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

Family Kayaking NEW

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

403590-B	**5/31**	**Su**	**9:30a-11a**	**$70**	**Off Site**
403590-C	**7/11**	**Sa**	**9:30a-11a**	**$70**	**Off Site**
403590-D	**8/8**	**Sa**	**9:30a-11a**	**$70**	**Off Site**

Kayaking for Fitness NEW

Start your week off right with a low impact aerobic workout via kayak while touring the local scenery. This program is designed to get your heart pumping, focusing on your core muscle groups and at the same time develop your paddle techniques. You will not be limited to the slowest person in the group; participants will be encouraged to paddle at their own pace with designated points of interest so that you can develop your kayak skills while getting a great workout. Prior kayaking experience is highly recommended.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

403590-G	**7/13**	**M**	**10a-11:30a**	**$35**	**Off Site**
403590-H	**8/10**	**M**	**10a-11:30a**	**$35**	**Off Site**

Learn to Kayak NEW

The day will begin with a discussion on land, equipment overview, paddle techniques, and safety. We will go through these initial exercises designed to help everyone get comfortable while developing boat control. We will return to land for more discussion on kayak transport, car loading, and more paddle techniques. We will have a short break for lunch, then continue practicing our paddle techniques while touring the area. We will be practicing kayak rescues which will require you to get in the water; this is not mandatory but highly recommended.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

403590-O	**5/3**	**Su**	**9a-2p**	**$75**	**Off Site**
403590-P	**6/6**	**Sa**	**9a-2p**	**$75**	**Off Site**

Kayak & Dine NEW

Spend the day/evening touring the local waterways with a break for lunch/dinner at one of the many waterfront restaurants in the area. Enjoy the sea breeze, sun/moonshine, and local cuisines. Each month locations and themes change, ranging from tours designed with sunsets/full moons to experiences with that special someone in your life. March 27 and July 26: afternoon tour; May 15: sunset tour; April 19 and August 30: just for couples; June 28: full moon tour. The program will begin with a quick discussion on land covering equipment and instructions on basic kayaking.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

403590-K	**5/15**	**F**	**7p-10p**	**$68**	**Off Site**
403590-L	**6/28**	**Su**	**7:30p-10:30p**	**$68**	**Off Site**
403590-M	**7/26**	**Su**	**11a-2:30p**	**$68**	**Off Site**
403590-N	**8/30**	**Su**	**11a-2:30p**	**$68**	**Off Site**

Kayaking for Boomers NEW

This program is designed for people who are part of the "Boomer" generation (50 years+) and want to remain active. You set the pace of instruction and practice while we provide emphasis on ease, safety, and comfort. The day will begin with a discussion on land covering equipment, paddle techniques, and safety. Then tour the area practicing our new skills, take a short break for lunch, then continue practicing our paddle techniques. We will end the day covering on-land transportation, auto loading/unloading systems, and next steps for progression.

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 40 yrs.-Up

Level: Beginner

403590-Q	**4/27**	**M**	**10a-1p**	**$60**	**Off Site**
403590-R	**6/15**	**M**	**10a-1p**	**$60**	**Off Site**
403590-S	**7/24**	**F**	**10a-1p**	**$60**	**Off Site**
403590-T	**8/21**	**F**	**10a-1p**	**$60**	**Off Site**

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) 286-3395 or emailing thall@fostercity.org. The 2014-2015 Family Enrichment Series is sponsored by Giliead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

Drug Awareness Presentation for Parents

Date: May 13, 2015

Parents will learn to identify substance abuse and what common street drugs are in the community.

Presented by: San Mateo County Narcotics Task Force

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, 5p-9p
Saturdays and Sundays, 11a-3p

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 Park, Saturdays and Sundays from 11am-3pm at Baywinds Parks. Check the the food truck lineup at www.offthegridsf.com/markets.

Passport to Parks

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.

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.

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.

Baywinds Park

Bring the family out to the Park on East Third Avenue and experience all it has to offer. Walk the Bay Trail and take in the view of the San Mateo Bridge, go out into the water and experience kiteboarding in the bay, or enjoy bird watching during your leisure time. East Third Avenue has an outdoor activity for everyone at any age.

Avid4 Adventure

Authentic outdoor adventure, 100% screen free.
These days, a lot of kids grow up surrounded by screens, disconnected from the natural world. At Avid4 Adventure summer camps, we introduce pre-K – 7th graders to the power of authentic outdoor adventure.

With help from our time-tested curriculum and insanely experienced* instructors, we teach campers of all levels to climb, paddle, bike, hike and thrive in the outdoors.

Camps run June 15 – August 14, from 9:00am – 3:00pm. Campers enroll for a week at a time. Extended day care available!

Camp locations in Palo Alto, Mill Valley, Montclair, and Saratoga

Learn more and sign up at www.avid4.com or call 800-977-9873

Use the code **'save15'** to save $15!!

** Seriously. Our instructors are outdoors experts and talented teachers with impeccable credentials—all 21 and up and certified in (at minimum) Wilderness First Aid and CPR.*