

The Guide

Excellent Service. Exciting Programs. Exceptional Places.



WINTER 2015

Registration begins November 19th



FOSTER CITY YAC
YAC Spaghetti Feed
Featuring NEW
2014-2015 Committee
(Pg. 2)

SENIOR TRANSPORTATION
Senior Trips, Lunch Bunch
and MORE!
(Pg. 35)

LEO J. RYAN PARK
2015 Holi Festival & 10 Miler
(Centerfold)

Creating Community Through People, Parks and Programs

Welcome

From Our Hands to Yours:

A Welcome Letter from a Foster City Resident

To the Resident holding this Guide,

As you take this opportunity to go through The Guide, you have probably found yourself asking the following questions:

Do I have time for what's in this book?

Are any of these classes for me?

Will I meet new people?

Do I want to meet new people?

Do I want to do something new at all?

Allow me to give you the abridged answer to all of these question to save you the trouble of putting The Guide down...

If you asked these questions while holding this book in your hand, opening the pages to sift through the numerous classes and programs we offer, then the answer is an emphatic YES! Otherwise, you wouldn't have given The Guide a second glance as you walked through the threshold of the glass doors at the Foster City Recreation Center on your way out.

The best part about trying something new is the rush of the unknown. The people you meet, the classes you take, and the fun you'll have; it all comes from the chances you take, and the chances you take make life that much more exciting.

So, help yourself to taking another chance. After all, you've already taken your first chance by picking up The Guide.

George Folau
Recreation Staff
Foster City Parks & Recreation Department

Foster City Recreation Center

650 Shell Blvd.

Phone: (650) 286-3380

Fax: (650) 345-1408

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday-Saturday 8a-11p*

Sunday 9a-10p

Foster City Community Center

1000 E. Hillsdale Blvd.

Phone: (650) 286-2500

Fax: (650) 638-1936

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday-Saturday 1p-Midnight*

Sunday Closed*

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

*NOTE: Building closure time may vary based on rentals.

Be sure to follow us on



These Social Networks

T. JACK FOSTER
FOUNDER OF FOSTER CITY

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CITY MANAGER

James C. Hardy

PARKS AND RECREATION COMMITTEE

*Charles Tomberg, Chair
Sarah Boydston, Vice Chair
Sam Hindi, Secretary
Fred Baer
Richard Biederman
Bill Fullendorf
Nancy Gordon
Susan Lindstrom
Paul Nieberding
Ron Seligman
Melissa Speidel*

RECREATION STAFF

*Kevin M. Miller
Director of Parks & Recreation
Jennifer Liu
Recreation Manager
Colleen Gotthardt
Recreation Coordinator
Tiffany Hall
Recreation Coordinator
Oswald Jimenez
Recreation Coordinator
Bob Koehler
Recreation Coordinator
Lisa Yee
Recreation Coordinator
Sandy Castro
Administrative Assistant
Estelle Gobrera
Administrative Assistant
Barbara Goslin
Administrative Assistant*

PARKS STAFF

*Dorte Drastrup
Parks Manager
Manuel Hernandez
Parks Manager
Emely Dela Cruz
Administrative Assistant
Martin Armenta
Peter Chiamos
Matiu Fa
Garrett Gotthardt
Don Hanson
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Robin Harmison
Todd Haena
Lava Kioa
Genaro Munoz
Robert Murphy
Matthew Ryan
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Naz Schroeder
Danny Weber*

VEHICLES & FACILITIES STAFF

*Kurt Zander
Building/Vehicles Manager
Clint Collins Vehicles
Rafael Torrez Vehicles
Gerardo Delfin Facilities
Fred Dutto Facilities
Felipe Garcia Facilities
Julie Smith Facilities
Joseph Tamayo Facilities*

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This Season

December

Tree Lighting – Free!

Wednesday, December 3, 6p-7p
Foster City Recreation Center

Begin this holiday season with Foster City's Tree Lighting Ceremony. Join us for joyful music and light refreshments, followed by a countdown to light the tree. Kids can enjoy coloring activities and a chance to meet our "Special Visitor" in a red suit. In the spirit of giving, please bring a canned good or non-perishable item to donate to a local charity.

Letters to Santa

The Foster City Parks and Recreation Department has made arrangements with Santa to accept mail for the delivery to the North Pole beginning November 17, 2014. Foster City youngsters are encouraged to write a letter to Santa. Parents may either place the letter in the designated mailbox at the Foster City Teen Center, 670 Shell Blvd., or mail it to:

Santa Claus

c/o Foster City Parks and Recreation
650 Shell Blvd.
Foster City, CA 94404

All letters should include the child's first and last name, along with a **self-addressed, stamped envelope** so that a response may be mailed. Deadline is December 4, 2014 at 5pm. For more information please call (650) 286-3395.

January

Corrigan Sports Ent. Presents:
2015 Northern California 10 Miler Series in Foster City

Sunday, January 18th, 8:30a

See additional details at centerfold.

February

Chinese New Year Celebration:
Year of the Goat

Sunday February 22, 11a-3p
Foster City Recreation Center

Presented by the City of Foster City Arts & Culture Program Partner, Foster City Parks and Recreation Department, and associated artists and arts and culture groups throughout San Francisco Bay Area, this delightful celebration will be held at 650 Shell Blvd at no cost to attend.

March

Baybasi Inc. and Foster City Parks and Recreation Department Presents:
2015 Holi Festival

Sunday, March 12th, 11a-3:30p

See additional details at centerfold.

April

Annual YAC and VIBE Spaghetti Feed

Wednesday, April 15, 2015, 6-8pm
Lagoon Room, Recreation Center

Need a day off from cooking dinner? Grab your family and friends and enjoy a feast of pasta, salad, and garlic bread while you listen to great musical entertainment! A raffle will also be held. Come down and show your support to our city's own Youth Advisory Committee. Tickets may be purchased in advance or at the door. All proceeds will be donated to a local charity. \$5 advance purchase (available April 1/\$10 at the door). It is highly encouraged to purchase tickets in advance due to the popularity of this event. Please call Tiffany at 286-3395 for more information.

Meet Your 2014-2015 Youth Advisory Committee

Sarah Anvar, Notre Dame – 10
Khushi Bhat, San Mateo – 10
Maggie Chang, San Mateo – 11
Valerie Chen, Aragon – 12
Alison Coyle, San Mateo – 11
Priyanka Goswami, San Mateo – 9
Erika Higuchi, Burlingame – 10
Sethmi Kachchakaduge, San Mateo – 10
Nidhi Manoj, San Mateo – 12
Rakesh Raju, San Mateo – 11
Nicole Xu, San Mateo – 10
Anders Zhou, Hillsdale – 10

Committee meetings are held the first Wednesday of each month at 6:30p at The VIBE, F.C. Teen Center, 670 Shell Blvd. The public is invited to attend meetings and assist with events. For more information, please contact the YAC advisor at 286-3395.

Middle School Dances

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

November 14, 2014

February 20, 2015

May 8, 2015

Dances are held from 7p-10p at The VIBE. Tickets go on sale two weeks before each dance at The VIBE. Only 350 tickets sold, so grab your friends, and get your tickets early, they **SELL OUT!** Cost is \$6 with a student ID, \$7 without. **NO TICKETS SOLD 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.

This Season

Camps

Wild 'N Wacky Winter Camp

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

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

Ages: 5-11 yrs.

Act. #	Dates	Day	Time	Fee	Location
Session 1 (Regular Care)					
305702-A1	12/22-12/23	M-Tu	9a-4p	\$76	The Vibe
Session 1 (Extended Care)**					
305702-A2	12/22-12/23	M-Tu	7:30a-6p	\$16	The Vibe
Session 2 (Regular Care)					
305702-B1	12/29-12/30	M-Tu	9a-4p	\$76	The Vibe
Session 2 (Extended Care)**					
305702-B2	12/29-12/30	M-Tu	7:30a-6p	\$16	The Vibe

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

Gymnastics at Peninsula Gymnastics

Our camp for children with or without gymnastics experience is under the management of excellent coaches, members of the USA Gymnastics Federation, circus performers, and choreographers. Camp includes gymnastics, tumbling, and "circus art dance", which combines dance and stage movement. Children work on the tumble trak, rings, trapeze, balance beam, bars, Olympic size padded floor, a foam filled pit, and two in-ground trampolines. Circus Show every Friday at 2:15p. Campers, please bring a lunch daily. Free supervision available from 8a-9a and after care available for a fee for full day camps from 4-6pm. For more information, visit www.peninsulagym.com or call (650)571-7555.

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 3.5-12 yrs.

305536-A	1/5-1/9	M-F	8a-4p	\$185	Off Site
305536-B	3/30-4/6	M-F	8a-4p	\$185	Off Site



Society Skateboarding Camp

Learn to skate or refine your skills with the Society experienced skateboarding instructors. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. Take advantage of the 10% discount on all safety gear at Society with registration at 625 Laurel Street, San Carlos, CA 94070, (650) 596-8182.

Instructor: Society Skateboarding Staff

Off Site Location: Society Skatepark, 625 Laurel Street, San Carlos

Ages: 5-12 yrs.

Winter Camp

205560-A	12/22-12/24	M-W	1p-4p	\$111	Off Site
205560-B	12/29-12/31	M-W	1p-4p	\$111	Off Site
205560-C	1/5-1/9	M-F	1p-4p	\$185	Off Site

Martin Luther King Day Camp

305560-A	1/19-1/19	M	9a-Noon	\$40	Off Site
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Presidents Week Camp

305560-B	2/16-2/20	M-F	9a-Noon	\$185	Off Site
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Spring Break Camp

305560-C	3/30-4/3	M-F	9a-Noon	\$185	Off Site
305560-D	4/6-4/10	M-F	9a-Noon	\$185	Off Site



Arts & Crafts

Preschool Drawing

The long winter months can easily lead to lots of restlessness. Alleviate any creative dormancy with a fun Young Rembrandts class! Our students will learn shape recognition as they create a colorful masterpiece using circles, triangles, and squares. Drawing a colorful fan will provide enjoyable lessons on color patterns. Animals, western portraits and a ton more fun awaits your budding artist when they enroll in Young Rembrandts drawing class. Enroll today!

Instructor: Young Rembrandts Staff

Ages: 3.5-5 yrs.

305101-A 1/9-3/13 F 1p-2p \$200 Spray

Music & Dance

Do-Re-Mi Mozart

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

Instructor: Ella Bazarsky

Ages: 2-4.5 yrs.

301214-A 1/8-3/12 Th 10:30a-11:30a \$125 Spirit

Pre-Ballet

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

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301331-A 1/8-3/12 Th 3p-3:40p \$115 Spirit

Pre-Tap

This class will introduce your child to the fundamentals of tap. Students will learn heel and toe digs, front slaps, a variety of shuffles, and more. Please wear leotard (with no skirt attached as can be a distraction) and tap shoes. Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301332-A 1/7-3/11 W 1p-1:40p \$115 Spirit

Special Interest

Mariners and Skippers Preschool

The Foster City Parks and Recreation Department offers a part-time preschool program for three and four year olds. The Skippers class offers the younger child an early learning experience away from home. The Mariners class provides the pre-kindergarten child with opportunities to develop early literacy and math skills. Both classes emphasize social and academic learning through art activities, science, story time and music, as well as indoor/outdoor play. **All students must be fully toilet trained.** The preschool program runs from September to June each year. Tuition is continuous and is processed through in-class registration. An additional \$10 materials fee is collected monthly. There is no online registration for this program. For more information, please call (650) 286-3399.

Instructors: Chris Royce and Pam Sutter

Ages: Skippers must be 3 years old by 9/1/14 to be eligible to enroll.

301440-A Tu & Th 9a-11:30a \$230/Month Preschool

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

301450-A M,W,F 9a-Noon \$360/Month Preschool

Sports & Fitness

Grown Up & Me Ice Skating

Share the joy of skating with your little one. Enjoy quality time together while exercising and playing with ice toys. This class is meant for young skaters not quite ready to be alone, but old enough to walk and talk. The adult must be able to skate unassisted. Please arrive 15 minutes early for this class. Warm, unrestrictive clothing, ankle-high socks, and gloves or mittens are necessary. Helmets are encouraged. **No class on April 7.**

Instructor: Belmont Iceland Staff

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

Ages: 2-5 yrs.

301527-A 1/6-2/10 Tu 10:30a-11a \$70 Off Site

301527-B 2/24-4/14 Tu 10:30a-11a \$82 Off Site

Intro. to Tot Ice Skating

Make your little one's first ice skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Warm, nonrestrictive clothing, ankle high socks, and gloves or mittens are necessary. Helmets are encouraged. **No class on April 9.**

Instructor: Belmont Iceland Staff

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

Ages: 3-6 yrs.

301527-C 1/8-2/12 Th 6:15p-6:45p \$70 Off Site

301527-D 2/26-4/16 Th 6:15p-6:45p \$82 Off Site

Little Angels Gymnastics

Welcome to the beautiful and exciting world of preschool gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months-3 ½ years old in a safe, adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their locomotor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too! **No class on January 19 and February 16.**

Instructor: Laura Canton

Ages: 20 mos.-2.5 yrs.

301535-A 1/5-3/23 M 10a-10:55a \$140 Bluebird

Ages: 2.5-3.5 yrs.

301535-B 1/5-3/23 M 11a-11:55a \$140 Bluebird

Ages: 4-6 yrs.

301535-C 1/5-3/23 M 2p-3p \$140 Bluebird



Gymnastics with Peninsula Gymnastics

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

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 2-4 yrs.

301536-A 1/6-3/10 Tu 10a-10:55a \$165 Off Site

301536-B 1/7-3/11 W 9a-9:55a \$165 Off Site

Ages: 4-6 yrs.

301536-C 1/6-3/10 Tu 2:30p-3:25p \$165 Off Site

301536-D 1/6-3/10 Tu 3:30-4:25p \$165 Off Site

301536-E 1/7-3/11 W 2p-2:55p \$165 Off Site

301536-F 1/7-3/11 W 3p-3:55p \$165 Off Site

Mommy/Daddy & Me Soccer

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

Instructor: Kidz Love Soccer Staff

Ages: 2-3.5 yrs.

301591-A 1/30-3/20 F 5:15p-5:45p \$114 Edgewater Park

Foster City Library

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

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

Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids! This class teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 3.5-5 yrs.

301592-A 1/30-3/20 F 3:45p-4:20p \$114 Edgewater Park

Terrific Tiny Tennis

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

No lessons on Monday, January 19.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

302511-A 1/12-2/2 M & W 3:20-4pm \$78

302511-B 2/23-3/11 M & W 3:20-4pm \$78

Ages: 5-7 yrs.

302511-C 1/20-2/5 Tu & Th 3:20-4pm \$78

302511-D 2/24-3/12 Tu & Th 3:20-4pm \$78

Hours:

Monday-Wednesday 10a-9p

Thursday-Friday 10a-6p

Saturday 10a-5p

Sunday 1p-5p

Library Storytime Schedule:

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

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

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.

Instructor: Tammerlaine Burwell

Ages: 8-18 yrs.

302173-A 1/8-2/26 Th 4:30p-6p \$85 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

303168-A 1/17-2/7 Sa 9a-10:30a \$50 Sunfish

Crochet 2

Take your crochet skills to the next level. Once you have learned the basics of crochet (single crochet, double crochet, chaining, and slip stitch), join me as we learn to read patterns, learn new stitches, new techniques, and work a project. Bring a variety of crochet hooks and a practice yarn (worsted weight #4). More details on your class project will be discussed the first night. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

303169-A 2/28-3/21 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.

303166-A 1/17-2/7 Sa 10:30a-Noon \$50 Sunfish

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

303167-A 2/28-3/21 Sa 10:30a-Noon \$50 Sunfish

Music & Dance

Pre-Ballet

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

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301331-A 1/8-3/12 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).

Instructor: Sheri Alonso

Ages: 6-11 yrs.

301331-B 1/8-3/12 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).

Instructor: Sheri Alonso

Ages: 8-13 yrs.

301331-C 1/8-3/12 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 1 of the Progressive Guitar Method for Young beginners (with CD).

302217-A 1/8-3/12 Th 6:30p-7:20p \$240 Off Site

Intermediate - Students must complete Beginning Guitar to enroll at this level. Book 2 (with CD) provides a strong emphasis on reading, adding more notes and rhythms. Students must supply their own guitars, or rent them from the studio for \$15/month.

302217-B 1/8-3/12 Th 7:30-8:20pm \$240 Off Site

Youth & Teen

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.

302207-A 1/7-3/11 W 3:30p-4:20p \$237 Off Site

302207-B 1/7-3/11 W 4:30p-5:20p \$237 Off Site

Ages: 6-10 yrs.

302207-C 1/7-3/11 W 5:30p-6:20p \$237 Off Site

302207-D 1/6-3/10 Tu 6p-6:50p \$237 Off Site

Ages: 7-11 yrs.

302207-E 1/7-3/11 W 6:30p-7:20p \$237 Off Site

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.

302227-A 1/5-3/23 M 6p-6:50p \$230 Off Site

Pre-Tap

This class will introduce your child to the fundamentals of tap. Students will learn heel and toe digs, front slaps, a variety of shuffles, and more. Please wear leotard (with no skirt attached as it can be a distraction) and tap shoes. Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301332-A 1/7-3/11 W 1p-1:40p \$115 Spirit

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.

301332-B 1/6-3/10 Tu 5:30p-6:15p \$115 Spirit

Tap I

This class is designed for students with previous tap experience. This class will build on the basic tap steps while increasing speed and learning combinations such as buffalos, Shirley Temple, and soft shoe. Students will work at the barre, center and across the floor. Please wear leotard (you may wear spandex shorts or leggings over) and tap shoes. Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 7-11 yrs.

301332-C 1/8-3/12 Th 5:45p-6:45p \$125 Spirit

Special Interest

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.

303347-A 1/7-3/11 W 8:20p-9:05p \$80 Spirit

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

303347-B 1/7-3/11 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.

303347-C 1/7-3/11 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

302228-B 1/5-3/23 M 7p-7:50p \$230 Off Site

Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierras with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of five full Saturdays of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch and snacks, snow helmet, sponsor goodie bag, and equipment rental/leasing discounts. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem, and boosts athletic skills. Please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information. **No class on February 14.**

Instructor: Blue Angels Staff

Ages: 7-16 yrs.

302499-A 1/24-2/28 Sa 5a-8p \$899 Off Site

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.**

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

303401-A 2/7 Sa 9a-3p \$25 Off Site

Youth & Teen

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

303402-A 3/21 Sat 9a-11a Free Off Site

Cupcake Wars

Whether you want to make crazy confections or just mouthwatering cupcakes, this class is just for you. Come spend time with one of our pastry chefs and learn to build your own cupcakes. Students will design, mix, bake, and decorate fantastic cupcakes that will taste divine! A materials fee of \$60 will be payable to the instructor on the first day of class.

Instructor: Jr. Chefs Stars Staff

Ages: 7-12 yrs.

305491-A 1/7-2/25 W 3:45p-5:15p \$240 Bluebird Kitchen

Filmmaking Creators: Make Your Own Movie!

Learn the secrets of filmmaking in a fun, relaxed and engaging atmosphere! Using handheld video cameras and editing software, students produce an original film, integrating simple special effects, sound effects and a musical score. Students learn about the entire filmmaking process and learn skills in production, directing, story development, acting and more! Films can be uploaded on a flash drive and shared with friends and family!

Instructor: Freshi Media Staff

Ages: 8-12 yrs.

302443-A 1/6-2/24 Tu 3:45p-5p \$135 Spray

Video Game Design: Beginning to Advanced

Learn how to create and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design and build their own original computer game. Everything created for their game is original to the team – the characters, the action, the background, the music, and the format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

Instructor: Freshi Media Staff

Ages: 8-12 yrs.

302443-B 1/9-2/27 F 3:45-5pm \$135 Spray

Pre-Engineering Using LEGO

Let your imagination run wild with tens of thousands of LEGO! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well instructor.

Instructor: Play-Well Teknologies

Ages: 5-7 yrs.

302430-A 1/6-3/10 Tu 3:30-5pm \$270 Mist

Math Olympiad

Math Olympiad stimulates a student's love for math while introducing and sharpening analytical skills. Featuring challenging word problems from previous Math Olympiad tests, our ongoing Math Olympiad Series is designed to help students strengthen math intuition and master creative problem solving strategies. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores. Different topics covered each quarter. Experienced instructors, small classes. 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.

Instructor: Communication Academy

Ages: 7-8 yrs.

302457-A 1/10-3/14 Sa 10:45a-11:45a \$275 Spray

Ages: 9-11 yrs.

302457-B 1/10-3/14 Sa 9:30a-10:30a \$275 Spray

Pre-Public Speaking: Confident Voice

Confidence is the secret to successful public speaking. Confident Voice, the second of our ongoing four course series, teaches skills vital to strong voice: voice variation, rate, pitch, volume, and their proper usage in powerful speeches. Students build confidence through continuous practice and coaching. Small class, professional coaches! There will be a materials fee of \$15 payable to the instructor at the first class. For course information call (408) 777-8876, or visit www.communicationacademy.com.

Instructor: Communication Academy

Off Site Location: Beresford Recreation Center, 2720 Alameda De Las Pulgas, San Mateo

Ages: 5-6 yrs.

302437-A 1/8-3/12 Th 4-5pm \$265 Off Site

Ages: 7-8 yrs.

302437-B 1/8-3/12 Th 5:15-6:15pm \$265 Off Site

Public Speaking: Informative Speech

What is crucial to success in school and beyond? Good communication! Informative Speech drills the essentials of clear effective presentation. Students create a speech on a topic of their choice and learn to manage nervousness, develop research/organizational skills, and communicate effectively. Most importantly, students gain confidence. Detailed feedback, professional coaches! Final speeches on DVD. 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.

Instructor: Communication Academy

Ages: 9-11 yrs.

302447-A 1/10-3/14 Sa 2:15p-3:15p \$275 Spray

Ages: 11-14 yrs.

302447-B 1/10-3/14 Sa 1p-2p \$275 Spray

Youth & Teen

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

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 April 9.**

Instructor: Belmont Iceland Staff

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

Ages: 7-12 yrs.

302528-A 1/8-2/12 Th 6:15p-6:45p \$70 Off Site

302528-B 2/26-4/2 Th 6:15p-6:45p \$82 Off Site

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.

301536-A 1/6-3/10 Tu 10a-10:55a \$165 Off Site

301536-B 1/7-3/11 W 9a-9:55a \$165 Off Site

Ages: 4-6 yrs.

301536-C 1/6-3/10 Tu 2:30p-3:25p \$165 Off Site

301536-D 1/6-3/10 Tu 3:30p-4:25p \$165 Off Site

301536-E 1/7-3/11 W 2p-2:55p \$165 Off Site

301536-F 1/7-3/11 W 3p-3:55p \$165 Off Site

Indoor Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this fall? At Planet Granite in Belmont your kids will learn to climb, play climbing games, and meet other young climbers. A liability waiver is required to be filled out on the first day of class by a parent or legal guardian only.

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

Instructor: Stephanie Ko Pound

Ages: 5-13 yrs.

301540-A	1/6-2/3	Tu	4p-6p	\$115	Off Site
301540-B	2/17-3/17	Tu	4p-6p	\$115	Off Site
301540-C	1/8-2/5	Th	4p-6p	\$115	Off Site
301540-D	2/19-3/19	Th	4p-6p	\$115	Off Site
301540-E	1/9-2/6	F	4p-6p	\$115	Off Site
301540-F	2/20-3/20	F	4p-6p	\$115	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 Monday, January 19 and February 16. Make up classes to be held on Wednesday, January 21 and February 18, from 5-5:45pm.**

Ages: 5-13 yrs.

Beg. 1

302553-A 1/5-3/9 M 5p-5:45p \$118 Mist

Beg. 2

302553-B 1/7-3/11 W 5p-5:45p \$118 Mist

Karate, Advanced Beginner

This course will combine 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 Monday, January 19 and February 16. Make up classes to be held on Wednesday, January 21 and February 18, from 5-5:45pm.**

Ages: 7-16 yrs.

302554-A 1/5-3/11 M&W 5:45p-6:30p \$207 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 Monday, January 19 and February 16. Make up classes to be held on Wednesday, January 21 and February 18, from 5-5:45pm.**

Ages 7-16 yrs.

302555-A 1/5-3/11 M & W 6:30p-7:15p \$207 Mist

Youth & Teen

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 January 19 and February 16. Make up classes to be held on Wednesday, January 21 and February 18, from 7:15p-8p.**

Ages: 7 yrs.-Adult

302556-A 1/5-3/9 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.

Ages: 9 yrs.-Adult

302556-B 1/7-3/11 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. All participants will receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5-6 yrs.

301594-A 1/30-3/20 F 4:20p-5:05p \$114 Edgewater Park

Society Skateboarding

Learn to skate or refine your skills with the Society experienced skateboarding instructors. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. Take advantage of the 10% discount on all safety gear at Society with registration at 625 Laurel Street, San Carlos, CA 94070, (650) 596-8182. **Call Society at (650) 596-8182 to schedule the lessons for the After School Program after you complete registration.**

Instructor: Society Skateboarding Staff

Off Site Location: Society Skatepark, 850 East San Carlos Avenue, San Carlos

Ages: 5-12 yrs.

After School Program

Session I

Once a week

305545-A 1/12-2/13 M-F 3p-4p or 4p-5p \$110 Off Site

Twice a week

305545-B 1/12-2/13 M-F 3p-4p or 4p-5p \$195 Off Site

Session II

Once a week

305545-C 2/23-3/27 M-F 3p-4p or 4p-5p \$110 Off Site

Twice a week

305545-D 2/23-3/27 M-F 3p-4p or 4p-5p \$195 Off Site

Terrific Tiny Tennis

Children, 4-7 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students. Students provide their own racket. We recommend the 23" to 25" rackets. **No lessons on Monday, January 19.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

302511-A 1/12-2/2 M & W 3:20p-4p \$78

302511-B 2/23-3/11 M & W 3:20p-4p \$78

Ages: 5-7 yrs.

302511-C 1/20-2/5 Tu & Th 3:20p-4p \$78

302511-D 2/24-3/12 Tu & Th 3:20p-4p \$78

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 Monday, January 19.**

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.

302521-A 1/20-2/5 Tu & Th 4p-5p \$78

302521-B 2/24-3/12 Tu & Th 4p-5p \$78

Quickstart Advantage

Ages: 8-10 yrs.

302521-C 1/12-2/2 M & W 4p-5p \$78

302521-D 2/23-3/11 M & W 4p-5p \$78

Novice

Ages: 11-14 yrs.

302521-E 1/12-2/2 M & W 5p-6p \$78

302521-F 2/23-3/11 M & W 5p-6p \$78

Low Intermediate

Ages: 11-14 yrs.

302521-G 1/20-2/5 Tu & Th 5p-6p \$78

302521-H 2/24-3/12 Tu & Th 5p-6p \$78

Intermediate

Ages: 11-14 yrs.

302521-I 1/12-2/2 M & W 6:30p-7:30p \$78

302521-J 2/23-3/11 M & W 6:30p-7:30p \$78

Youth & Teen

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 Monday, January 19.**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

303531-A 1/20-2/5 Tu & Th 6:30p-7:30p \$78

303531-B 2/24-3/12 Tu & Th 6:30p-7:30p \$78

Low Intermediate

303531-C 1/20-2/5 Tu & Th 7:30p-8:30p \$78

303531-D 2/24-3/12 Tu & Th 7:30p-8:30p \$78

Intermediate

303531-E 1/12-2/2 M & W 7:30p-8:30p \$78

303531-F 2/23-3/11 M & W 7:30p-8:30p \$78

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.

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.

Support the Youth & Teen Foundation

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

303505-A 1/5-3/23 M 7p-10p \$71 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

303506-A 1/7-3/25 W 7p-10p \$71 Off Site

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 Tiffany Hall at (650) 286-3395 or email her at thall@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.

HILLBARN THEATRE CONSERVATORY WINTER 2015 Class Schedule

In this FUN and exciting program in theater acting and voice, students will learn many aspects of performing with the highest caliber of faculty at Hillbarn Theatre! Through a combination of classes and a fully-produced musical production, Hillbarn offers theatrical training to artists of all ages and experience. To enroll, please call the Box office at 650-349-6411 or visit: www.hillbarntheatre.org.



WinterStage 2015 – “Willy Wonka Jr.”

Roald Dahl's timeless story of the world-famous candy man and his quest to find an heir comes to life in this stage adaptation of “Charlie and The Chocolate Factory,” which features the songs from the classic family film “Willy Wonka And The Chocolate Factory.” The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale.

Ages: 9+
Dates: January 7 – April 5, 2015**
Time: Wednesdays & Thursdays 3:45-6:00pm, NO Rehearsals during spring break.
Performances: April 2-4, 2015 at 7:30pm, April 5, 2015 at 2:00pm.
Tuition: \$365.

There may be an additional “tech” rehearsal added to the calendar as we get closer to the show dates.

StarTots/StarShiners WinterStage

Learn the Basics of Performing Through Songs, Scenes and Theater Games. Students will build confidence through stage experience – Improvisation, Imagination, Scenes, Songs, and Theater Basics will be covered. A great introduction to theater for your child!

Dates: January 14 – March 18, 2015
Time: Wednesdays 2:45-3:45; Ages 4-5 Star Tots
Wednesdays 2:45-3:45; Ages 6-8 Star Shiners
Tuition: \$195.

Intermediate Acting and Scene Study

This 10-week class provides training for intermediate actors looking to take their acting skills a notch higher. Students will work on voice, diction and character development through posture and language exercises, scene study, monologue, and theater and improv games.

Ages: 12 and up
Dates: January 21 – March 25, 2015
Time: Wednesdays 4:00-5:30; Ages 12+
Tuition: \$195.

FOSTER CITY Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its third year. The Foster City Teen Center, the Foster City Police Department and the Foster City Library are pleased to present the following FREE family workshops for the 2014-2015 school year:

Learning to Let Go - Freedom with Children and Teens

Presented by: Cynthia Klein,
Certified Parent Educator and
Parenting on the Peninsula Columnist

Date: January 14, 2015

Women's Self Defense Class (13+)

Presented by: United Studios of
Self Defense

Date: March 11, 2015

Drug Awareness Presentation for Parents

Presented by: San Mateo County
Sherrif's Office

Date: May 13, 2015

All workshops will be held at the Foster City Teen Center (670 Shell Blvd.) 6:30p-8:30p. We encourage you to reserve your spot for any of the above presentations by calling (650) 286-3395 or emailing thall@fostercity.org. The 2014-2015 Family Enrichment Series is sponsored by Giliead Sciences.



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

303174-A 1/8-3/12 Th 7p-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.

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

303175-A 1/8-3/12 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.

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 Monday, January 19 and February 16.

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

303176-A 1/10-3/14 Sa 10:30a-4p \$55 Ceramics

303176-B 1/5-3/23 M 10:30a-4p \$55 Ceramics

303176-C 1/6-3/10 Tu 7p-10p \$25 Ceramics

303176-D 1/7-3/11 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

303168-A 1/17-2/7 Sa 9a-10:30a \$50 Sunfish

Crochet 2

Take your crochet skills to the next level. Once you have learned the basics of crochet (single crochet, double crochet, chaining, and slip stitch), join me as we learn to read patterns, learn new stitches, new techniques, and work a project. Bring a variety of crochet hooks and a practice yarn (worsted weight #4). More details on your class project will be discussed the first night. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

303169-A 2/28-3/21 Sa 9a-10:30a \$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.

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

303188-A 1/8-3/12 Th 10a-Noon \$70 Gull

Jewelry Making Techniques: Sea Glass and Stone Setting Workshop

Learn to solder, make bezels, and set stones or sea glass. Semi-private and private class in a professional jewelry studio. 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

303150-A 1/17 Sa 9:30a-4:30p \$160 Crane

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

303166-A 1/17-2/7 Sa 10:30a-Noon \$50 Sunfish

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

303167-A 2/28-3/21 Sa 10:30a-Noon \$50 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.)

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Cha Cha, Tango

303355-A 1/4-2/1 Su 3p-4:15p Spirit

Foxtrot, Nightclub 2 Step

303355-B 2/8-3/8 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.)

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bolero

303356-A 1/4-2/1 Su 4:15p-5:30p Spirit

Bolero

303356-B 2/8-3/8 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

Bachata

303365-A 1/6-2/3 Tu 8p-9p Spirit

West Coast Swing

303365-B 2/10-3/10 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.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.

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 January 19 and February 16.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

303375-A 1/5-3/23 M 7p-8p Spirit

Intermediate

303375-B 1/5-3/23 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.

303347-A 1/7-3/11 W 8:20p-9:05p \$80 Spirit

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

303347-B 1/7-3/11 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.

303347-C 1/7-3/11 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

302228-B 1/5-3/23 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.**

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

303401-A 2/7 Sa 9a-3p \$25 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

303402-A 3/21 Sa 9a-11a Free Off Site

Keeping Up with Kids Online - NEW!

Feeling like you have no idea what your kids are doing online? Do you have good intentions with rules you want to set but just find them to be impractical? Let the PARENTS Digital Coach walk you through your options and help you settle on a practical approach that's right for your family. This session covers how many popular parental control technologies fail or backfire, and also discusses alternative approaches. Content filtering, monitoring, iPhone, jailbreaking, and age-specific tactics are among the topics discussed. Question and answer time is also included. Sign up for both classes for \$35.

Instructor: Joe Stampleman

Off Site Location: Twin Pines Lodge, Belmont

Ages: 18 yrs.-Up

303411-A 2/4 W 7p-8:30p \$20 Off Site

Hands-On App, Site & Device Tour

NEW!

We cover a selection of the applications and websites that have been flagged as dangerous for kids such as Yik Yak, ask.fm, Snapchat and Tinder. Advice on if and how you can audit your children's use of these services and what kind of material is available to educate your kids to use them wisely. Learn how to check if your child's iPhone is "jailbroken" or if their android is "Rooted" and learn about the pros and cons of your child having such a device. Question and answer time is included and requests are also considered if submitted in advance. Sign up for both classes for \$35.

Instructor: Joe Stampleman

Off Site Location: Twin Pines Lodge, Belmont

Ages: 18 yrs.-Up

303411-B 2/11 W 7p-8:30p \$20 Off Site

Sports & Fitness

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 fire@fostercity.org.

Wednesdays, 6:30p-9p

February 4, 11, 18, 25, March 4, 11, 18

Saturday, 8a-4p

March 21



Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Foster City Recreation Center – 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9a	Debbie	Jazzercise
T/Th	6:30p	Debbie	Jazzercise
M/W	6p	Donna	Jazzercise
M/W	7p	Donna	Express

Brewer Island School Gymnasium – 1151 Polynesia Drive

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

Sun.	9a	Bobby (Donna)	Jazzercise
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Jazzercise: Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

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

For more information call Donna Jones at (650) 345-6617 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.

Adult

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. 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

303601-A	1/7-2/4	W	9a-10a	\$65	Spirit
303601-B	2/18-3/18	W	9a-10a	\$65	Spirit

Low Impact Cardio for Seniors NEW!

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: 18 yrs.-Up

308611-A	1/9-3/13	F	10a-11a	\$66	Off Site
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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 Monday, January 19 and February 16.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

303624-A	1/5-3/23 M	6:30p-7:30p	\$119	Ryan Park
303624-B	1/7-3/11 W	6:30p-7:30p	\$119	Ryan Park
303624-C	1/5-3/11 M&W	6:30p-7:30p	\$214	Ryan Park
303624-D	1/10-3/14 Sa	9a-10a	\$149	Ryan Park

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.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

303634-A	1/11-3/15 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, January 19 and February 16. Make up class to be announced.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

303558-A 1/5-3/11 M & W 8p-9p \$212 Mist

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 Monday, January 19 and February 16. Make up class to be announced.**

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

303558-B 1/5-3/11 M & W 8p-9:15p \$212 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. **No class on January 19 and February 16. Make up classes to be held on Wednesday, January 21 and February 18, from 7:15p-8p.**

Ages: 7 yrs.-Adult

302556-A 1/5-3/9 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.

Ages: 9 yrs.-Adult

302556-B 1/7-3/11 W 7:15p-8p \$55 Mist



Adult

American Line Dancing as a Low-Impact Exercise

Line Dancing is a very good low-impact exercise activity that even just dancing for an hour translates to an average of 2,000 steps, about .80 miles, and about 75 calories burned. 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 with or without a partner. Learn the various forms of American Line Dancing; e.g., country line, flowing waltz, boogie, cha-cha, tango, rumba, foxtrot, salsa, mambo, samba, bachata, Texas and night club two steps, and more! Be surprised with the music variety in class. Guaranteed you will learn the basics and beyond! Progressive Level 0, 1 and 2 dance lessons by using slow-medium-fast type of music and/or varying music rhythm applications – proven and tested methodology!

Level Zero – An easy, progressive and fun approach to staying fit while having fun with or without a partner. Level Zero as the introductory or beginner level has the slow pace and movements of the dance selections that involve minimal or no turning at all.

Level 1 – For those who would like to learn the basics and more various forms of line dances, typically described as having slower tempo, fewer steps, and easy turns.

Level 2 – This is the logical and methodological progression from Level 1 into intermediate dance steps and rhythm, typically described as having fancy steps and/or faster rhythms and more steps in some cases.

No classes on February 13 and February 20.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Level Zero

303381-A 1/9-3/13 F 9:30a-10:25a \$55 Spirit

Level 1

303381-B 1/9-3/13 F 10:35a-11:30a \$55 Spirit

Level 2

303381-C 1/9-3/13 F 1a-2p \$55 Spirit

Pilates Mat Beginning

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 Monday, January 19 and February 16.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

Beg/Inter.

303690-A 1/10-3/14 Sa 9a-10a \$99 Spirit

303691-B 1/5-3/23 M 12:30p-1:30p \$99 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. 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 January 19 and February 16.**

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

303684-A 1/5-3/23 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 7p-10p, and Tuesdays and Fridays from 11a-2p 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 January-March.

303561-A - \$35 (Over 18)

303561-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 to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No lessons on Monday, January 19.**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

303531-A 1/20-2/5 Tu & Th 6:30p-7:30p \$78

303531-B 2/24-3/12 Tu & Th 6:30p-7:30p \$78

Low Intermediate

303531-C 1/20-2/5 Tu & Th 7:30p-8:30p \$78

303531-D 2/24-3/12 Tu & Th 7:30p-8:30p \$78

Intermediate

303531-E 1/12-2/2 M & W 7:30p-8:30p \$78

303531-F 2/23-3/11 M & W 7:30p-8:30p \$78

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, 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 an additional person.

Location: Boothbay Park

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.

Adult

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

303505-A 1/5-3/23 M 7p-10p \$71 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

303506-A 1/7-3/25 W 7p-10p \$71 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

303687-A 1/29-3/19 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.

303688-A 1/6-3/10 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. (650)243-1750.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

303644-A 1/6-3/10 Tu 6:30p-7:30p \$119 Spirit



FACILITY RENTALS

Choose from a variety of our beautiful facilities to host your next event.

For more information, contact us at (650) 286-3380 or visit our website at www.fostercity.org/parksandrecreation



Foster City Senior Wing

**650 Shell Blvd. in Foster City
(650) 286-2585**

Are you looking for great things to do, exciting places to go, and fun people to meet? Stop by the Foster City Senior Wing! We have all this and more! Listed below is a sampling of activities. More information can be found in the Senior Expressions newsletter, which is available at the Senior Wing or by subscription.

Senior Wing Hours:

Monday - Friday 9a-4p Front Desk

Senior Expressions

Published on a quarterly basis, the newsletter includes class information, services, trips and tours, and special event announcements. Please pick one up at the Senior Wing, or have it mailed directly to your home by purchasing the Senior Expressions newsletter subscription. Call 650-286-2585 for more information.

Benefits:

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

Fee:

- \$12 per year
- Prorated after January

Thursday Matinees

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

Day: Thursdays
Time: 12:30p
Location: Sunfish Room
Cost: FREE!

Trips

The Senior Wing goes on many exciting trips every month. Trips include historic sites, performances, factories, museums, gardens, restaurants, and much more! Trips depart from the Senior Wing and transportation is included. Look in the Senior Expressions Newsletter for trip information or stop by the Senior Wing front desk to find out where the next trip is going. Join us for a fun-filled day!

Lunch Bunch

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

Participants are responsible for paying for their own lunch.

Senior Express Bus

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

Territory:

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

Operation:

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

Reservations & Payment:

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

Appointments must be made at least one day in advance.

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

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

Senior Game Schedule

Day	Game	Time	Room
Monday	Mah Jong	1p-5p	Bow Room
Monday	Pedro	1p-4p	Sail Room, Comm. Ctr.
Monday	Bridge	1p-4p	Mist Room
Tuesday	Bingo	12:30p-2:30p	Bluebird Room
Tuesday	Open Play	1p-3p	Bow Room
Thursday	Bingo	12:30p-2:30p	Lagoon Room
Thursday	Bridge	1p-4p	Spray Room
Friday	Open Play	10a-12p	Bow Room
Friday	Canasta	1p-4p	Bow Room
Friday	Open Play	1p-4p	Bow Room

Supply own materials; No money exchanged

Walk for Health

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

Seniors

Senior Classes

The Senior Wing offers a wide variety of classes to meet your interests. Join one of our fun-filled classes to learn a new skill, meet new friends, and stay healthy. Senior classes are sponsored by the San Mateo Adult School. For more class options, please visit the Adult section of the Activity Guide.

Fees* Per Course, Per Semester:

65+ years old: \$42
50-64 years old: \$62
Under 50 years old: \$82

Knitting, Painting & Drawing, or Sewing Fees:

65+ years old: \$65
50-64 years old: \$85
Under 50 years old: \$95

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

Enrollment:

To register for a class, please contact the San Mateo Adult School directly. Enrollment is accepted on an ongoing basis, but class fees are not prorated if you start after a session begins. Enrollment fees are paid directly to the instructor on the first day of class. Please be sure to sign in with the class instructor and in the Senior Wing binder. Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Class Schedule

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

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

Smart Driver Course

An interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age-related changes in vision, hearing, and reaction time. The fee includes workbook, DMV certificate for insurance discount, and administrative fees.

Registration:

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

Fee:

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

Class Dates:

- November 10 & 12 -- 9a-1:30p
- November 22 -- 8:30a-5:30p

Adult Softball Leagues

The City of Foster City, City of Belmont, and City of San Mateo are now working in partnership to provide adult softball programs. The City of San Mateo will now serve as the League Administrator for the leagues in each respective city. For more details or questions regarding adult softball, please email Dan Hibson at dhibson@cityofsanmateo.org or call 650-522-7433. We look forward to having you participate in another great softball season in Foster City!

Adult Bocce Ball Leagues

Get your friends and colleagues together for this fun and social league. The league will be administered by the Foster City Parks and Recreation Department, and matches will be played at the Bocce Ball courts in Leo Ryan Park. Please contact Oz Jimenez at 650-286-3379 or ojimenez@fostercity.org for more information on these leagues.

Open Gym Basketball

Saturdays, 7p – 10p
Brewer Island Gymnasium

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

PJCC

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

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

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

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

The PJCC is proud of our diverse, multicultural community.

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

Kiteboard Lessons & Rentals

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

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

Duffy Electric Boat Rental

Tour the Foster City lagoon at your leisure. Discover the serenity of being on the water!

Location: Leo Ryan Park

- Edgewater Marine 650-766-9155

Lagoon Water Activities

Offering a variety of water activities on the lagoon and lessons available- windsurf, paddleboats, etc.

Location: Leo Ryan Park Boat House

- California Windsurfing..... 650-594-0335

Snack Shack

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

Location: Sea Cloud Park

- AYSO 650-349-5425

- FCYSA 650-571-5347

Community Organizations

Lions Club

The Foster City Lions Club involves itself in many community and charitable activities such as youth and senior outreach programs, sight conservation projects, local blood drives. *Meets: 2nd and 4th Tuesdays of the month at 7pm at the Recreation Center.*

Rotary Club

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

Historical Society

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

Mothers Club

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

Project Bay Cat

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

Smoke-Free Parks

To support park cleanliness, comfort, and health, the Foster City parks system has been designated a "smoke-free" zone. Your cooperation is appreciated.

Foster City Dog Park & Off-Leash Hours

Located at Boat Park, find a 20,000 square foot dog park to bring your canine for fun and exercise. The dog park includes separate fenced areas for small dogs and large dogs, synthetic turf and decomposed granite areas, and a water station.

Foster City Dog Park's Hours of Operation run 6a-10p daily.

Dogs may be off-leash (but under control) 5a-8a daily in designated areas of the following parks:

Boothbay Park

(corner of Edgewater Blvd. and Boothbay Ave.)

Catamaran Park

(Corner of Shell Blvd. and Catamaran St.)

Edgewater Park

(Corner of Edgewater Blvd. and Regulus St.)

Farragut Park

(Corner of Beach Park Blvd. and Farragut Blvd.)

Sea Cloud Park

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

Bocce Ball

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

Skate Park

Our skate park, located next to The VIBE, is suitable for both beginners working on the basics and advanced skaters who want to improve their skills.

Community Directory

Parks & Recreation Department

Community Center	286-2500
Corporation Yard (Parks Division)	286-8140
Recreation Center	286-3380
Senior Wing	286-2585
VIBE- Teen Center	286-3254

City Departments

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

Community Partners

Chamber of Commerce www.fostercitychamber.com	573-7600
Library www.smcl.org	574-4842
San Mateo Adult School www.smace.org	588-2100

Community Organizations

Foster City Historical Society fchistorysoc@yahoo.com	349-3382
Foster City Lions Club www.fostercitylions.com	415-489-5202
Foster City Rotary Club playmaxhbb@att.net	489-5202
Foster City Mothers Club www.fostercitymothersclub.org	489-5202
Peninsula Jewish Community Center www.pjcc.org	212-7522

Athletic Organizations

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

Cultural Arts

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

Resources

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



Holi

Festival of Colors

FREE For All - A Fun Event For Whole Family

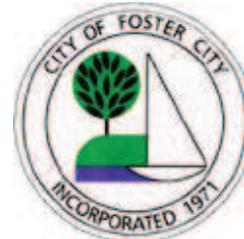
Leo J Ryan Park, Foster City

The Park Meadow at the crossing of Hillsdale Blvd. and Shell Blvd.

Saturday, 21st March From 11 AM Till 3:30 PM

Come and Enjoy Holi with Indian Food, Music and Dance

**Organized by
Baybasi, Inc. and
Foster City Parks and Recreation**



- Dry colors will be available for purchase.
- A variety of Indian food will be available for purchase.
- Drinks will be available for purchase from Foster City Rotary Club

**No Entry Fee
No Parking Fee
Open For All**

- Only dry colors in powder form will be allowed.
- Water or any form of wet colors are not allowed.
- The Festival may be called off in case of rain or bad weather.
- For any question or latest news please contact event organizers.

Parking Locations:

South Recreation Center Parking Lot
Community Center / Library
City Hall Parking Lot

NOTE: Senior Wing Parking Lot will be CLOSED

Contact Us:

Baybasi, Inc.
Web: www.baybasi.org
E-Mail: Baybasi@gmail.com

Foster City Parks and Recreation
Web: www.fostercity.org
Phone: (650) 286-3380

**Start 2015 on the
Right (or Left) Foot**



RACE INFORMATION

DATE: JANUARY 18, 2015 **START TIME:** 8:30AM

LOCATION: LEO J RYAN MEMORIAL PARK
650 Shell Blvd, Foster City, CA 94404

LIVE MUSIC! POST-RACE FOOD & DRINK!

Lucky



FOR RACE REGISTRATION AND MORE DETAILS, VISIT

www.fostercity10miler.com



CORRIGAN SPORTS ENTERPRISES

LIKE US!

f /NorCal10Milers

Park Map & Grid

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

PARKS/ACRES															
ARCTURUS/.75															
BOAT/DOG/3.18															
BOOTHBAY/11.21															
CATAMARAN/5.88															
EDGEWATER/8.53															
ERCKENBRACK/3.48															
FARRAGUT/3.86															
GATESHEAD/.12															
GULL/3.14															
KETCH/1.6															
KILLDEER/2.42															
LEO J. RYAN/20.73															
LEO PARK/0.15															
LEVEE PEDWAY/11.2															
MARLIN/3.13															
POMPANO/.56															
PORT ROYAL/3.98															
SEA CLOUD/23.9															
SHAD/2.16															
SUNFISH/2.41															
TURNSTONE/1.53															

City Map



Amphitheater E-F-4-5
 Arcturus Park H-3
 Audubon School B-7
 Boat Park E-F-7
 Boothbay Park J-4
 Bowditch D-E-9
 Brewer Island School D-6-7
 Catamaran Park F-5-6
 Chamber of Commerce.. E-4

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

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

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

Registration Form



REGISTRATION FORM

- Please write legibly; fill in all required spaces, including the activity number for each class.
Mail or bring your registration form to: Recreation Center, 650 Shell Blvd. Foster City, CA 94404

HOUSEHOLD INFORMATION

Name: _____

Street Address: _____

City: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

ACTIVITY REGISTRATION

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

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

Fees: \$ _____

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

TOTAL: \$ _____

PAYMENT INFORMATION

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

Receipt: Email Mail

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

Name on Card: _____

Card Number: _____ - _____ - _____ - _____

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

Signature: _____



LIABILITY WAIVER & MEDIA RELEASE

I hereby agree to hold the City of Foster City, the Estero Municipal Improvement District, their employees, officers, and program and activity instructors harmless from all liability which may arise as a result of my participation in the above activities. In the event that the above named participant is a minor I hereby give my permission for his/her participation in the above listed activities and also agree to hold the City of Foster City, the Estero Municipal Improvement District, their employees, officers, and program and activity instructors harmless from all liability which may arise as a result from said minor's participation in such activities. I understand that the above named activities may involve risk or accidental injury and hereby voluntarily assume such risks. I/we agree to allow my/our photo and/or video for program publicity. If the participant is a minor, the parent or guardian must sign below.

Signature: _____ Date: _____

Participant Parent Guardian

Registration Policy

Registration

ONLINE

Starting Wednesday, November 19, 2014

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

MAIL-IN

Starting Wednesday, November 19, 2014

Foster City Parks and Rec. Dept. – Registration

650 Shell Blvd.

Foster City, CA 94404

FAX-IN

Starting Wednesday, November 19, 2014

Fax completed form including

all your MasterCard/Visa information

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

WALK-IN

Starting Monday, December 1, 2014

Monday-Thursday 8a-10p

Friday 8a-5p

Saturday 9a-4p

Registration Information

- Fill out form completely, including activity number (please print), and ages for children.
- Write a separate check for each person, for each class.
- Make checks payable to the City of Foster City (include activity number on check). Do not mail cash. Registration will not be processed without correctly paid fees. (There will be a fee charged for each returned check).
- Class fees cannot be prorated; there will be NO make up sessions for participants who miss class.
- If indicated class is filled, and no alternative is listed, your name will be put on the waiting list, and your check returned.
- Classes not reaching minimum numbers will be canceled and all registration fees refunded.
- There is a non-refundable \$5 administrative fee for ALL classes, which is already included in the advertised cost.
- Class registrations will not be taken over the phone.

Non-Resident Registration

- Non-resident fee: Add \$10 per class/activity.
- Non-resident registration begins December 1, 2014.

Refund Policy

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

Foster City Parks & Recreation Department's Satisfaction Guarantee

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

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



650 Shell Blvd
Foster City, CA 94404

Resident Customer
Foster City, CA 94404

Presort Standard
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San Mateo, CA
Permit 181
ECRWSS

PARKS

Mulching

allows the addition of non-landscaped surfacing that does not need irrigation.

Landscape Water Use Reports and diligence in irrigation checks.

93,000,000

gallons of water saved in the past five years.

CIS-Central Irrigation System

provides remote capabilities at the site as well as being able to manage all controllers from the central computer.

The Use of Synthetic Surfaces

in Port Royal Park, Sea Cloud Park, Catamaran Park, Edgewater Park and lastly, The Dog Park.

IDENTIFY

Cul De Sacs, medians and park space for drought tolerant landscapes.

MODERNIZE

Irrigation systems and techniques for stronger conservation practices.

PRIORITIZE

Trees and active areas.

Doing Our Part

A Message from the Foster City Parks and Recreation Department