

## 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.

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

**403174-A 4/9-6/11 Th 7p-10p \$130 Ceramics**

### Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1-4pm 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. Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

**403175-A 4/9-6/11 Th 10a-4p \$155 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](http://www.fostercity.org).

### 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 class on Monday, May 25.

Instructors: Janet Warner - Monday  
Penelope Shepherd - Tuesday  
Jane Lim - Wednesday  
Terry Hinton – Saturday

Ages: 18 yrs.-Up

**403176-A 4/4-6/20 Sa 10:30a-4p \$55 Ceramics**

**403176-B 4/6-6/15 M 10:30a-4p \$55 Ceramics**

**403176-C 4/7-6/9 Tu 7p-10p \$25 Ceramics**

**403176-D 4/8-6/10 W 10:30a-4p \$55 Ceramics**

### Crochet 1

This course will teach you the basic stitches of crochet: single, half-double and double stitches, gauging, chaining, and finishing. Once you've learned the basic stitches of crochet, you will be able to create an infinite assortment of beautiful items. Bring a 5mm crochet hook and a ball of light color variegated worsted weight #4 yarn. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

**403168-A 5/30-6/20 Sa 9a-10:30a \$50 Sunfish**

## 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

**403166-A 5/30-6/20 Sa 10:30a-Noon \$50 Sunfish**

## 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. No class on May 28; make up on June 18 from 10a-noon.

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

**403188-A 4/9-6/25 Th 10a-Noon \$70 Gull**

## Sea Glass and Stone Setting Workshop

Learn to solder, make bezels, and set stones or sea glass. You will make a pendant and ring as time permits. Sterling silver will be the metal used. Soldering experience is helpful but not necessary. All tools and materials supplied. Bring strong eyeglasses if necessary. There will be a \$45 materials fee payable to the instructor at the class.

Instructor: Gayton Arrigotti

Ages: 18 yrs.-Up

**403150-A 4/25 Sa 9:30a-4:30p \$165 Crane**

## Metals and Stone: Jewelry Making Techniques

Jewelry Making Techniques: (Metals and Stones): Beginning and intermediate students are welcome. Metal working techniques of sawing, filing, drilling, polishing, patination, riveting, soldering, stone setting, and more will be taught. With these techniques in hand, you can design and make your own handmade jewelry. Class size will be limited so that you will have personal attention. We will work with silver, copper and brass metals. Each technique will be demonstrated. Tools and materials will be supplied or bring your own. Materials and consumables fee of \$45 payable at first class to instructor. You will make a pair of earrings, a bracelet and a stone ring. The class is project oriented so that you can use the skills learned to create your own designs. This is a great class for a larger overview of jewelry making.

Instructor: Gayton Arrigotti

Ages: 18 yrs.-Up

**403150-B 4/8-5/6 W 6p-9p \$245 Sunfish**

# Adult

## Music & Dance

### 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 March 29.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Samba, Waltz

**403355-A**    **3/15-4/19**    **Su**    **3p-4:15p**    **Spirit**

East Coast Swing, Rumba

**403355-B**    **4/26-5/24**    **Su**    **3p-4:15p**    **Spirit**

### 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 March 29.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Foxtrot, Nightclub 2 Step

**403356-A**    **3/15-4/19**    **Su**    **4:15p-5:30p**    **Spirit**

Samba, Waltz

**403356-B**    **4/26-5/24**    **Su**    **4:15p-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

**403365-A**    **3/17-4/14**    **Tu**    **8p-9p**    **Spirit**

Hustle

**403365-B**    **4/21-5/19**    **Tu**    **8p-9p**    **Spirit**

## Chorus Groups

### Foster City Community Chorus

This group is a mixed 75-voice adult chorus. Residents of all cities with an ability to match a pitch are welcome. For more information, visit [www.peninsulamusalarts.org](http://www.peninsulamusalarts.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.peninsulamusalarts.org](http://www.peninsulamusalarts.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.peninsulamusalarts.org](http://www.peninsulamusalarts.org) or call (650) 268-8345.

### Viva La Musica

Sing it like you mean it - with Viva La Musica, a secular, mixed-voice avocational adult choir and orchestra, Shulamit Hoffman, Artistic Director. For concerts and membership information, contact [www.vivalamusica.org](http://www.vivalamusica.org), or (650) 346-5084. Meets every Monday at 7p at Foster City School.

## 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. No class on May 25.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

**403375-A 4/6-6/15 M 7p-8p Spirit**

Intermediate

**403375-B 4/6-6/15 M 8p-9p 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!

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.

**403347-A 4/8-6/10 W 8:20p-9:05p \$80 Spirit**

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

**403347-B 4/8-6/10 W 6:10p-7:10p \$85 Spirit**

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

**403347-C 4/8-6/10 W 7:15p-8:15p \$85 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

**402228-B 4/6-6/15 M 7p-7:50p \$230 Off Site**

# Adult

## Special Interest

### Citizen 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

<b>403401-A</b>	<b>4/18</b>	<b>Sa</b>	<b>9a-3p</b>	<b>\$25</b>	<b>Off Site</b>
<b>403401-B</b>	<b>5/16</b>	<b>Sa</b>	<b>9a-3p</b>	<b>\$25</b>	<b>Off Site</b>

### CERT (Community Emergency Response Team)

Foster City Fire Department is offering free Community Emergency Response Team (CERT) training to the residents 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 fire@fostercity.org.

Saturday, 8a-4p  
March 21

## Sports & Fitness

### Jazzercise

Jazzercise is a calorie-torching, hip0swiveling, Shakira'd-Be-Proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes-Strike, Fusion, Core, Strength, and Dane Mixx-will leave you breathless, toned and coming back for more. Start working it... With Jazzercise.

Foster City Recreation Center – 650 Shell Blvd.

<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Program</b>
<b>M-F</b>	<b>9a</b>	<b>Cathrine (Debbie)</b>	<b>Dance Mixx</b>
<b>W</b>	<b>9a</b>	<b>Cathrine (Debbie)</b>	<b>Strength 60</b>
<b>M/W</b>	<b>6p</b>	<b>Donna</b>	<b>Dance Mixx</b>
<b>M/W</b>	<b>7p</b>	<b>Donna</b>	<b>Lo Dance Mixx</b>

Foster City Elementary School, 461 Beach Park Blvd.

<b>T/Th</b>	<b>6:15p</b>	<b>Cathrine (Debbie)</b>	<b>Dance Mixx</b>
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Brewer Island School Gymnasium, 1151 Polynesia Drive

<b>Sa</b>	<b>8:30a</b>	<b>Donna</b>	<b>Dance Mixx</b>
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Audubon Elementary School - 841 Gull Avenue

<b>Su</b>	<b>9a</b>	<b>Donna</b>	<b>Dance Mixx</b>
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**Dance Mixx:** Life's too busy for boring workouts. Body-blasting music mixes with 60 minutes of sweating, smiling, and laughing through Pilates, yoga, and kickboxing moves. This is the new Jazzercise.

**Strength 60:** All muscle-all the time. A full hour of fat-burning muscle building and balance work. Burn baby, burn!

For more information please contact:  
Debbie Sweeney:  
(650) 570-4349 or debbiejazz@comcast.net.

Donna Jones:  
(650) 345-6617 or djfitness@mac.com  
Visit www.Jazzercise.com or call 1-800-FIT-IS-IT.

Please do not call the Recreation Center.

## Boot Camp with Gym Rats

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 and a yoga mat.

Instructor: Pete Hayden, Certified Personal Trainer – Gym Rats

Ages: 18 yrs.-Up

**403601-A 4/8-6/3 W 9a-10a \$99 Spirit**

## 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.

Instructors: The Golf Academy at Mariners Point.

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

Ages: 18 yrs.-Up

Golf Class

**403581-A 4/4-5/2 Sa 9a-10a \$99 Off Site**

**403581-B 4/5-5/3 Su 10a-11a \$99 Off Site**

Short Game

**403581-C 4/4-5/2 Sa 10:15a-11:15a \$99 Off Site**

## Low Impact Cardio for Seniors

This one hour Low Impact class starts with a warm up of the body and then stretching. We will then go into about 20 minutes of easy to follow cardio movement. Following will then be basic strengthening exercises using your own body weight as well as resistance bands that are provided. All exercises are done while standing. We finish with balance, range of motion, and stretching in our cool down.

Instructor: Angela Fonte

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

Ages: 55 yrs.-Up

**408611-A 4/3-6/12 F 10a-11a \$66 Off Site**

# Adult

## Shape Up Bootcamp

Shape Up Bootcamp 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 bod. Shape Up Bootcamp is for every fitness level. Please bring a yoga mat and a set of 5 to 8 pound dumbbells to class. Meet at Leo J. Ryan Park (Amphitheater). Contact instructor at [sunita@shapinwithsunita.com](mailto:sunita@shapinwithsunita.com) or (650) 243-1750. No class on Monday, May 25.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

403624-A	4/6-6/15	M	6:30p-7:30p	\$119	Ryan Park
403624-B	4/8-6/10	W	6:30p-7:30p	\$119	Ryan Park
403624-C	4/6-6/10	M&W	6:30p-7:30p	\$214	Ryan Park
403624-D	4/4-6/20	Sa	9a-10a	\$149	Ryan Park

## Shapin'

SHAPIN' is a new exciting fitness program that uniquely mixes boxing, cardio aerobics, and Latin dance moves along with abdominal workout guaranteed to give you a great workout that will keep you sweatin'! Class format is both fun and challenging with the latest hip music that will keep you motivated the entire class. Please bring a yoga mat for abdominal workout, stretching and flow yoga the last ten minutes of the class. No prior dance or boxing experience is necessary.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

403634-A	4/5-6/14	Su	9a-10a	\$149	Spirit
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## 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 Monday, May 25. Make up on Wednesday, May 27.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

403558-A	3/23-5/27	M&W	8p-9p	\$200	Mist
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## 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 9:15pm/Blackbelts until 9:30pm. No class on Monday, May 25. Make up on Wednesday, May 27.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

403558-B	3/23-5/27	M&W	8p-9:15p	\$200	Mist
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## 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. No class on May 25. Make up on Wednesday, May 27, at 7:15pm.

Ages: 7 yrs.-Adult

402556-A	3/23-5/27	M	7:15p-8p	\$55	Mist
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## 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.

Ages: 9 yrs.-Adult

402556-B	3/25-5/27	W	7:15p-8p	\$55	Mist
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## American Line Dancing – The Progressive Series

Line Dancing is for fun and exercise – open to all ages that enjoy dancing. Get lively, move with confidence, and stay fit while having fun. Learn the various forms of American Line Dancing; e.g., country line or contra-dances, flowing waltz, boogie, cha cha, tango, rumba, foxtrot, mambo, samba, salsa, bachata, and more. You will be surprised with the music variety we use in class. This is the progressive approach, mix-levels, learning and growing together – starting with the basic beginners (level 0) to improver (level 1) and ultimately to intermediate phase (level 2). No class on May 15 and May 29. This is an 8-class session.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

**403381-A 4/10-6/12 F 10a-11:30a \$65 Spirit**

## Beginning Mat Pilates

Class will include a variety of mat Pilates exercises to strengthen the abdominals, develop a strong and flexible core, and increase spinal mobility. Exercises will train the core in a number of positions, including the back, stomach, side-lying, sitting, and all fours. Those with no previous Pilates experience are welcome to attend. Instructor is Pilates Mat Certified. Bring a thick mat. No class on Saturday, May 2.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

**403691-B 4/4-6/20 Sa 9a-10a \$95 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. No class on May 25.

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

**403684-A 4/6-6/15 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 April-June.

**403561-A - \$35 (Over 18)**

**403561-B - \$25 (18 and under/Over 50)**

**\$3 Drop-in**

# 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 classes on Monday, May 25.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

**403531-A 4/7-4/30 Tu&Th 6:30p-7:30p \$95**

**403531-B 5/12-6/4 Tu&Th 6:30p-7:30p \$95**

Low Intermediate

**403531-C 4/7-4/30 Tu&Th 7:30p-8:30p \$95**

**403531-D 5/12-6/4 Tu&Th 7:30p-8:30p \$95**

Intermediate

**403531-E 4/6-4/29 M&W 7:30p-8:30p \$95**

**403531-F 5/11-6/8 M&W 7:30p-8:30p \$95**

## 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.**

## 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](http://www.fostercitytennisclub.org).

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

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

Location: Boothbay Park

## 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. No class on May 25.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

**403505-A 4/6-6/15 M 7p-10p \$60 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.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

**403506-A 4/8-6/17 W 7p-10p \$66 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.

Instructor: Suzanne Caughlan

Ages: 16 yrs.-Adult

**403687-A 4/2-5/21 Th 6:45p-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.

**403688-A 4/4-5/23 Sa 9:15p-10:15p \$80 Gull**

**403688-B 4/8-5/27 W 8:30a-9:30a \$80 Crane**

**403688-C 4/7-6/9 Tu 6:30p-7:45p \$100 Mist**

## 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.shapinwithsunita.com](http://www.shapinwithsunita.com). (650)243-1750.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

**403644-A 4/7-6/9 Tu 6:30p-7:30p \$119 Spirit**