

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

### Ceramics Workshop

Ceramics Workshop – Prerequisites:

1. Students must have completed at least two ceramics classes at the Foster City Recreation Center.
2. Students must be able to work independently as determined by the class instructor.
3. Students must also be currently enrolled in a ceramics class at the Foster City Recreation Center.
4. Students must give time to studio maintenance.
5. Students may only attend workshops they are registered to attend; there will be no make-up sessions or exchange workshops.

**No 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

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### 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**

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## Chorus Groups

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### 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](http://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](http://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](http://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](http://www.vivalamusica.org), or (650) 346-5084. Meets every Monday at 7p at Foster City School.

## Salsa Dancing – Beg. and Inter.

**Beginner** - You will learn the basics of footwork, rhythm, leading and following and fundamental turns. This class is for singles as well as couples. No past dance experience is required.

**Intermediate** - You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes. No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) Please note: The \$20 drop in card can be purchased in person on the first night you attend class. **No class on 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 11<sup>th</sup> 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**

## 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](mailto:fire@fostercity.org).

Wednesdays, 6:30p-9p

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

Saturday, 8a-4p

March 21



## Sports & Fitness

### 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](mailto:djfitness@mac.com) or Debbie Sweeney at (650) 570-4349 or [debbiejazz@comcast.net](mailto:debbiejazz@comcast.net). Visit [www.Jazzercise.com](http://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

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

## 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

<b>308611-A</b>	<b>1/9-3/13</b>	<b>F</b>	<b>10a-11a</b>	<b>\$66</b>	<b>Off Site</b>
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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](http://www.shapinwithsunita.com). or (650) 243-1750. **No class on Monday, January 19 and February 16.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

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

## 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

<b>303634-A</b>	<b>1/11-3/15 Su</b>	<b>9a-10a</b>	<b>\$149</b>	<b>Spirit</b>
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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](http://www.WhitlingerSarsfieldTennis.com) for more information.

Instructor: Stanford/Whitlinger & Sarsfield Tennis

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

Fee: \$65 per hour or \$180 for three one-hour lessons.

Add \$5 per hour for each additional person.

## Zalles Racquet Sports

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

Fee: \$65 per hour or \$180 for three one-hour lessons.

Add \$5 per hour for 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](http://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](http://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**



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