Focus on Families

The Parks and Recreation Department recognizes the needs, interests, and issues of families and offers diverse opportunities to strengthen family bonds. The Focus on Families section provides a variety of family-oriented programs, resources, and activities. Explore these pages for updated information each season.

Classes

Cardiopulmonary Resuscitation CPR

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life-saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only. No phone registrations will be taken.**

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

303401-A	**2/6**	**Sa**	**9a-3p**	**$27**	**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	**3/12**	**Sa**	**9-11a**	**Free**	**Off Site**

Couples Kayak & Dine

Join us for a fun and exciting romantic adventure with your partner. Spend the day touring the lagoon with a break for lunch at one of the waterfront restaurants in the area. Enjoy the scenery, sea breeze, sunshine and local cuisines. We will be using double sea kayaks that are very safe and stable, ideal for all kayaking abilities. The program will begin with a quick discussion on land covering equipment and instructions on basic kayaking. **Fees are per person, lunch fee not included.**

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

303590-A	**3/6**	**Su**	**11a-2:30p**	**$68**	**Off Site**

Family Kayaking

Join us for a special kayak tour of the Foster City Lagoon perfect for the "little ones". We will kayak in calm shallow waters using very stable kayaks. The day will begin with a discussion on equipment and instructions on kayaking. We will then hit the water, cruising at a relaxed pace. Kids will have the opportunity to paddle, or just enjoy the ride with stops for snacks and play on and off the water.

Fee covers up to one adult and two children or two adults and one child.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 4 yrs.-Adult

Level: Beginner

303590-B	**1/23**	**Sa**	**9:30-11a**	**$70**	**Off Site**
303590-C	**1/23**	**Sa**	**11:30a-1p**	**$70**	**Off Site**
303590-D	**2/21**	**Sa**	**9:30-11a**	**$70**	**Off Site**
303590-E	**2/21**	**Sa**	**11:30a-1p**	**$70**	**Off Site**

Learn to Kayak

The goal of the program is to have you ready to paddle on your own with confidence and skills needed to continue developing your kayaking experiences and remain active. Day 1 will begin with equipment, paddle techniques, and a nice easy tour of the lagoon is stable double kayaks. Day 2 we will be developing are new skills and incorporating a few new techniques using single kayaks for the rest of the sessions. Day 3 will cover tides & currents, on land transportation/storage/maintenance, and trip preparations with time to continue developing our paddle techniques. Day 4 will cover landing & launches from beaches/ramps/docks, introduce more paddle techniques, and practicing our new skills. Day 5 will cover self rescues and kayaking safety.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Sessions: 1/15, 1/29, 2/12, 2/26, 3/11

Ages: 12 yrs.-Adult

Level: Beginner

303590-I	**F**	**10a-1p**	**$200**	**Off Site**

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Focus on Families

Enrichment Programs

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. All workshops will be held at the Foster City Teen Center. 6:30p-8:30p. We encourage you to reserve your spot for any of the above presentations by calling (650) 286-3374 or emailing dlandwehr@fostercity.org. The 2015-2016 Family Enrichment Series is sponsored by Giliead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

Keeping Kids Safe on the Internet

Date: Thursday, January 21, 2016
Time: 6:30-8:30p
Did you know that teens spend more time using digital media than spending time at school or with their parents? This free class will give parents tips on social media trends and how to keep their kids safe on the internet.
Presented by: Foster City Police Department

Wednesday Enrichment Program

The Wednesday Enrichment Program is offered each Wednesday afternoon (early dismissal day) at Foster City Elementary School and Audubon Elementary School. Each class meeting is one hour in length and serves children 1-5th grades. Instructors come from many different backgrounds and are often members of the community, parents, graduate students, and retirees dedicated to sharing their crafts, life experiences, and hobbies to children in the community. Participation in after school enrichment programs have proven to have a proven benefit for your children, your family and the community you live in.

The Wednesday Enrichment Program includes classes such as:

- Academic Chess
- Mad Science Series
- Engineering FUNdamentals
- After School Tennis
- TGA Premier Jr. Golf

... And MORE!!!

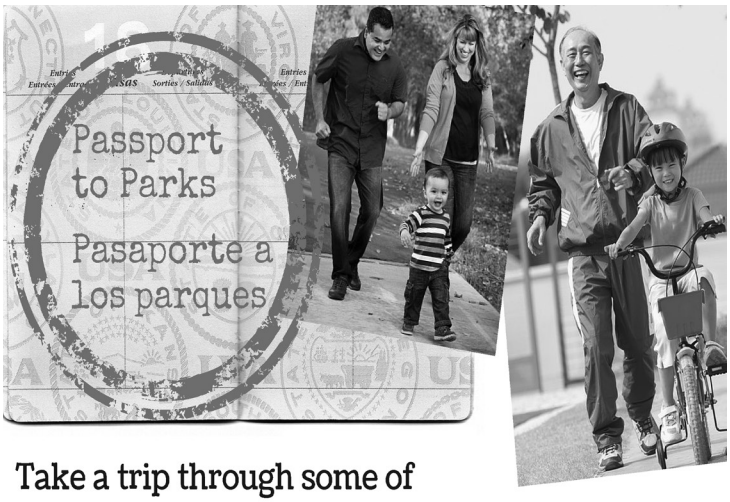
For more information, please call (650) 286-3387.

Events

Off The Grid
Wednesday Nights, 5-9p

Join Off the Grid every Wednesday evening and enjoy a variety of food trucks, live music, and great food. No need for the family to settle on one restaurant when everyone can have something from their favorite truck! Pull up one of the Adirondack chairs provided by OtG, or spread out with your own picnic blanket. Every Wednesday from 5-9pm at Leo J. Ryan Memorial Parks. **There will be no markets on December 2nd and 30th.** Check the food truck lineup at www.offthegridsf.com/markets.

Passport to Parks



Take a trip through some of your neighborhood's best destinations

Go on an interactive treasure hunt to discover your city's beautiful parks and win prizes. Great for birthday parties!

Tomar un viaje a través de algunos de los mejores destinos de su vecindario

Ir en una búsqueda del tesoro interactivo con su familia mientras explora los hermosos parques de su ciudad y ganar premios! Una gran actividad para las fiestas de cumpleaños!

The fun starts ... | La diversión comienza ...

Farragut Park, 1001 Farragut Boulevard, Foster City

To get started | Para empezar:
smchealth.org/passport2parks

Resources

Kidfully

Kidfully works to make the entire experience of discovering and researching kids' activities as seamless and as hassle-free as possible. At its core, Kidfully is a place for local families to share their experiences, and to tap into the collective wisdom. For more information, visit www.kidfully.com.

KidzJet

KidzJet provides safe, reliable, and affordable transportation. Breaking the barriers of transportation opens up a world of exploration and learning. Kids are no longer limited by distance, and schools can expand to new avenues to attract talent. For more information, visit www.kidzjet.com.

Becoming a Member of The Vibe

The Vibe Teen Center provides a variety of activities, events, and resources for teens in middle school or high school. It's not only a great place for teens to meet and interact with others their age, but to partake in fun activities and events planned by Vibe staff. To become an active member, come to The Vibe and pick up a membership application form and get a tour of the facility. Only $25 for membership due one time with application.

Bay Area Dragon Boats

The Bay Area Dragon Boat Foundation is a 501(c)(3) nonprofit organization and our primary focus is dragon boat paddling and racing. Our racing team is known as the Bay Area Dragons (a.k.a. BAD). We have some of the most experienced dragon boat paddlers in Northern California. Formed in 1996, the Bay Area Dragon Boat Foundation provides coaching, steering, and general support for our members and local teams. Our organization is run by 100% volunteers. BAD is a member of the Pacific Dragon Boat Association (PDBA) and we have competed internationally representing the United States. Visit www.bayareadragons.org for more details.

Ho'okahi Pu'uwai Outrigger Canoe Club

Ho'okahi Pu'uwai Outrigger Canoe Club (HPOCC) was founded in 1998 to promote outrigger canoeing and related Hawaiian and Pacific Island paddling sports. Based in Foster City, CA, HPOCC is a 501c non-profit organization, which supports itself through modest membership dues, tax deductible contributions from individuals and fund raising activities in the community. Visit www.hpocc.org for more details.