

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.