostajo – 10-10:55am, 11-11:55am

Luisa Mikayelyan – 2-2:55pm

Ages: 20 mos.-2.5 yrs.

201535-A 9/14-11/16M 10a-10:55a \$160 Bluebird

Ages: 4-6 yrs.

201535-B 9/14-11/16M 11a-11:55a \$160 Bluebird

201535-C 9/14-11/16M 2p-3p \$160 Bluebird



Gymnastics with Peninsula Gymnastics

Our program consists of movement and gymnastics classes designed to help students develop a sense of physical fitness, coordination, and self-esteem. Students learn basic gymnastics skills such as climbing, rolling, swinging, jumping and balancing while improving their listening skills and ability to follow directions. Classes include use of: tumble trak, rings, trapeze, balance beam, preschool bars, Olympic size padded floor, foam-filled pit, and two in-ground trampolines.

Instructor: Peninsula Gymnastics USAG Certified Staff

Off Site Location: Peninsula Gymnastics, 1740 Leslie Street, San Mateo

Ages: 2-4 yrs.

201536-A 9/15-11/24Tu 10a-10:55a \$165 Off Site

201536-B 9/16-11/18W 9a-9:55a \$165 Off Site

Ages: 4-6 yrs.

201536-C 9/15-11/24Tu 2:30p-3:25p \$165 Off Site

201536-D 9/15-11/24Tu 3:30-4:25p \$165 Off Site

201536-E 9/16-11/18W 2p-2:55p \$165 Off Site

201536-F 9/16-11/18W 3p-3:55p \$165 Off Site

Mommy/Daddy & Me Soccer

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

Location: Edgewater Park

Instructor: Kidz Love Soccer Staff

Ages: 2-3.5 yrs.

201591-A 9/18-10/16 F 5:20p-5:50p \$80

Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids! This class 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 Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Location: Edgewater Park

Instructor: Kidz Love Soccer Staff

Ages: 3.5-5 yrs.

201592-A 9/18-11/6 F 3:50p-4:25p \$114

Terrific Tiny Tennis

Children, 4-7 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students. Students provide their own racket. We recommend the 23" to 25" rackets.

No lessons on Wednesday, 11/25 and Thursday 11/26.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

202511-A 9/14-10/7 M & W 3:20-3:50p \$99

202511-B 10/19-11/4 M & W 3:20-3:50p \$81

202511-C 11/16-11/30 M & W 3:15-4p \$81

Ages: 5-7 yrs.

202511-D 9/14-10/7 M & W 3:50-4:30p \$99

202511-E 10/19-11/4 M & W 3:50-4:30p \$81

202511-F 9/15-10/7 Tu & Th 3:20-4p \$99

202511-G 10/20-11/5 Tu & Th 3:20-4p \$81

202511-H 11/17-12/1 Tu & Th 3-4p \$81

Foster City Library

**1000 E. Hillsdale Blvd.
(650) 574-4842 x224**

**For a complete program listing, visit:
www.fostercitylibrary.org**

Hours:

Monday-Wednesday 10a-9p

Thursday-Friday 10a-6p

Saturday 10a-5p

Sunday 1p-5p

Library Storytime Schedule:

Isty Bitsy Infant Storytime	M	10:30a	0-1 yr.
Babies & Books Storytime	Tu	10:30a	0-2 yrs.
Family Pajama Storytime	W	7p	All Ages
Toddler Time Storytime	Th	10:30a	1.5-3 yrs.
Preschool Storytime	F	10:30a	3-5 yrs.
Family Storytime	Sa	10:30a	All Ages

SamTrans route 251 serves Foster City. Call 1 (800) 660-4287 for routes and schedules.

Youth & Teen

Arts & Crafts

Ceramics

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

No Class on Wednesday, 11/11.

Instructor: Tammerlaine Burwell

Ages: 8-18 yrs.

202173-A 9/23-11/28 W 4:15p-5:45p \$85 Ceramics

Christina's Art Adventure **New**

Does your child love art? An exciting art adventure awaits every Saturday morning as your child goes on an artistic journey of self-expression utilizing various art mediums such as paint, fabric, clay and more. Your child will learn cartooning, fashion design, jewelry making, abstract art, 3-d painting, and improv acting. Your child will gain new friendships, discover new interests, and further develop their creative passions. Their creativity will come alive and their confidence will soar. A \$60 lab fee will be payable to the instructor the first day of class.

Instructor: Christina Stenstrom

Ages: 7-12 yrs.

202101-A 9/12-11/14 Sa 10:30a-12:30p \$150 Gull

Knitting 1

Kids will learn the craft of knitting by learning basic skills such as purling and knit stitches. They will learn to cast on and bind off stitches. They will learn to make scarves, blankets and more. This craft is a great opportunity for them to express their creativity and make great items. Materials needed: 10mm straight wooden knitting needles, 2-3 balls of worsted weight variegated yarn (light colors – no browns, dark blues, or black), and scissors. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult.

203166-A 9/17-10/8 Th 9a-10:30a \$50 Crane

Knitting 2

Take what you have learned in the Beginning Knitting class to the next level. Learn increasing, decreasing, ribbing and more. Students will learn to read and work from a pattern. You will start your first project so you will need to bring 2-3 balls of yarn and a variety of needles. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

203167-A 10/22-11/12 Th 9a-10:30a \$50 Crane

Music & Dance

Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn pli , tendue and saut  and more. We will have fun skipping and twirling like a ballerina. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting). Parents are invited to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

201331-A 9/17-11/19 Th 3p-3:40p \$115 Spirit

Ballet Technique

In this class we will focus on Ballet techniques while learning the different positions, correct alignment, working at the barre, center and across the floor work. 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 during class please as they can be distracting). Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 6-11 yrs.

201331-B 9/17-11/19 Th 3:45p-4:45p \$125 Spirit

Ballet 1

This class is designed for the student who has had at least three sessions of ballet technique, equivalent training or instructor's approval. We will continue to build on ballet technique while also learning turns, waltz, pas de bouree and more. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting). Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 8-13 yrs.

201331-C 9/17-11/19 Th 4:45p-5:45p \$125 Spirit

Guitar

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 8-13 yrs.

Beginning - Your path to guitar mastery begins here. You'll learn to play guitar with an emphasis on reading music. Music Art will provide guitars for class and home use for the session. All students will receive Book One (with CD) at the first class.

202217-A 9/17-11/19 Th 6:30p-7:20p \$240 Off Site

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

202217-B 9/15-11/17 Tu 7-7:50p \$240 Off Site

Beginning Ukulele

Playing the ukulele is easy and fun! Sign up now and don't miss out on learning to play this classic Hawaiian instrument. You will learn tuning, basic chord positions, chord progressions, and strumming patterns. By the end of the course, you will be able to play many popular songs. Music Art will provide ukuleles for class and home use.

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 14 yrs.-Adult

202228-B 9/14-11/16 M 7p-7:50p \$230 Off Site

Piano, Beginning

Learn to play the piano in a special group setting. Students will each sit at an electric piano with headphones as the instructor 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. Maximum of six students per class.

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 5-7 yrs.

202207-A 9/16-11/18 W 3:30p-4:20p \$237 Off Site

202207-B 9/16-11/18 W 4:30p-5:20p \$237 Off Site

Ages: 6-10 yrs.

202207-C 9/16-11/18 W 5:30p-6:20p \$237 Off Site

202207-D 9/15-11/17 Tu 6p-6:50p \$237 Off Site

Ages: 7-11 yrs.

202207-E 9/16-11/18 W 6:30p-7:20p \$237 Off Site

Youth & Teen

Rock Drums, Beginning

Rock out with us on the drums! Have fun learning to play drums and other percussion instruments. You will learn to play different styles of drum rhythms, read music notation, and write your own rhythms. By the end of this session, you will be able to rock out on a drum set and other percussion instruments. Students will use electronic drum pads in class and will receive a drum pad and drumsticks for practicing at home.

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 8-13 yrs.

202227-A 9/14-11/16 M 6p-6:50p \$230 Off Site

Happy Harmonica Happening New

Can't carry a tune in a bucket? Can't read music and don't want to? Bill will have you playing a selection from Beethoven's 9th Symphony by the end of the first hour. You'll learn using a new method never seen before. If a 98 year old can learn how to play the harmonica, so can you. A \$10 materials fee is to be paid to the instructor at the first class meeting for a harmonica. **No class on Tuesday, 10/27 and 11/24.**

Instructor: Bill Fried

Ages: 8-18 yrs.

202222-A 9/15-12/8 Tu 4-5p \$245 Spray

Tap Intro.

This class is designed for students with little or no tap experience. This class will focus on the basic tap steps including a variety of shuffles, flaps, slaps and more. Students will work both center and across the floor. Please wear leotard (with no skirt attached as it can be a distraction) and tap shoes. Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 6-10 yrs.

201332-B 9/17-11/19 Th 5:45p-6:30p \$115 Spirit

Tap Dancing for Teens and Adults

Want to make music with the "souls" of your feet? Join us in exploring the rhythms of a uniquely American dance style - Tap Dancing! **No Class Wednesday, 11/11.**

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

Tap I - Join us for a beginning level class – no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes required after the first class.

203347-A 9/16-11/25 W 8:20p-9:05p \$85 Spirit

Tap II - If you've mastered flaps and shuffles, join us in exploring more complex combinations.

203347-B 9/16-11/25 W 6:10p-7:10p \$90 Spirit

Tap III - Looking for more of a challenge? This class moves quickly, so previous experience is a must.

203347-C 9/16-11/25 W 7:15p-8:15p \$90 Spirit

Special Interest

Cardiopulmonary Resuscitation (CPR)

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life-saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. CPR classes are for Foster City residents only.

No phone registrations will be taken

Instructor: Fire Department Staff

Off Site Location: Foster City Fire Station, 1040 E. Hillsdale Blvd.

Ages: 12 yrs.-Adult

203401-A 11/7 Sa 9a-3p \$27 Off Site

Emergency Preparedness for Home and Work

Let the Fire Department teach you how you can prepare your family and home for a disaster. September 11th and, more recently, Hurricane Katrina, taught us that being prepared can make a big difference in how effectively we can respond to emergencies. As Californians, we also face the potential for large earthquakes, floods, and fires. This class will help you prepare for disasters of all kinds. There is plenty of time for questions, so come ready to participate.

Instructor: Fire Department Staff

Off Site Location: Foster City Fire Station, 1040 E. Hillsdale Blvd., Foster City

Ages: 12 yrs.-Adult

203402-A 10/10 Sa 9a-11a Free Off Site

Intensive SAT/ACT Math Prep

This course is taught by an elite SAT/ACT tutor in the Bay Area. A graduate of UCLA, she also graduated with honors from graduate programs at USC and UC Davis. The course will offer a comprehensive review of SAT/ACT Math and test-taking strategies. Instructor will go over particularly challenging problems in class to familiarize students with her proprietary test-taking strategies. Questions can be directed to instructor at ruby.c.mail@gmail.com. **Required material: Master the SAT 2014 by Peterson's, (ISBN-10: 076893754X)**

Instructor: Ruby Chen

Off Site Location: Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo

Ages: 16-18 yrs.

202499-B 11/7-11/21 Sa 10a-1p \$250 Off Site

Comprehensive SAT Review

This course is taught by an elite SAT/ACT instructor in the Bay Area. It is intended to give students a comprehensive discussion on SAT questions types and test-taking strategies. Questions can be directed to instructor at ruby.c.mail@gmail.com. **Required material: Master the SAT 2014 by Peterson's, (ISBN-10: 076893754X)**

Instructor: Ruby Chen

Ages: 16-18 yrs.

202499-C 9/12-9/26 Sa 10a-1p \$250 Crane

Essentials of Debating

This class teaches essentials of Debating. The students learn how to make strong arguments, use tools like flow, and practice note taking. This course instills critical thinking in students by providing reasoning and evidence. This course introduces various formats of the debates popular in high school. The participants debate on a variety of their age appropriate topics in various formats.

Instructor: Bay Area Debate Club

Ages: 10-14 yrs.

205169-A 9/22-11/10 Tu 5:30-6:30p \$160 Spray

Bay Area Debate Club Speaking with Confidence for Adults

Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. We cannot escape from the occasions where we have to speak in front of a large group, be it at work, parties or schools. In this course participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. It improves their confidence in public speaking and communication skills.

Instructor: Bay Area Debate Club

Ages: 18-50 yrs.

205170-A 9/22-11/10 Tu 6:30-8p \$160 Spray

Common Core Writing/Reading: Expository

Be clear in your explanations. Learn by reading well-written expository texts that include strong techniques to define, explain, and inform. Practice those techniques in your writing through student collaboration. Experienced teachers. Ongoing feedback. A materials fee of \$15-\$25 is due to the instructor the first day of class. For more information go to info@communicationacademy.com or www.communicationacademy.com. **No class on Friday, 10/16, 10/23, and 11/27.**

Instructor: Communication Academy

Ages: 7-8 yrs.

205444-E 9/18-12/11 F 4-5p \$255 Spray

Ages: 9-11 yrs.

205444-F 9/18-12/11 F 5:15-6:15p \$265 Spray

Youth & Teen

Math Olympiad

Our ongoing Math Olympiad Series is designed to help students strengthen math intuition and master major strategies in creative problem solving. Topics may include sequences, series, principles of divisibility, geometric configurations and logic. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores. Different topics covered each quarter; courses can be taken in any order. A materials fee of \$25 is due at the first day of class. For course information call (408) 777-8876, or visit www.communicationacademy.com. **No class on Saturday, 10/17, 10/24 and 11/28.**

Instructor: Communication Academy

Ages: 7-8 yrs.

205444-G 9/19-12/12 Sa 10:45-11:45a \$265 Mallard

205444-H 9/19-12/12 Sa 9:30-10:30a \$265 Mallard

Pre-Public Speaking: Confident Speech

Enhance your child's public speaking foundation. Students learn in a collaborative environment that fosters confidence, clear speech, proper nonverbal communication, and encourages children to organize their thoughts and exhibit vocal confidence. Ongoing feedback, experienced instructors. Material fee of \$15 is due to instructor the first day of class. For more information: (408)777-8876 or www.communicationacademy.com. **No class on Thursday, 10/15, 10/22, and 11/26.**

Instructor: Communication Academy

Off Site Location: Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo

Ages: 5-6 yrs.

205450-A 9/17-12/10 Th 4-5p \$255 Off Site

Ages: 7-8 yrs.

205450-B 9/17-12/10 Th 5:15-6:15p \$255 Off Site

Public Speaking: Persuasive

Based on Common Core standards, Persuasive Speech teaches the oral skills of persuasion. Students will learn how to develop a well-organized and cohesive argument to sway an audience. Detailed feedback, professional coaches. Recording preserves your child's progress on their first week and their last. Material fee of \$25 is due to instructor the first day of class. For more information: (408)777-8876 or www.communicationacademy.com. **No class on Saturday, 10/17, 10/24, and 11/28.**

Instructor: Communication Academy

Ages: 9-11 yrs.

205450-C 9/19-12/12 Sa 2:15-3:15p \$265 Mallard

Ages: 11-14 yrs.

205450-D 9/19-12/12 Sa 1-2p \$265 Mallard

Intensive Writing for College Bound - NEW

Building essential writing skills by connecting a robust vocabulary to an organized idea. Establishing basic cause-effect sequences in Standard Written English. **No Class on Sunday, 10/18.**

Instructor: Adam Donovan

Ages: 13-17 yrs.

202494-A 9/13-9/27 Su 2-3:30p \$210 Gull

202494-B 10/4-10/25 Su 2-3:30p \$210 Gull

Video Game Design: Platform Games

Using Multimedia Fusion 2 software, students will create a multi-level platform game. In this class kids will learn to create unique levels, characters, challenges and develop an original plot line. Give your characters gravity and create interesting and original bad guys to face you through your game. Working with design, animation and programming tools, students will create a fun and engaging platform adventure. Special note: This class comes with a prerequisite: Students must have been involved in beginning Games or Game Design: Beginning to Advanced for this class.

Instructor: Freshi Media Staff

Off Site Location: Barrett Community Center, Room B, 1835 Belburn Drive, Belmont

Ages: 8-12 yrs.

205438-A 9/16-11/4 W 4-5:15p \$135 Off Site

Chinese Exploration

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

Sports & Fitness

Bombay Jam **NEW**

Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam is the ultimate dance fitness total body workout that is effective, safe, easy to follow, and packed with authentic Bollywood flavor. The program has a serious focus on integrating fun and fitness. Bombay Jam incorporates cardio and toning routines into one action packed class with routines that are set to custom music mixes created by Bombay's hottest DJs. The music is a blend of Bollywood and mainstream Top 40 tracks, resulting in one-of-a-kind mixes that are refreshing, energizing and universally appealing. In just an hour-long class, you can burn up to a whopping 800 calories. **No class on Wednesday, 11/11, and Wednesday, 12/ 2.**

Instructor: Priyanka Shinde

Ages: 13 yrs.-Adult

203313-A 9/14-11/16 M 8-9p \$120 Lagoon

203313-B 9/16-12/9 W 8-9p \$120 Lagoon

203313-C 9/14-12/9 M & W 8-9p \$220 Lagoon

Intro. to Ice Skating

Make your child's first skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Please wear warm, non-restrictive clothing, ankle high socks, and gloves or mittens. Helmets are encouraged. No class on November 26.

Instructor: Belmont Iceland Staff

Off Site Location: Belmont Iceland, 815 Old County Road, Belmont

Ages: 7-12 yrs.

202528-A 9/15-11/24 Th 6:15p-6:45p \$70 Off Site

202528-B 10/22-12/10 Th 6:15p-6:45p \$82 Off Site

Youth & Teen

Gymnastics with Peninsula Gymnastics

Our program consists of movement and gymnastics classes designed to help students develop a sense of physical fitness, coordination, and self-esteem. Students learn basic gymnastics skills such as climbing, rolling, swinging, jumping and balancing while improving their listening skills and ability to follow directions. Classes include use of: tumble trak, rings, trapeze, balance beam, preschool bars, Olympic size padded floor, foam-filled pit, and two in-ground trampolines.

Instructor: Peninsula Gymnastics USAG Certified Staff

Off Site Location: Peninsula Gymnastics, 1740 Leslie Street, San Mateo

Ages: 2-4 yrs.

201536-A	9/15-11/24	Tu	10a-10:55a	\$165	Off Site
201536-B	9/16-11/18	W	9a-9:55a	\$165	Off Site

Ages: 4-6 yrs.

201536-C	9/15-11/24	Tu	2:30p-3:25p	\$165	Off Site
201536-D	9/15-11/24	Tu	3:30p-4:25p	\$165	Off Site
201536-E	9/16-11/18	W	2p-2:55p	\$165	Off Site
201536-F	9/16-11/18	W	3p-3:55p	\$165	Off Site

Indoor Rock Climbing

Do your kids love to climb anything in sight? Looking for something new and fun to do this fall? Your child will learn to climb, play climbing games, and meet other young climbers in a safe environment. Please arrive 15 minutes early to complete liability waiver form. Parents must bring government issued photo identification for waiver verification. Planet Granite T-shirt is included. **No class on Thursday, 11/26, and Friday, 11/27.**

Off Site Location: Planet Granite, 100 El Camino Real, Belmont, (650) 591-3030.

Instructor: Stephanie Ko Pound

Ages: 5-13 yrs.

205545-A	9/8-10/6	Tu	4-6p	\$175	Off Site
205545-B	9/10-10/8	Th	4-6p	\$175	Off Site
205545-C	9/11-10/9	F	4-6p	\$175	Off Site
205545-D	10/13-11/10	Tu	4-6p	\$175	Off Site
205545-E	10/15-11/12	Th	4-6p	\$175	Off Site
205545-F	10/16-11/13	F	4-6p	\$175	Off Site
205545-G	11/17-12/15	Tu	4-6p	\$175	Off Site
205545-H	11/19-12/17	Th	4-6p	\$137	Off Site
205545-I	11/20-12/18	F	4-6p	\$137	Off Site

Hakua Kai Karate

Build self-confidence and physical strength as you learn the skill and movements of the traditional art of Japanese Karate-Do. Classes will combine lecture and physical training. You will gain positive spirit, good health, and learn self-defense. A Karate (Gi) uniform is required for all classes, and can be purchased from the instructor. See individual class descriptions below.

Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt and/or staff

Karate, Intro/Beg. - Coed

This class will emphasize hand-eye coordination, body awareness, social interaction, and concepts of Karate. It also builds confidence and motivates your child to learn, and increase concentration. 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. **No class on Wednesday, 11/11.**

Ages: 5-13 yrs.

202553-A 9/21-11/23 M 5p-5:45p \$116 Mist

202553-B 9/23-11/25 W 5p-5:45p \$116 Mist

Karate, Advanced Beginner

This course will continue lecture and physical training in Japanese Karate which will stress more advanced basic level of blocking, kicking, punching, and striking. Contents to include skill drills, Kihon, Kata, and Kumite. Not for the first time students. **No class on Wednesday, 11/11.**

Ages: 7-16 yrs.

202553-C 9/21-11/25 M&W 5:45p-6:30p \$216 Mist

Karate, Intermediate/Advanced

This class is designed for children who have completed two or more sessions of Pre-Karate I and/or have the instructor's approval. Children will work on refining their skills at a more advanced level. All students in this class must have instructor's approval and pass a beginning level exam before advancing up in class. **No class on Wednesday, 11/11.**

Ages 7-16 yrs.

202555-A 9-21/11/23 M & W 6:30p-7:15p \$216 Mist

Kobujutsu (Weapons), Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program.

Ages: 8 yrs.-Adult

202556-A 9/21-11/23 M 7:15p-8p \$55 Mist

Kobujutsu (Weapons), Inter./Coed

Grade level 5 Kyu and above in Kobujutsu. Must have approval to enroll in this class. For more advanced students, please speak with instructor. **No class on 11/11. Make up class will be on Monday, 11/9, at 7:15p.**

Ages: 9 yrs.-Adult

202556-B 9/23-11/25 W 7:15p-8p \$55 Mist

Kidz Love Soccer

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

Instructor: Kidz Love Soccer Staff

Location: Edgewater Park, Foster City

Soccer 1: Techniques & Teamwork –Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Soccer 1 is well suited to the first time player while still being fun and engaging for kids who already have soccer experience. All participants will receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5-6 yrs.

201594-A 9/18-11/6 F 4:25-5:10p \$114

Soccer 2: Skills & Scrimmages

Kids 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of the skills that players are developing. All levels are welcome to come enjoy the world's most popular game. Each participant receives a soccer jersey. Shin guards are required.

Ages: 7-10 yrs.

201595-A 9/18-10/16 F 6-6:45p \$80

Youth & Teen

Terrific Tiny Tennis

Children, 4-7 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons. Four max for 4-6 year olds and six max for 5-7 year olds. Students provide their own racket. We recommend the 23" to 25" rackets. **No lessons on Wednesday, 11/25, and Thursday, 11/26.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

202511-A 9/14-10/7 M & W 3:20-3:50p \$99

202511-B 10/19-11/4 M & W 3:20-3:50p \$81

202511-C 11/16-11/30 M & W 3:15-4p \$81

Ages: 5-7 yrs.

202511-D 9/14-10/7 M & W 3:50-4:30p \$99

202511-E 10/19-11/4 M & W 3:50-4:30p \$81

202511-F 9/15-10/8 Tu & Th 3:20-4p \$99

202511-G 10/20-11/5 Tu & Th 3:20-4p \$81

202511-H 11/17-12/1 Tu & Th 3-4p \$81

Tennis Skill Level Descriptions

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth (9-14) classes of 3-8 students will consist of six hours of instruction. Classes of two students will be converted into 4 lessons. Students provide their own rackets.

Youth Quickstart: Kids 9-10 years old will enhance their skill development with low compression tennis balls on the "60-ft. court." Play to learn.

Quickstart Advantage: Kids, 8-10 yrs. old, who are fairly consistent on maintaining a slow paced rally on a "60-ft. court." Players should have prior Quickstart experience and/or instructor's approval.

Novice: Develop the essential techniques with emphasis on control, depth, and direction. Lessons also incorporate rules, etiquette, and basic doubles play.

Low-Intermediate: For players who are consistent on a slow paced rally but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with an emphasis on basic strategy and tactics.

Intermediate: For players who are consistent on the medium paced shots but need to develop more spin, power and/or variety. Basic to advanced shots, strategy and tactics will be introduced and reinforced by performance enhancing skills.

Tennis, Youth

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No lessons on Wednesday, 11/25, and Thursday, 11/26.**

Please see the Tennis Skill Levels Descriptions for more details.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Quickstart Tennis

Ages: 8-10 yrs.

202521-A	9/15-10/8	Tu & Th	4-5p	\$99
202521-B	10/20-11/5	Tu & Th	4-5p	\$81
202521-C	11/17-12/1	Tu & Th	4-5:30p	\$81

Quickstart Advantage

Ages: 8-10 yrs.

202521-D	9/14-10/7	M & W	4:30-5:30p	\$99
202521-E	10/19-11/4	M & W	4:30-5:30p	\$81
202521-F	11/16-11/30	M & W	4-5:30p	\$81

Novice

Ages: 11-14 yrs.

202521-G	9/15-10/8	Tu & Th	5-6p	\$99
202521-H	10/20-11/5	Tu & Th	5-6p	\$81

Low Intermediate

Ages: 11-14 yrs.

202521-I	11/17-12/1	Tu & Th	6-7:30p	\$81
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Intermediate

Ages: 11-14 yrs.

202521-J	9/14-10/7	M & W	6:30-7:30p	\$99
202521-K	10/19-11/4	M & W	6:30-7:30p	\$81
202521-L	11/16-11/30	M & W	6-7:30p	\$81

Tennis, Teen & Adult

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No lessons on Wednesday, 11/25, and Thursday, 11/26.**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

203531-A	9/15-10/8	Tu & Th 6:30-7:30p	\$99
203531-B	10/20-11/5	Tu & Th 6:30-7:30p	\$81

Low Intermediate

203531-C	9/15-10/8	Tu & Th 7:30-8:30p	\$99
203531-D	10/20-11/5	Tu & Th 7:30-8:30p	\$81
203531-E	11/17-12/1	Tu & Th 7:30-9p	\$81

Intermediate

203531-F	9/14-10/7	M & W 7:30-8:30p	\$99
203531-G	10/19-11/4	M & W 7:30-8:30p	\$81
203531-H	11/16-11/30	M & W 7:30-9p	\$81

Tennis Rain Policy

In case of rain at any point during the day of your lesson, contact the Recreation Center before coming to class. Report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation Department.

NOTE: If an earlier class is postponed due to rain, following classes may also be postponed even if the courts become dry.

Youth & Teen

Individual Tennis Lessons, Stanford Tennis

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, from beginners to advanced. To arrange a lesson, please call the Recreation Department at (650) 286-3380 or visit www.WhitlingerSarsfieldTennis.com for more information.

Instructor: Stanford/Whitlinger & Sarsfield Tennis

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

Fee: \$65 per hour or \$180 for three one-hour lessons. Add \$5 per hour for each additional person.

Individual Tennis Lessons, Zalles Racquet Sports

Beginning students learn forehand, backhand, footwork, serve, volley, and are introduced to game strategy. For intermediate and advanced students there are drills, technique corrections and strategies for competitive point play. Develop your potential and maximize your enjoyment of the game. All ages, all levels. **Call Zalles Racquet Sports at (650) 345-9727 to make arrangements.**

Location: Boothbay Park

Fee: \$65 per hour or \$180 for three one-hour lessons. Add \$5 per hour for an additional person.

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class.

Instructor: Clint Steele

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 14 yrs.-Adult

203505-A 9/14-12/14M 7p-10p \$87 Off Site

Volleyball, High Intermediate – Advanced

For the experienced volleyball player. This class is intended for those players that already possess the basic individual and team skills. The ability to serve, pass, set, spike, run a 6-2 offense, and a perimeter defense are prerequisites. This class emphasizes specialization, multiple offenses, multiple defenses, play calling, strategies, and other finer points of the game. You are expected to already know rules and volleyball protocols and to have demonstrable, consistently good fundamental skills. Two courts, lots of playing time. Attendance on the first night is required for new participants. A \$3 lab fee is due at the first class. **No class on 11/11.**

Instructor: Clint Steele

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 14 yrs.-Adult

203506-A 9/9-12/16 W 7p-10p \$93 Off Site

Youth & Teen

Foster City Youth Advisory Committee

The 2015-2016 members of the Youth Advisory Committee (YAC) will be sworn in, 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.

Middle School Dances

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

September 18, 2015

November 13, 2015

February 19, 2016

May 6, 2016

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

Support the Youth & Teen Foundation

The Foster City Youth & 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 new 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 email her at dlandwehr@fostercity.org.

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 and on weekends. They are able to play pool, foosball, Nintendo Wii, Sony Playstation 3, 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. Please call The Vibe at (650) 286-3254 for more information.

Hours:

Monday, Tuesday, Thursday	3p-6:30p
Wednesday	2p-6:30p
Friday	3p-10p

Rent The VIBE!!!

Looking for a fun place to hold a birthday party or other special events? The VIBE is available for rent on Saturdays and Sundays. For more information, please call (650) 286-3395.

You're cordially invited to the
2015 Foster City
Sports Wall of Fame Induction

Please Join us in honoring the
new inductees:

Rick Kelly
Lee Hammer

Saturday, August 22

10 am

@ Sea Cloud Park

The Sports Wall of Fame is dedicated to recognizing outstanding contributions and commitment to Foster City youth in the spirit of sportsmanship, athletics and teamwork.



Community Bike Ride

Sunday, September 20, 2015

10am-1pm @ Boothbay Park

5 or 11 Mile Ride • Tot Trike Ride – 11am

Bike Safety Checks ~ Giveaways ~ Water & Snacks

www.fostercity.org | (650) 286-3380



The VIBE Halloween Festival



A Fundraiser for the Foster City Youth and Teen Foundation

Saturday, October 31, 2015

11AM-2PM

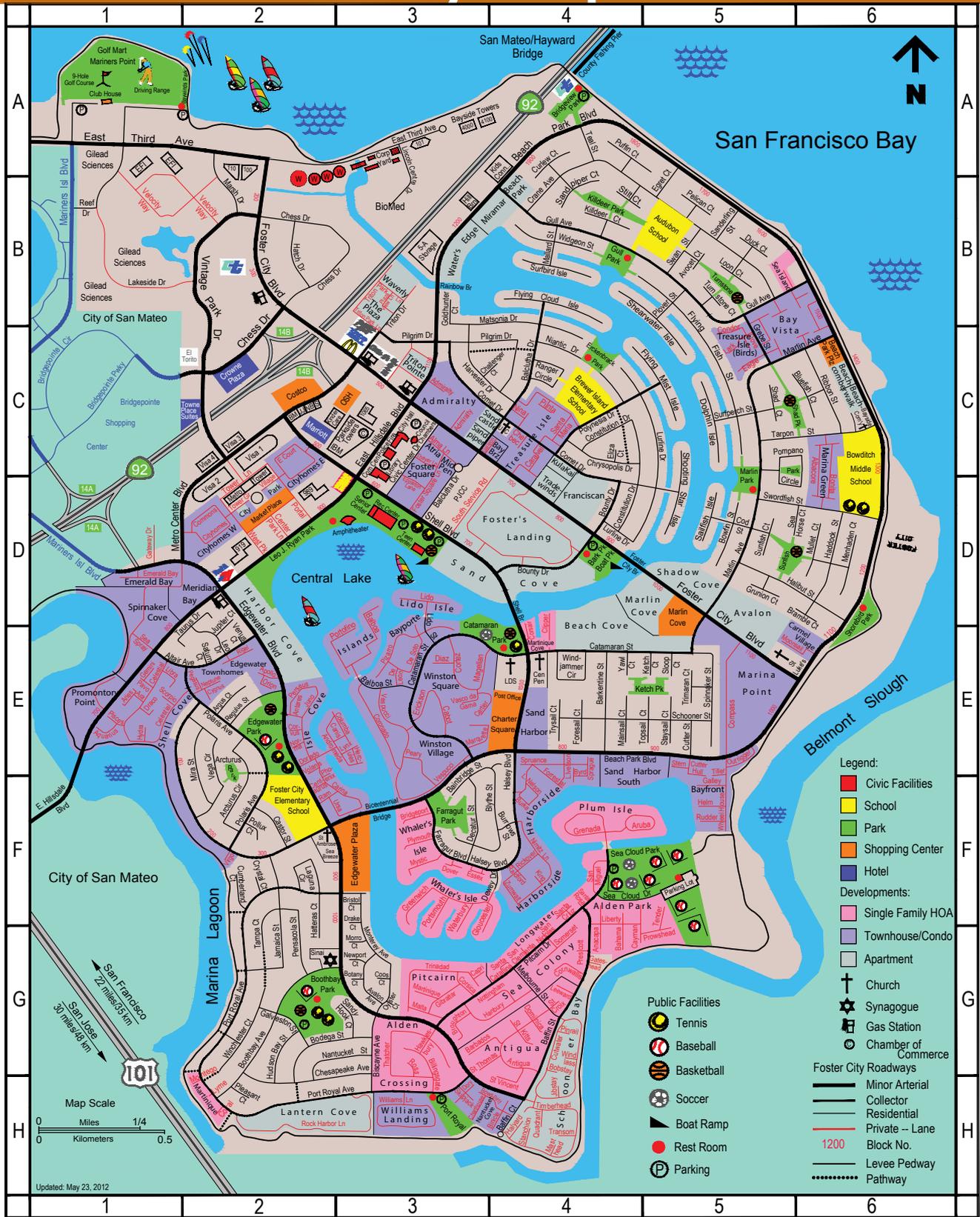
Foster City Teen Center: 670 Shell Blvd.

Admission is \$3 per person

Activities for PreK-5th Grade

(Ages 2 and under Free)

City Map



Amphitheater D-3
 Arcturus Park H-3
 Audubon School B-7
 Bay Winds A-2
 Boat Park E-F-7
 Boothbay Park J-4
 Bowditch D-E-9
 Brewer Island School D-6-7
 Bridgeview Park A-4
 Catamaran Park F-5-6

Chamber of Commerce .. E-4
 Corporation Yard B-4
 City Hall D-5
 Council Chambers D-5
 Dog Park F-7
 Edgewater Park G-H-4
 Erckenbrack Park C-7
 Farragut Park H-5
 Fire Department D-5
 Foster City School H-4

Gull Park B-7
 Hillbarn Theatre B-5
 Ketch Park G-7
 Killdeer Park G-7
 Leo J. Ryan Park E-F-4-5
 Library/Comm. Center E-5
 Marlin Park E-8
 Police Department D-E-5
 Port Royal Park K-5

Post Office G-6
 Recreation Center E-5
 Sea Cloud Park H-I-7-8
 Senior Wing E-5
 Shad Park D-8
 Shorebird Park D-E-6
 Sunfish Park E-8
 Turnstone Park C-8
 VIBE Teen Center E-5

Park Map & Grid

BALLFIELD 	BEACH 	CHILDREN'S PLAY AREA 	PICNIC AREA 	TENNIS COURTS 
BASKETBALL COURTS 	BIKE PATH 	COMMUNITY BUILDING 	RESTROOMS 	VOLLEYBALL COURTS 
BARBECUE 	BOAT LAUNCH 	BOCCE BALL 	SOCCER FIELDS 	DOG PLAYGROUND 

PARKS/ACRES															
ARCTURUS/.75															
BAYWINDS/1.3 (EAST 3RD AVENUE PARK)															
BOAT /DOG/3.18															
BOOTHBAY/11.21															
BRIDGEVIEW/3.2 (WERDER PARK)															
CATAMARAN/5.88															
EDGEWATER/8.53															
ERCKENBRACK/3.48															
FARRAGUT/3.86															
GATESHEAD/.12															
GULL/3.14															
KETCH/1.6															
KILLDEER/2.42															
LEO J. RYAN/20.73															
LEO PARK/0.15															
LEVEE PEDWAY/11.2															
MARLIN/3.13															
POMPANO/.56															
PORT ROYAL/3.98															
SEA CLOUD/23.9															
SHAD/2.16															
SHOREBIRD/3.5 (DESTINATION PARK)															
SUNFISH/2.41															
TURNSTONE/1.53															

Registration Form



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

Participant's Name	Age	Birthdate	M/F	Activity Name	Activity #	Fee

Persons with disabilities are welcome to participate in any class or activity offered. Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?
If yes, check here:

Fees: \$ _____

Non-Resident Fee (add \$10 per class): \$ _____

TOTAL: \$ _____

PAYMENT INFORMATION

Payment Method: Cash Check (Payable to "City of Foster City") Credit Card

Receipt: Email Mail

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

Name on Card: _____

Card Number: _____ - _____ - _____ - _____

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

Signature: _____



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

Registration

ONLINE

Starting Wednesday, August 12, 2015

Go to www.fostercity.org, then click on Classes.

MAIL-IN

Starting Wednesday, August 12, 2015

Foster City Parks and Rec. Dept. – Registration

650 Shell Blvd.

Foster City, CA 94404

FAX-IN

Starting Wednesday, August 12, 2015

Fax completed form including

all your MasterCard/Visa information

to (650) 345-1408, Attn: "Registration"

WALK-IN

Starting Monday, August 24, 2015

Monday-Thursday 8a-10p

Friday 8a-5p

Saturday 9a-4p

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. (There will be a fee charged for each returned check).
- 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 canceled and all registration fees refunded.
- There is a non-refundable \$5 administrative fee for ALL classes, which is already included in the advertised cost.
- Class registrations will not be taken over the phone.

Non-Resident Registration

- Non-resident fee: Add \$10 per class/activity.
- Non-resident registration begins August 24, 2015

Refund Policy

- Requests for refunds received after the start of class and prior to the third class meeting will be prorated based on the number of classes conducted, not attended. Requests for refunds received after the start of the third class meeting will be denied.
- There will be a \$5 administrative fee deducted from all refunds.
- Refunds take 3-6 weeks to receive in the mail. Refunds are processed by check only, no credits will be given.

Foster City Parks & Recreation Department's Satisfaction Guarantee

We constantly strive to provide you with the highest quality recreation programs. If you are dissatisfied with the quality of our programs or instructors, we encourage you to contact us immediately so that we can work to resolve your concern and improve the quality of our programs for all participants. If we are unable to resolve your concerns, we will be happy to transfer you to another class or issue a full refund.

Some of our programs, for example, Adult Leagues, Tennis, Hillbarn Theatre, California Windsurfing, Facility Permits, Trips and Tours, Jazzercise, Community Chorus, and other community programs advertised in this publication have different, specific policies which do not fall under the Satisfaction Guarantee Policy. Your complete satisfaction with these programs is equally valued, and we will work with you to resolve your concerns and satisfaction in these activities as well. Please contact us in writing, by phone, or in person at the Recreation Center. Requests must be made as soon as a concern arises, but prior to the final class meeting to receive a refund.

FOCUS *on* Families

The Parks and Recreation Department recognizes the needs, interests, and issues of families and offers diverse opportunities to strengthen family bonds. The Focus on Families section provides a variety of family-oriented programs, resources, and activities. Explore these pages for updated information each season.

Classes

Christmas Lights Kayak Tour

NEW

Join us for a special kayak tour of the Christmas Lights, perfect for the "little ones". We will kayak in calm shallow waters using very stable kayaks. We will begin with a discussion on equipment and instructions on kayaking. We will then hit the water, cruising at a relaxed pace. Kids will have the opportunity to paddle, or just enjoy the ride while enjoying the Christmas festivities. Hot chocolate and tea provided.

Fee covers up to one adult and two children or two adults and one child.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 4 yrs.-Adult

203590-A 12/2 W 5-6:30p \$70 Off Site

Couples Kayak & Dine

Join us for a fun and exciting romantic adventure with your partner. Spend the day touring the lagoon with a break for lunch at one of the waterfront restaurants in the area. Enjoy the scenery, sea breeze, sunshine and local cuisines. We will be using double sea kayaks that are very safe and stable, ideal for all kayaking abilities. The program will begin with a quick discussion on land covering equipment and instructions on basic kayaking.
Fees are per person, lunch fee not included.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

203590-B 10/4 Su 11a-2:30p \$68 Off Site

Family Kayaking **NEW**

Join us for a special kayak tour of the Foster City Lagoon perfect for the "little ones". We will kayak in calm shallow waters using very stable kayaks. The day will begin with a discussion on equipment and instructions on kayaking. We will then hit the water, cruising at a relaxed pace. Kids will have the opportunity to paddle, or just enjoy the ride with stops for snacks and play on and off the water.

Fee covers up to one adult and two children or two adults and one child.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 4 yrs.-Adult

Level: Beginner

203590-C 9/20 Su 9:30a-11a \$70 Off Site

203590-N 9/20 SU 11:30a- 1p \$70 Off Site

203590-D 10/18 Su 9:30a-11a \$70 Off Site

203590-O 10/18 Su 11:30a - 1p \$70 Off Site

203590-E 11/15 Su 9:30a-11a \$70 Off Site

203590-P 11/15 Su 11:30a-1p \$70 Off Site

Sunset Kayak Tour

Spend the evening touring the lagoon while the sun sets over the horizon. Enjoy the sea breeze, sunshine and good times. We will be using double sea kayaks that are very safe and stable, ideal for all kayaking abilities. The program will begin with a quick discussion on land covering equipment and instructions on basic kayaking. **Fees are per person.**

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

203590-F 11/28 Sa 11a-2:30p \$68 Off Site

Kayaking for for Adults/Seniors Series

This program is designed for people who want to be active. You set the pace of instruction while we provide emphasis on ease, safety, and comfort. Day 1 will begin with equipment, paddle techniques, and safety. Day 2 we will be developing our new skills and incorporating a few new techniques. Day 3 will cover tides & currents, on land transportation/storage/maintenance, and rescue skills. Each day we will have plenty of time for on water practice. The goal of the program is to have you ready to paddle on your own with confidence and skills needed to continue developing your kayaking experiences and remain active.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 18 yrs.-Up

No Class 10/2

203590-G 9/25-10/16 F 10:30a-1:30p \$115 Off Site

No Class 11/23 and 12/7

203590-H 11/16-12/14 M 9:30a-12:30p \$115 Off Site

Learn to Kayak NEW

The day will begin with a discussion on land, equipment overview, paddle techniques, and safety. We will go through these initial exercises designed to help everyone get comfortable while developing boat control. We will return to land for more discussion on kayak transport, car loading, and more paddle techniques. We will have a short break for lunch, then continue practicing our paddle techniques while touring the area. We will be practicing kayak rescues which will require you to get in the water; this is not mandatory but highly recommended.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

203590-I 9/6 Su 9a-2p \$75 Off Site



Focus on Families

Enrichment Programs

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its third year. All workshops will be held at the Foster City Teen Center. 6:30p-8:30p. We encourage you to reserve your spot for any of the above presentations by calling (650) 286-3374 or emailing dlandwehr@fostercity.org. The 2015-2016 Family Enrichment Series is sponsored by Giliead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

Family Self Defense

Date: Thursday, November 5, 2015

Learn how to keep your family safe by taking a free family self-defense class. This workshop is designed to help families be more aware, prepared, and ready for any self-defense situation that may occur.

Presented by: United Studios of Self Defense

Wednesday Enrichment Program

The Wednesday Enrichment Program is offered each Wednesday afternoon (early dismissal day) at Foster City Elementary School and Audubon Elementary School. Each class meeting is one hour in length and serves children 1-5th grades. Instructors come from many different backgrounds and are often members of the community, parents, graduate students, and retirees dedicated to sharing their crafts, life experiences, and hobbies to children in the community. Participation in after school enrichment programs have proven to have a proven benefit for your children, your family and the community you live in.

The Wednesday Enrichment Program includes classes such as:

- Academic Chess
- Mad Science Series
- Engineering FUNDamentals
- After School Tennis
- TGA Premier Jr. Golf

... And MORE!!!

For more information, please call (650) 286-3387.

Events

Off The Grid

Wednesday Nights, 5p-9p

Join Off the Grid every Wednesday evening and enjoy a variety of food trucks, live music, and great food. No need for the family to settle on one restaurant when everyone can have something from their favorite truck! Pull up one of the Adirondack chairs provided by OtG, or spread out with your own picnic blanket. Every Wednesday from 5-9pm at Leo J. Ryan Memorial Parks. Check the the food truck lineup at www.offthegridsf.com/markets.



Passport to Parks



Take a trip through some of your neighborhood's best destinations

Go on an interactive treasure hunt to discover your city's beautiful parks and win prizes. Great for birthday parties!

Tomar un viaje a través de algunos de los mejores destinos de su vecindario

Ir en una búsqueda del tesoro interactivo con su familia mientras explora los hermosos parques de su ciudad y ganar premios! Una gran actividad para las fiestas de cumpleaños!

The fun starts ... | La diversión comienza ...

Farragut Park, 1001 Farragut Boulevard, Foster City

To get started | Para empezar:
smchealth.org/passport2parks



Focus on Families

Resources

Kidfully

Kidfully works to make the entire experience of discovering and researching kids' activities as seamless and as hassle-free as possible. At its core, Kidfully is a place for local families to share their experiences, and to tap into the collective wisdom. For more information, visit www.kidfully.com.

KidzJet

KidzJet provides safe, reliable, and affordable transportation. Breaking the barriers of transportation opens up a world of exploration and learning. Kids are no longer limited by distance, and schools can expand to new avenues to attract talent. For more information, visit www.kidzjet.com.

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 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.

Bay Area Dragon Boats

The Bay Area Dragon Boat Foundation is a 501(c)(3) nonprofit organization and our primary focus is dragon boat paddling and racing. Our racing team is known as the Bay Area Dragons (a.k.a. BAD). We have some of the most experienced dragon boat paddlers in Northern California. Formed in 1996, the Bay Area Dragon Boat Foundation provides coaching, steering, and general support for our members and local teams. Our organization is run by 100% volunteers. BAD is a member of the Pacific Dragon Boat Association (PDBA) and we have competed internationally representing the United States. Visit www.bayareadragons.org for more details.

Ho'okahi Pu'uwai Outrigger Canoe Club

Ho'okahi Pu'uwai Outrigger Canoe Club (HPOCC) was founded in 1998 to promote outrigger canoeing and related Hawaiian and Pacific Island paddling sports. Based in Foster City, CA, HPOCC is a 501c non-profit organization, which supports itself through modest membership dues, tax deductible contributions from individuals and fund raising activities in the community. Visit www.hpocc.org for more details.

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Foster City Parks and Recreation Department

SUMMER CONCERT SERIES

Arts & Crafts

Ceramics

Ceramics instruction in hand building and throwing covering various techniques, skills and projects. A class for the beginner as well as the experienced. Students must provide their own tools. Come join our friendly classes for a relaxing and creative experience. Please note: A mandatory lab fee of \$15 will be payable in cash to the instructor the FIRST night of class. **No class on November 26.**

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

203174-A 9/24-12/3 Th 7-10p \$130 Ceramics

Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1p-4p for students to work on projects. Students are encouraged to bring a lunch. Please note: A mandatory lab fee of \$15 cash is payable to the instructor the FIRST day of class. **No class on November 26.**

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

203175-A 9/24-12/3 Th 10a-4p \$160 Ceramics

Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

No classes on Wednesday, November 11.

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

203176-A 9/19-11/21 Sa 10:30a-4p \$55 Ceramics

203176-B 9/21-11/23 M 10:30a-4p \$55 Ceramics

203176-C 9/22-11/24 Tu 7-10p \$25 Ceramics

203176-D 9/23-12/2 W 10:30a-4p \$55 Ceramics

Art Gallery

The Art Gallery is located in the lobby area of the Recreation Center at 650 Shell Blvd.

Hours:

Monday-Friday 8a-9:30p

Saturday-Sunday Open Upon Request

For artist reception dates, visit www.fostercity.org.

Japanese Flower Arranging

Consists of beginner, intermediate and advanced classes on the art of Japanese flower arranging. Learn the Ikenobo techniques as taught in Japan. The prevailing theme of achieving a maximum effect with a minimum amount of materials challenges a person's creativity while at the same time allows for a relaxing escape from the tensions of the outside world. Students must provide their own scissors, flower vase, Kenzan (flower holder), and flower materials.

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

203188-A 9/17-11/19 Th 10a-Noon \$70 Gull

Knitting 1

Students will learn the craft of knitting by learning basic skills such as purling and knit stitches. They will learn to cast on and bind off stitches. They will learn to make scarves, blankets and more. This craft is a great opportunity for them to express their creativity and make great items. Materials needed: 10mm straight wooden knitting needles, 2-3 balls of worsted weight variegated yarn (light colors – no browns, dark blues, or black), and scissors. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

203166-A 9/17-10/8 Th 9-10:30a \$50 Crane

Knitting 2

Take what you have learned in the Beginning Knitting class to the next level. Learn increasing, decreasing, ribbing and more. Students will learn to read and work from a pattern. You will start your first project so you will need to bring 2-3 balls of yarn and a variety of needles. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

203167-A 10/22-11/12 Th 9 -10:30a \$50 Crane

Music & Dance

American Line Dancing – The Progressive Series

Line Dancing is for fun and exercise open to all ages. Get lively, move with confidence, and stay fit while having fun with or without a partner. Learn the various forms of Line Dancing; e.g., country, waltz, cha cha, tango, rumba, foxtrot, salsa, bachata, NC-2 steps, etc. You will be surprised with the music variety we dance to. Progressive lessons are done by using slow-medium-fast music and varying rhythm applications. **No class on 10/23.**

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

203381-A 9/18-11/13 F 10-11:30a \$65 Spirit

Ballroom Dancing - Beginner

Here is an opportunity for you to learn to dance or brush up on your skills for that special event, wedding, class reunion, or formal party. This is your chance to shine. Join the beginner class and learn the basics. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) **No class on 9/20, 10/11, and 11/22.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Samba, Waltz

203355-A 9/13-10/25 Su 3-4:15p Spirit

East Coast Swing, Rumba

203355-B 11/1-12/6 Su 3-4:15p Spirit

Adult

Ballroom Dancing – Advanced Beginner

You will take the basics learned in the beginner class and add more challenging steps to your dancing vocabulary. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.)
No class on 9/20, 10/11, and 11/22.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Foxtrot, Night Club 2 Step

203356-A 9/13-10/25 Su 4:15-5:30p Spirit

Samba, Waltz

203356-B 11/1-12/6 Su 4:15-5:30p Spirit

Night Club Dancing

Here is an opportunity for you to learn the fun and exciting dances done at nightclubs, dinner parties, cruises, weddings, and class reunions. Join the class and learn the basics. Classes are for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first night you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.)

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Hustle

203365-A 9/22-10/20 Tu 8-9p Spirit

Hustle

203365-B 10/27-11/24 Tu 8-9p Spirit

Salsa Dancing – Beg. and Inter.

Beginner - You will learn the basics of footwork, rhythm, leading and following and fundamental turns. This class is for singles as well as couples. No past dance experience is required.

Intermediate - You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes. No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) Please note: The \$20 drop in card can be purchased in person on the first night you attend class.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

203375-A 9/21-11/23 M 7-8p Spirit

Intermediate

203375-B 9/21-11/23 M 8-9p Spirit

Happy Harmonica Happening NEW

Can't carry a tune in a bucket? Can't read music and don't want to? Bill will have you playing a selection from Beethoven's 9th Symphony by the end of the first hour. You'll learn using a new method never seen before. If a 98 year old can learn how to play the harmonica, so can you. A \$10 materials fee is to be paid to the instructor at the first class meeting for a harmonica.
No class on 10/27 and 11/24.

Instructor: Bill Fried

Ages: 18 yrs.-Up

203222-A 9/15-12/8 Tu 10-11a \$145 Crane

Chorus Groups

Tap Dancing for Teens and Adults

Want to make music with the "souls" of your feet? Join us in exploring the rhythms of a uniquely American dance style - Tap Dancing! **No Class on 11/11.**

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

Tap I - Join us for a beginning level class – no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes required after the first class.

203347-A 9/16-11/25W 8:20-9:05p \$85 Spirit

Tap II - If you've mastered flaps and shuffles, join us in exploring more complex combinations.

303347-B 9/16-11/25W 6:10-7:10p \$90 Spirit

Tap III - Looking for more of a challenge? This class moves quickly, so previous experience is a must.

303347-C 9/16-11/25W 7:15-8:15p \$90 Spirit

Beginning Ukulele

Playing the ukulele is easy and fun! Sign up now and don't miss out on learning to play this classic Hawaiian instrument. You will learn tuning, basic chord positions, chord progressions, and strumming patterns. By the end of the course, you will be able to play many popular songs. Music Art will provide ukuleles for class and home use.

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 14 yrs.-Adult

202228-B 9/14-11/16M 7-7:50p \$230 Off Site

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 Tuesdays from 7p-930p 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 9:30p-10p 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 7p at Foster City School.

Special Interest

Cardiopulmonary Resuscitation CPR

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life-saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only. No phone registrations will be taken.**

Instructor: Fire Department Staff

Off Site Location: Foster City Fire Station, 1040 E. Hillsdale Blvd.

Ages: 12 yrs.-Adult

203401-A 11/7 Sa 9a-3p \$27 Off Site

Adult

Emergency Preparedness for Home and Work

Let the Fire Department teach you how you can prepare your family and home for a disaster. September 11th and, more recently, Hurricane Katrina, taught us that being prepared can make a big difference in how effectively we can respond to emergencies. As Californians, we also face the potential for large earthquakes, floods, and fires. This class will help you prepare for disasters of all kinds. There is plenty of time for questions, so come ready to participate.

Instructor: Fire Department Staff

Off Site Location: Foster City Fire Station, 1040 E. Hillsdale Blvd., Foster City

Ages: 12 yrs.-Adult

203402-A 10/10 Sa 9-11a Free Off Site

CERT (Community Emergency Response Team)

Foster City Fire Department is offering free Community Emergency Response Team (CERT) training to the residence of Foster City. CERT training is a "Hands on" program that gives students the knowledge to plan for an emergency and the skills to assist themselves, their families, and those around them following a major disaster.

Students will receive 25 hours of emergency preparedness training; each class will emphasize a set of skills that will be practiced at a hands-on exercise during the last training class. Upon completion of this course, students will then become a member of the Community Emergency Response Team in their neighborhood.

Space is limited; register by contacting the Foster City Fire Department at (650) 286-3350, or by emailing the Fire Department at cert@fostercity.org.

Wednesdays, 6:30p-9p

September 2, 9, 16, 23, 30 October 7, 14

Saturday, 8a-4p

October 24

Sports & Fitness

Jazzercise

Jazzercise is one of the world's leading dance fitness companies with 8,300+ franchisees teaching 32,000+ classes per week in 32 countries around the world. Instructors train every year to master the Jazzercise method, which fuses cardio, resistance training, Pilates, yoga, kickboxing and the demanding forms of dance. Classes include Fusion, Strike, Core, Strength and Dance Mixx. With constantly changing moves, new beats, a variety of workouts and calorie-crushing intensity, customers can expect to feel results after three classes and expect to stick with it.

Stop working out and start working it...with Jazzercise!

Foster City Recreation Center – 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9a	Debbie	Dance Mixx/Fusion Interval/Strength
M/W	6p	Donna	Dance Mixx
M/W	7p	Donna	Express

Foster City School -

T/Th	6:15p	Debbie	Dance Mixx/Fusion
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Brewer Island School Gymnasium – 1151 Polynesia Drive

Sat.	8:30a	Donna	Dance Mixx
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Audubon Elementary School - 841 Gull Avenue

Sun.	9a	Bobby (Donna)	Dance Mixx
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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 Donna Jones at (650)759-4852 or djfitness@mac.com or Debbie Sweeney at (650) 570-4349 or debbiejazz@comcast.net. Visit www.Jazzercise.com or call 1-800-FIT-IS-IT. Please do not call the Recreation Center.

Bombay Jam **NEW**

Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam is the ultimate dance fitness total body workout that is effective, safe, easy to follow, and packed with authentic Bollywood flavor. The program has a serious focus on integrating fun and fitness. Bombay Jam incorporates cardio and toning routines into one action packed class with routines that are set to custom music mixes created by Bombay's hottest DJs. The music is a blend of Bollywood and mainstream Top 40 tracks, resulting in one-of-a-kind mixes that are refreshing, energizing and universally appealing. In just an hour-long class, you can burn up to a whopping 800 calories. **No class on Wednesday, 11/11, 11/25 and 12/2.**

Instructor: Priyanka Shinde

Ages: 13 yrs.-Adult

203313-A	9/14-11/16 M	8-9p	\$120 Lagoon
203313-B	9/16-12/9 W	8-9p	\$120 Lagoon
203313-C	9/14-12/9 M & W	8-9p	\$220 Lagoon

Gym Rats Boot Camp with Pete Hayden

Strong is the new Skinny! Achieve your fitness goals with this military inspired circuit workout. Calisthenics and training drills develop strength, stamina and agility. The body hates change. It would much rather do the same thing every minute of every day. Well, we have news for you...when you do the same exercise routine day in and day out, you stop seeing results or "plateau". We utilize the principle of muscle confusion. You will never do the same workout twice in a row. Why is this essential? Because your body will be forced to adapt and you will never plateau. You will get results and they will come quickly and continue to come...month after month after month. Time efficient training is our goal. Our classes are 45 minutes to one hour in length. Get in and get out. We keep you moving, building muscle and burning fat from the first minute to the end. Bring water, two dumbbells, and a yoga mat. **No class on Wednesday, 11/11.**

Instructor: Pete Hayden, Certified Personal Trainer – Gym Rats

Ages: 18 yrs.-Up

203601-A	9/2-10/14	W	8:30-9:30a	\$99 Spirit
303601-B	2/18-3/18	W	9a-10a	\$99 Spirit

Shape Up Boot Camp

My job: Motivate you, challenge you, and help you achieve your fitness goals. Your job: Work hard, stay consistent, and you will see and get the results. Shape Up Boot Camp is a conditioning class that is cardio tough and muscle strong. You will improve your strength, power, agility and balance training with fast paced agility and cardio drills. You will focus on building core strength, abdominal training, and will incorporate various toning and sculpting exercises for the upper and lower body. "Shape Up" Boot Camp is for every fitness level. Please bring a set of 5 or 8 pound dumbbells and mat. Meet at Leo J. Ryan Park (amphitheater). www.shapinwithsunita.com. or (650) 243-1750. **No class on Wednesday, 11/11.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

203624-A	9/14-11/15 M	6:30p-7:30p	\$119 Ryan Park
203624-B	9/16-11/18 W	6:30p-7:30p	\$119 Ryan Park
203624-C	9/16-11/18 M&W	6:30p-7:30p	\$214 Ryan Park
203624-D	9/12-11/14 Sa	9a-10a	\$149 Ryan Park

Adult

Golf

Golf Class - Open to beginners as well as experienced players who would like to improve their golf skills. Chipping, putting, and all aspects of the golf swing will be covered including grip, posture, alignment, and finish. Can be taken concurrently with short game class. Students are responsible for purchasing range balls for golf class.

Short Game - For the golfer who would like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels. Can be taken concurrently with golf class.

Instructor: Stuart Brownlee, Mariners Point Golf.

Off Site Location: Mariners Point Golf Links at 2401 3rd Avenue, Foster City

Ages: 18 yrs.-Up

Golf Class

203581-A 9/12-10/10 Sa 9-10a \$99 Off Site

Short Game

203582-A 9/12-10/10 Sa 10:15-11:15a \$99 Off Site

Express Workout **NEW**

Don't have time in the day to work out? Sign up for early morning Express Workout! Express Workout is all about getting a great workout in a short amount of time. Get your workout done before work or getting kids ready for school. It is a conditioning class that is cardio tough and muscle strong. You will improve your strength and power with fast paced agility and cardio drills. You will also build core and abdominal strength and will incorporate various toning and sculpting exercises for the upper and lower body. Express Workout is for every fitness level. Please bring a yoga mat and a set of 5 to 8 pound dumbbells. **Meet at Leo J. Ryan Park (Amphitheater).** Contact instructor at sunita@shapinwithsunita.com or (650) 243-1750, www.shapinwithsunita.com. **No class on Wednesday, 11/11.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

203634-A 9/14-11/16 M 6:15-7a \$129

203634-B 9/16-11/18 W 6:15-7a \$129

203634-C 9/14-11/18 M&W 6:15-7a \$238

Karate, Beg.

White, orange, and yellow belt. 0 Kyu-7 Kyu level.

Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) is required and may be purchased from the instructor.

No class on Wednesday, 11/11.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

203558-A 9/21-11/25 M & W 8-9p \$216 Mist/Spray

Karate, Adv.

Blue, green, brown, and black belt. 6 Kyu and up.

Not for the first time student. Prerequisite: Instructor's approval. Intermediate class until 9:15p/Blackbelts until 9:30p. **No class on Wednesday, 11/11.**

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

203558-B 9/21-11/25 M & W 8-9p \$216 Mist/Spray

Kobujutsu (Weapons), Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program.

Ages: 16 yrs.-Adult

202556-C 9/21-11/23 M 7:15-8p \$55 Mist

Kobujutsu (Weapons), Inter./Coed

Grade level 5 Kyu and above in Kobujutsu. Must have approval to enroll in this class. For more advanced students, please speak with instructor. **No Class on November 11. Make up Class on Monday 11/9, at 7:15 pm.**

Ages: 16 yrs.-Adult

202556-D 9/23-11/25 W 7:15-8p \$55 Mist

Guided Meditation

NEW

Powerful Guided Meditations can be practiced for mindfulness, sharper memory, increasing focus, improving sleep, peace of mind, lose weight, increasing motivation, self-confidence, forgiveness, emotional and mental stability. We start the class with basic breathing techniques, becoming aware of our breath.

We will learn and practice Chakra Balancing and Strengthening with Sound, Breath and Visualization. We will learn Mindfulness meditations to increase awareness of our daily routine, Manifestation Meditations, experiencing a No-thought state, being an observer. We will also learn breath work (Alternate Nostril, Bee humming, Victorious Breath), Positive affirmations, grounding and centering meditations and much more.

The goal of this class is to build confidence, increase focus, concentration, reduce stress and anxiety.

No Class on Monday 10/12, 10/19 and 11/26.

Instructor: Deepti Jain

Ages: 18 yrs.-Up

203661-A	9/3-10/1	Th 7-8p	\$150	Spirit
203661-B	9/14-10/26	M 10-11a	\$150	Spirit
203661-C	11/5-12/10	Th 7-8p	\$150	Spirit
203661-D	11/2-11/30	M 10-11a	\$150	Spirit

Pilates Mat Beginning

Class will include a variety of mat Pilates exercises to strengthen the abdominals, increase spinal mobility, and develop a strong and flexible core and upper body. The exercises will include work to train the core in a number of functional positions, including the back, stomach, side-lying, sitting, and all fours. 9 am class is for beginners and 10 am class is intermediate level students. Instructor is Pilates Mat Certified. Bring a thick mat.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

203690-A	9/12-11/14	Sa 9-10a (BEG)	\$105	Spirit
203690-B	9/12-11/14	Sa 10-11a (ADV)	\$105	Spirit

Tai Chi Chih, Practice

Relax your mind. Energize your body. Tai Chi Chih uses 20 gentle movements to focus and circulate your "Chih" or Energy. The result is a moving meditation that can give both mental and physical benefits. **This is not a class.** These are practice sessions for all levels of experience. Prior instruction is helpful but not required. Basic guidelines will be provided on an informal basis as needed. Come and join our practice.

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

203684-A 9/14-11/16 M 11a-Noon \$25 Spirit

Table Tennis Club

Join the Club! Foster City Parks and Recreation Department is providing a place to play table tennis. Play is on Sundays and Thursdays from 7-10pm, and Tuesdays and Fridays from 11am-2pm at the Recreation Center. You may register quarterly or drop in for \$3 (exact change only for drop-ins). Please register during the first month of each quarter. Membership is from October-December.

203561-A - \$35 (Over 18)

203561-B - \$25 (18 and under/Over 50)

\$3 Drop-in

Tennis Rain Policy

In case of rain at any point during the day of your lesson, contact the Recreation Center before coming to class. Report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation Department.

NOTE: If an earlier class is postponed due to rain, following classes may also be postponed even if the courts become dry.

Adult

Tennis Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No lessons on Wednesday, 11/25, and Thursday, 11/ 26.**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

203531-A 9/15-10/8 Tu & Th 6:30-7:30p \$99

203531-B 10/20-11/5 Tu & Th 6:30-7:30p \$81

Low Intermediate

203531-C 9/15-10/8 Tu & Th 7:30-8:30p \$99

203531-D 10/20-11/5 Tu & Th 7:30-8:30p \$81

203531-E 11/17-12/1 Tu & Th 7:30-9p \$81

Intermediate

203531-F 9/14-10/7 M & W 7:30-8:30p \$99

203531-G 10/19-11/4 M & W 7:30-8:30p \$81

203531-H 11/16-11/30 M & W 7:30-9p \$81

Individual Tennis Lessons: Stanford Tennis

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. To arrange a lesson, please call the Recreation Department at (650) 286-3380 or visit www.WhitlingerSarsfieldTennis.com for more information.

Instructor: Stanford/Whitlinger & Sarsfield Tennis

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

Fee: \$65 per hour or \$180 for three one-hour lessons.

Add \$5 per hour for each additional person.

Zalles Racquet Sports

Beginning students learn forehand, backhand, foot-work, 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: \$65 per hour or \$180 for three one-hour lessons. Add \$5 per hour for an additional person.

Location: Boothbay Park

Foster City Tennis Club

For social and tournament tennis, don't miss the fun and camaraderie offered by membership in the Foster City Tennis Club. The FCTC is a community organization sponsored by the City of Foster City Parks and Recreation Department and is open to interested tennis players of all levels. The club normally has over 375 members. The club, which plays on tennis courts throughout Foster City, sponsors several teams at various league levels. You can join the FCTC and get more information on their website at www.fostercitytennisclub.org.

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class.

Instructor: Clint Steele

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 14 yrs.-Adult

203505-A 9/14-12/14 M 7-10p \$87 Off Site

Volleyball, High Intermediate – Advanced

For the experienced volleyball player. This class is intended for those players that already possess the basic individual and team skills. The ability to serve, pass, set, spike, run a 6-2 offense, and a perimeter defense are prerequisites. This class emphasizes specialization, multiple offenses, multiple defenses, play calling, strategies, and other finer points of the game. You are expected to already know rules and volleyball protocols and to have demonstrable, consistently good fundamental skills. Two courts, lots of playing time. Attendance on the first night is required for new participants. A \$3 lab fee is due at the first class. **No class on 11/11.**

Instructor: Clint Steele

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 14 yrs.-Adult

203506-A 9/9-12/16 W 7-10p \$93 Off Site

Beginning Yoga

This will be a very basic and gentle Yoga class – with special care to the knees, neck, and lower back. Practice Yoga postures for flexibility, strength and muscle tone. Learn relaxation and stress reduction techniques. Leave class feeling fully rejuvenated. Wear comfortable clothing, do not eat before class, and bring a yoga mat and two large towels. **No Class on 10/22.**

Instructor: Suzanne Caughlan

Ages: 16 yrs.-Adult

203687-A 9/17-11/12 Th 6:45-7:45p \$78 Mist

Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation.

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beg. & Inter.

203688-A 9/15-11/17Tu 6:30-7:45p \$100 Mist

203688-B 9/14-11/16M 9:15-10:15a \$80 Gull

Zumba

Zumba fuses fun Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. My goal is simple: I want you to want to work out, to love working out, and to get hooked. "Zumba Fanatics" achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life, all while having an absolute blast! My Zumba routines feature fast rhythms and interval training combined to tone and sculpt your body while burning fat. Flat bottom shoes with minimal tread recommended. Please bring a mat. No dance experience is necessary. www.shapinwith-sunita.com. (650)243-1750.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

203644-A 9/15-11/25Tu 6:30-7:30p \$119 Spirit

Walk for Health

Grab a friend and take a walk around beautiful Foster City. Choose one of three separate walks of 3.6 or 9 miles. All walks begin and end near the Recreation Center. Maps and additional information are available at the Foster City Recreation Center. Just ask for literature from the San Francisco Bay Bandits "Volksmarch Club's white box". Walks are free; membership in the Walking Club is optional. Children must be accompanied by an adult. Self-guided – ongoing, Monday-Saturday, 8am-5pm.

Foster City Senior Wing

**650 Shell Blvd. in Foster City
(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 9a-4p Front Desk

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. Call 650-286-2585 for more information.

Benefits:

- Receive the newsletter four times a year at your home, before it is available to non-subscribers
- Receive a discount at special events

Fee:

- \$12 per year
- Prorated after January

Thursday Matinees

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30p in the Sunfish Room. Call or stop by the Senior Wing for the list of upcoming movies.

Day: Thursdays
Time: 12:30p
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 front desk to find out where the next trip is going. Join us for a fun-filled day!

Lunch Bunch

The Lunch Bunch program meets on the third Wednesday of each month at 11:15a. We meet in the Senior Wing lobby and take the Senior Express Bus to a variety of local restaurants. Don't miss the chance to meet new people and enjoy a delicious meal. The cost of transportation is \$4 round-trip.

Participants are responsible for paying for their own lunch.

Senior Express Bus

Let the Senior Express Bus do the driving for you to run errands, go to appointments, and take you wherever else you need to go! The Senior Express program offers door-to-door service for Foster City seniors.

Territory:

The bus operates as far north as Trousdale Avenue/ Peninsula Hospital in Burlingame, and as far south as Veteran Boulevard/Kaiser in Redwood City. The bus also travels to the Stanford Hospital and the Millbrae BART station.

Operation:

Days	Times	Destination
Tuesdays	9a-3:30p	Foster City/San Mateo
Wednesdays	9a-5p	Specified Territory
Thursdays	9a-3:30p	Foster City/San Mateo

Reservations & Payment:

Reservations are required and can be made by calling 650-286-2585 between 9a-1p.

Appointments must be made at least one day in advance.

Payment method is a punch card that can be purchased at the Senior Wing front desk.

For more information and specific details on the program policies, pick up a Senior Express Bus program brochure from the Senior Wing or call 650-286-2585.

Senior Game Schedule

Day	Game	Time	Room
Monday	Mah Jong	1p-3p	Bow Room
Monday	Pedro	1p-4p	Sail Room, Comm. Ctr.
Monday	Bridge	1p-4p	Mist Room
Tuesday	Bingo	12:30p-2:30p	Bluebird Room
Tuesday	Open Play	1p-3p	Bow Room
Thursday	Bingo	12:30p-2:30p	Lagoon Room
Thursday	Bridge	1p-4p	Spray Room
Friday	Open Play	10a-12p	Bow Room
Friday	Canasta	1p-3p	Bow Room
Friday	Open Play	1p-3p	Bow Room

Supply own materials; No money exchanged

Walk for Health

Grab a friend and take a walk around beautiful Foster City. Choose one of three separate walks of 3.6 or 9 miles. All walks begin and end near the Recreation Center. Maps and additional information are available at the Foster City Recreation Center. Just ask for literature from the San Francisco Bay Bandits "Volksmarch Club's white box". Walks are free; membership in the Walking Club is optional. Children must be accompanied by an adult. Self-guided – ongoing, Monday-Saturday, 8a-5p.

Walk With a Doc

Come and enjoy a stroll with a physician volunteers who can answer your health-related questions along the way. People of all ages and fitness levels are invited to this free community health program. All walks start at 10:00 AM and last approximately one hour. Walkers receive a complimentary pedometer, bottled water and a healthy snack. Walks are scheduled for following dates:

September 12, 2015

This is a free program and you can sign up for as many walks as you'd like. We are looking forward to seeing you there.

For more information, please call (650) 312-1623 or visit <http://www.smcma.org/walkwithadoc>.

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.

Fees* Per Course, Per Semester:

65+ years old: \$43
50-64 years old: \$63
Under 50 years old: \$85

Knitting, Painting & Drawing, or Sewing Fees:

65+ years old: \$70
50-64 years old: \$90
Under 50 years old: \$100

***All classes include a \$5 administrative fee for the Parks and Recreation Department**

Enrollment:

To register for a class, please contact the San Mateo Adult School directly. 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 instructor on the first day of class. Please be sure to sign in with the class instructor and in the Senior Wing binder. Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Class Schedule

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

Day	Class	Time	Room
Mon	Drawing & Watercolor	9:30a & 12:30p	Sunfish Room
Tues	Painting & Multimedia	9:30a & 12:30p	Sunfish Room
Tues	Yoga	10a	Bluebird Room
Tues	Zumba Gold	10:45a & 11:45a	Spirit Room
Tues	Tai Chi- Beginner	1p	Spirit Room
Wed	Hand & Machine Knitting	9:30a & 12:30p	Sunfish Room
Wed	Qi Gong Fitness	10:30a	Lagoon Room
Thurs	Tai Chi- Intensive	9a & 1p	Spirit Room
Thurs	Yoga for Health	12p	Bluebird Room
Fri	Sewing & Pattern Making	9:30a	Sunfish Room

Smart Driver Course

An interactive class 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. The fee includes workbook, DMV certificate for insurance discount, and administrative fees.

Registration:

- Register at the Foster City Senior Wing, or call 650-286-2585
- Registration fee paid in class

Fee:

- \$15 - AARP Members
- \$20 - Non-members

Class Dates:

- November 16 & 20 -- 9a-1:30p
- November 21 -- 8:30a-5:30p

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

Community Partners

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

Community Organizations

Foster City Historical Society fchistorysoc@yahoo.com	349-3382
Foster City Lions Club www.fostercitylions.com	
Foster City Rotary Club www.fostercityrotary.org	
Foster City Parents Club www.fostercityparentsclub.org	489-5202
Peninsula Jewish Community Center www.pjcc.org	212-7522
Foster City Village www.fostercityvillage.org	378-8541

Athletic Organizations

AYSO Soccer www.aysofc.org	
Bay Cities Bulldogs/Pop Warner www.baycitiesbulldogs.com	578-8248
Little League www.fccl.org	533-9383
Mariners Point Golf www.marinerspoint.com	573-7888
Pony/Colt League www.fcpony.org	578-1415
PYSC/CYSA Soccer www.peninsula-soccer.com	
Tennis Club www.fostercitytennisclub.org	
Youth Softball Association www.fcsoftball.org	504-6361

Cultural Arts

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

Resources

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

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, 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 is a dynamic organization, sponsoring the Rib Fest and cosponsoring the Arts and Wine Festival, distributing wheelchairs to third world countries, providing playgrounds to Mexico, and helping eradicate polio. *Meets: Wednesdays at 12:15pm at the Foster City Crowne Plaza.*

Historical Society

The Foster City Historical Society collects artifacts, items of interest, and photos from the 1960s and 1970s. *Meets: 1st Thursday of the month at 7pm at the Recreation Center.*

Mothers Club

Providing community support and friendship to mothers of young children. *Meets: 2nd Wednesday of the month at 7:15pm at the Community Center or Library.*

Project Bay Cat

Created in 2004, Project Bay Cat is an innovative collaboration between the City of Foster City, Homeless Cat Network and the community to humanely manage a group of community cats living along the Foster City levee and ensure that the population does not increase by removing and actively socializing friendly cats and kittens and finding them "forever homes." The program balances the humane treatment of the cat population with the needs of the City and users of the levee/pedway. To contact Project Bay Cat, call 650-286-9013.

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

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 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 6a-10p daily.

Dogs may be off-leash (but under control) 5a-8a 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

(5a-8a Mon-Sat, 5a-9a Sun)

Bocce Ball

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

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.

Adult Softball Leagues

The City of Foster City, City of Belmont, and City of San Mateo are now working in partnership to provide adult softball programs. The City of San Mateo will now serve as the League Administrator for the leagues in each respective city. For more details or questions regarding adult softball, please email Dan Hibson at dhibson@cityofsanmateo.org or call 650-522-7433. 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. Please contact Oz Jimenez at 650-286-3379 or ojimenez@fostercity.org for more information on these leagues.

Open Gym Basketball

Saturdays, 7p – 10p
Brewer Island Gymnasium

The Parks and Recreation Department invites you to join us Saturday nights for non-competitive pickup games or free play basketball! Players 16 years old and up welcome! \$5 per night or \$15 per month. For more information please contact Oz Jimenez at 650-286-3379 or ojimenez@fostercity.org.

PJCC

The Peninsula's premier fitness, aquatics, and community center.

Imagine yourself thriving, fit, and centered. With people who share your goals of creating their best possible selves. Maybe this includes a few laps in the pool, a sprint on the treadmill, a session of TRX or an hour of meditation. Maybe it's just a relaxing massage to ease away a stressful day. Find what works for you and start charting your personal wellness plan today.

It's your time. It's your health. It's wellness your way®

Join the PJCC and ask about this month's special offer:
650.378.2701

The PJCC is proud of our diverse, multicultural community.

PJCC
800 Foster City Blvd. Foster City
pjcc.org | 650.212.PJCC (7522)

Kiteboard Lessons & Rentals

Take lessons or rent equipment and kiteboard at a premiere location! Additional water sports available.
Location: East 3rd Ave.

Helm of Sun Valley 650-344-2711
Kite 415 415-244-8007
Wind Over Water..... 650-218-6023

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 650-766-9155

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..... 650-594-0335

Snack Shack

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

Location: Sea Cloud Park

AYSO 650-349-5425

FCYSA 650-571-5347



650 Shell Blvd
Foster City, CA 94404

Resident Customer
Foster City, CA 94404

Presort Standard
US Postage
PAID
San Mateo, CA
Permit 181
ECRWSS

VEHICLES

Certified Mechanics

All 3 of our City Mechanics came with 15 Mercedes Benz Masters certifications.

35 vehicles serviced monthly, **86** vehicles in the fleet.

Did You Know?

Close to 500 small equipment and vehicles are maintained by 2 mechanics.

Total Teamwork

Vehicle Maintenance and Building Maintenance work together to place the floating light tree during the holidays in the Lagoon.

5,000 Gallons

The amount of gasoline the city has cut back with the utilization of vehicles more efficient at saving gas.

IDENTIFY

Issues with all small equipment and vehicles

MODERNIZE

The use of Hybrid and Electric vehicles

PRIORITIZE

The Safe use of all the small equipment and vehicles throughout the city

Doing Our Part

A Message from the Foster City Parks and Recreation Department