

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.