

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

103174-A 6/25-8/27 Th 7-10p \$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

103175-A 6/25-8/27 Th 10a-4p \$160 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.

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 Saturday, July 4.

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

Ages: 18 yrs.-Up

103176-A 6/20-8/29 Sa 10:30a-4p \$55 Ceramics

103176-B 6/22-8/24 M 10:30a-4p \$55 Ceramics

103176-C 6/23-8/25 Tu 7-10p \$25 Ceramics

103176-D 6/24-8/26 W 10:30a-4p \$55 Ceramics

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

103188-A 6/25-9/3 Th 9:30a-Noon \$70 Gull

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 June 21 and August 2.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Cha Cha, Tango

103355-A 6/14-7/19 Su 3-4:15p Spirit

Foxtrot, Night Club 2 Step

103355-B 7/26-8/30 Su 3-4:15p 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 June 21 and August 2.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bolero

103356-A 6/14-7/19 Su 4:15-5:30p Spirit

Bolero

103356-B 7/26-8/30 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

Bachata

103365-A 6/16-7/14 Tu 8-9p Spirit

West Coast Swing

103365-B 7/21-8/18 Tu 8-9p Spirit

Adult

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 August 3 and September 7.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

103375-A 6/29-9/14 M 7-8p Spirit

Intermediate

103375-B 6/29-9/14 M 8-9p 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.

103347-A 6/24-7/29 W 8:20-9:05p \$48 Spirit

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

103347-B 6/24-7/29 W 6:10-7:10pm \$52 Spirit

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

103347-C 6/24-7/29 W 7:15-8:15p \$52 Spirit

It gives me a place to express my artful side! Thank you.



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

102228-A 6/22-8/24 M 7-7:50p \$230 Off Site

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.peninsulamusicalarts.org, or call (650) 268-8345. Meets every Tuesdays from 7p-9:30p 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.

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

103401-A 6/27 Sa 9a-3p \$25 Off Site

103401-B 8/1 Sa 9a-3p \$25 Off Site

Adult

Sports & Fitness

American Line Dancing – The Progressive Series

Line Dancing is for fun & 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. Free class preview on June 26 at regular class meeting time.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

103381-A 7/10-8/28 F 10-11:30a \$65 Spirit

Thank you for coordinating and organizing the Neighbor Night tonight... my family and I had a great time and even met some neighbors that lived on our same block! You guys did a great job of putting together the event and making everyone feel welcomed!!



Jazzercise

You want to look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Our classes – Strike, Fusion, Core, Strength and Dance Mixx – will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

Foster City Recreation Center – 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9am	Cathrine (Debbie)	Jazzercise
W	9am	Cathrine (Debbie)	Strength60
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express

Foster City Elementary School, 461 Beach Park Blvd.

T/Th	6:15pm	Cathrine (Debbie)	Jazzercise
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Brewer Island School Gymnasium – 1151 Polynesia Drive

Sat.	8:30am	Donna	Jazzercise
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Audubon Elementary School - 841 Gull Avenue

Sun.	9am	Donna	Jazzercise
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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.

Strength60: All muscle – all the time. A full hour of fat-burning, muscle building and balance work. Burn baby, burn!

Express: A quick 30-minute workout featuring strength and aerobic conditioning.

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.

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. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103624-A	6/22-8/24	M	6:30-7:30p	\$119	Ryan Park
103624-B	6/24-8/26	W	6:30-7:30p	\$119	Ryan Park
103624-C	6/22-8/26	M&W	6:30-7:30p	\$214	Ryan Park
103624-D	6/20-8/29	Sa	9-10a	\$149	Ryan Park

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

103581-A 6/27-8/1 Sa 9-10a \$99 Off Site

Short Game

103581-B 6/27-8/1 Sa 10:15-11:15a \$99 Off Site

High Energy Shapin' Cardio

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. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103634-A 6/21-8/23 Su 9-10a \$149 Spirit

Adult

Karate (Coed), 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.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

103558-A 6/22-8/3 M&W 8:05-9:05p \$165 Mist/Spray

Karate (Coed), Int./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.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

103558-B 6/22-8/5 M&W 8:05-9:25p \$165 Mist/Spray

Kobujutsu (Weapons), 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

102556-A 6/22-8/3 M 7:15-8:05p \$45 Mist/Spray

Kobujutsu (Weapons), Inter./Adv. - 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

102556-B 6/22-8/5 M&W 7:15-8:05p \$65 Mist/Spray

Pilates Mat Class

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. Beginners and intermediate level students welcome. Instructor is Pilates Mat Certified. Bring a mat and 36 inch smooth foam roller. No class on July 4.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

103690-A 6/20-8/8 Sa 9-10a \$75 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 benefit. This is not a class. It is a group that meets for a practice session. All levels of experience including beginner are welcome. Prior instruction is helpful but is 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

103684-A 6/22-8/24 M 11am-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 July-September.

103561-A - \$35 (Over 18)

103561-B - \$25 (18 and under/Over 50)

\$3 Drop-in

Tennis Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

103531-A 6/16-7/2 Tu&Th 7-8p \$78

103531-B 7/7-7/23 Tu & Th 7-8p \$78

Low Intermediate

103531-C 6/16-7/2 Tu & Th 8-9p \$78

103531-D 7/7-7/23 Tu & Th 8-9p \$78

103531-E 7/28-8/6 Tu & Th 7:30-9p \$78

Intermediate

103531-F 6/15-7/1 M & W 7:30-8:30p \$78

103531-G 7/6-7/22 M & W 7:30-8:30p \$78

103531-H 7/27-8/5 M & W 7:30-9p \$78

Individual Tennis Lessons - Play the Stanford Way!

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

Instructor: Stanford Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield's staff

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).

Adult

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: Edgewater Park, Foster City

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

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.

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

103505-A 6/22-8/24 M 7-10p \$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

103506-A 6/24-8/26 W 7-10p \$60 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

103687-A 6/11-7/30 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. No class on Monday, July 13.

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beginner

103688-A 6/22-7/27 M 9:15-10:15a \$60 Mist

Intermediate

103688-B 6/23-8/11 Tu 6:30-7:45p \$80 Mist

Guided Meditation Class

Powerful Guided Meditations can be practiced for mindfulness, sharper memory, increasing focus, improving sleep, peace of mind, lose weight, increasing motivation and self-confidence, forgiveness and 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 and concentration, and reduce stress and anxiety. No class on Monday, July 20, and Thursday, July 2 and July 23.

Instructor: Deepti Jain

Ages: 18 yrs.-Up

103603-A 6/25-8/6 Th 7-8p \$150 Spirit

103603-B 6/29-8/3 M 10-11a \$150 Spirit

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 for stretching. No dance experience is necessary. www.shapinwithsunita.com. (650)243-1750. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103644-A 6/23-8/25 Tu 6:30-7:30p \$119 Spirit