



FOSTER CITY

parks & recreation

ACTIVITY GUIDE



**Parks
Make
Life
Better!**SM

SPRING 2014

Registration Begins February 26
www.fostercity.org

Annual YAC Spaghetti Feed**Wednesday, April 9, 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. Tickets may be purchased in advance or at the door. All proceeds of this event will be donated to the Foster City Youth and Teen Foundation. Tickets: \$5 advance purchase (available/\$10 at the door).

**Father and Son Night @ The Vibe****Saturday, April 26, 5:30pm-9:00pm****The VIBE, F.C. Teen Center**

All 2nd-8th Grade boys and their dads or granddads are invited to attend the 4th Annual Father and Son Night. Kids and their dad will enjoy an evening of sports and games led by Recreation Staff. Price is \$20 for the first child, \$8 for additional siblings.

**11th Annual Polynesian Festival****FREE!****Saturday, May 5, 10am-5pm****Leo Ryan Park**

Bring the 'ohana (family) and celebrate the ninth annual Polynesian Festival! You'll see Hawaiian hula dancers, Samoan sivas, Tongan kailao and the rhythmic Tahitian and Cook Islands drum dances. There will also be food and arts/crafts booths and outrigger canoe rides. Admission is free. E komo mai! (welcome!)

**Glow Ball Golf Tournament****Saturday, May 17, 7:00pm****Mariners Point Golf Course**

A 5 player adult team scramble. A shotgun start at 7pm will give teams 9 holes of "Lights Out Glow Ball" golf. Registration fees are \$50 per player/\$250 per team and include green fees, two glow in the dark golf balls per player, dinner, and a t-shirt. This bi-annual golf tournament benefits the Foster City Youth and Teen Foundation. For more information or to register today, please call 650.286.3395.



The Parks & Recreation Department has a NEW REGISTRATION SYSTEM!

Set up your new online account today!

<http://registration.fostercity.org>



Foster City Parks and Recreation Announces New Registration System!

Dear Resident,

The Parks and Recreation Department is very excited to announce the debut of our new registration system. We are confident you will appreciate the ease of use and exciting new features of the new registration system. Some of the highlights include:

- Register any time, day or night from the comfort of your home or office
- Mobile device optimization-- search for activities, register, and review your account from your mobile device with ease
- Export or print your household calendar to help keep you organized
- Create wishlists, just like on your favorite shopping websites
- Connect with social media to let your friends and family know what classes or events you'll be attending
- Request a rental reservation for your favorite park or next celebration (coming this July)

Before enjoying many of these great features, you will need to create a new account. Your old account will no longer be active.

If you have any questions about getting started, don't hesitate to call the Recreation Center.

<http://registration.fostercity.org>

Sincerely,

Corrie Fuhrman,
Recreation Coordinator

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Foster City Recreation Center

650 Shell Boulevard
 Phone: 650-286-3380
 Fax: 650-345-1408

Business Hours

Monday-Friday 8am-5pm

Building Hours

Monday-Thursday 8am-10pm
 Friday-Saturday 9am-11pm*
 Sunday 9am-10pm

*Building closure time may vary based on rentals

Foster City Community Center

1000 East Hillsdale Boulevard
 Phone: 650-286-2500
 Fax: 650-638-1936

Business Hours

Monday-Friday 8am-5pm

Building Hours

Monday-Friday 8am-10pm
 Saturday 1pm-Midnight
 Sunday Closed

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



Parks and Recreation make lives and communities better Now and In the Future

We provide

- Access to the serenity and inspiration of nature
- Outdoor space to play and exercise
- Facilities for self-directed and organized recreation
- Positive alternatives for youth which help lower crime and mischief
- Activities that facilitate social connections, human development, therapy, the arts, and lifelong learning

City Council

Charlie Bronitsky, Mayor
 Art Kiesel, Vice Mayor
 Steve Okamoto, Council Member
 Herb Perez, Council Member
 Gary Pollard, Council Member

City Manager

James C. Hardy

Parks & Recreation Committee

Charles Tomberg, Chair
 Sarah Boydston, Vice Chair
 Sam Hindi, Secretary
 Fred Baer
 Richard Biederman
 Bill Fullendorf
 Nancy Gordon
 Paul Nieberding
 Christine Powell
 Ron Seligman
 Jennifer Selvitella

Recreation Staff

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 Jennifer Liu, Recreation Manager
 Corrie Fuhrman, Recreation Coordinator
 Colleen Gotthardt, Recreation Coordinator
 Tiffany Hall, Recreation Coordinator
 Bob Koehler, Recreation Coordinator
 Lisa Yee, Recreation Coordinator
 Sandy Castro, Administrative Assistant
 Estelle Gobrera, Administrative Assistant
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Parks Staff

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 Manuel Hernandez, Parks Manager
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 William Gomba
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 Todd Haena
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 Genaro Munoz
 Robert Murphy
 Matthew Ryan
 Kurt Schaffer
 Naz Schroeder
 Danny Weber

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Kurt Zander, Vehicles & Buildings Manager
 Clint Collins, Vehicles
 Rafael Torrez, Vehicles
 Gerardo Delfin, Facilities
 Fred Dutto, Facilities
 Felipe Garcia, Facilities
 Julie Smith, Facilities
 Joseph Tamayo, Facilities

MUSIC & DANCE

Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn pli , tendue and saut  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). **No class on April 3.**

Instructor: Sheri Alonso

Ages: 4-6 yrs.

401331-A 3/27-6/5 Th 3-3:40pm \$115 Spirit



Dancers love learning the fundamentals of ballet!

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. **No class on April 17.**

Instructor: Ella Bazarsky

Ages: 2-4.5 yrs.

401214-A 4/3-6/5 Th 10:30-11:30am \$112 Spirit



Children have fun playing instruments and learning basic music concepts in Do-Re-Mi.

Foster City Library

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

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

Hours: Monday-Thursday 10am-9pm
Friday 10am-6pm
Saturday 10am-5pm
Sunday 1pm-5pm

Library Storytime Schedule

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

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

Fun Dance Time

This movement-oriented class teaches children the beginning elements of dance in a creative and comfortable learning environment. We will use different props (shakers, streamers, ribbons, hula hoops, etc.) during listening and moving activities. Kids will explore dances from around the world and simple rhythm patterns. Parents' participation is not required, but they are welcome to stay and observe the class. **No class on April 16.**

Instructor: Ella Bazarsky

Ages: 2.5-4 yrs.

401234-A 4/2-6/4 W 10:30-11:30am \$110 Spirit



Fun Dance Time allows children to be creative and learn an appreciation for music!

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.

402207-A 4/2-6/4 W 3:30-4:20pm \$237 Off Site

402207-B 4/2-6/4 W 4:30-5:20pm \$237 Off Site

Tap and Ballet for Tiny Tots

This class is for your little dancer and their adult helper. Helpers are expected to participate during the entire class. We will have fun while building skills in large motor development, following directions, and basic tap and ballet technique. This class is perfect for a shy toddler and/or preschooler. You may sign up more than one child/adult. Everyone should wear clothes they can dance in, and tap/ballet shoes are allowed but not required. Adult friends and family along with older and quiet siblings are welcome to watch.

Instructor: Amy Floro

Ages: 2-4 yrs.

401312-A 4/1-5/27 Tu 9:30-10:15am \$85 Spirit

Tap for Tots

This class is for the little tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please have your child wear clothes they can dance in, and tap shoes are required. Parents are welcome to watch.

Instructor: Amy Floro

Ages: 3-5 yrs.

401313-A 3/31-5/19 M 4:10-4:40pm \$72 Spirit

Tap 1

This class is for the young tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please have your child wear clothes they can dance in, and tap shoes are required. Dancers ages 4.5-5 years old need teacher's approval for this class. Parents are welcome to watch. We will also be getting ready for a performance at the end of the session. Our last class will be a dress rehearsal on Wednesday, May 28th at Audubon School (time TBA). The show will be on Friday, May 30th. (Rehearsal and Show dates are tentative and may need be be changed). To participate in the show, please bring \$35.00 for a costume on the first day of class.

Instructor: Amy Floro

Ages: 4.5-7yrs.

402314-A 3/31-5/19 M 4:40-5:20pm \$75 Spirit

PRESCHOOL

Mariners and Skippers Preschool

The Foster City Parks and Recreation Department offers a part-time preschool program for three and four year olds. Skippers (3 years) offers the younger child an early learning experience away from home. Mariners (4 years) provides the pre-kindergarten child with opportunities to develop early literacy and math skills. Both programs emphasize social and academic learning through art activities, science, story time and music, as well as indoor/outdoor play. 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.

Registration for the 2014 - 2015 school year will begin in May. A photocopy of the child's birth certificate and a \$50 deposit must be included with the registration form. Children must be completely potty trained to enroll. For more information about the program, please call (650) 286 - 3399.

Instructors: Chris Royce and Pam Sutter

Ages: 3 years by 9/1/13

401440-A Tu & Th 9-11:30am \$230/Month Preschool

Ages: 4 years by 9/1/13

401450-A M,W,F 9am-Noon \$355/Month Preschool



SPECIAL INTEREST

Pre-Public Speaking: Confident Communication

Want your child to be an effective class participant and successful public speaker? Confident Communication emphasizes skills critical to communicating with others. Students learn how to engage an audience, become better listeners, and build confidence. Detailed feedback, professional coaches! There will be a materials fee of \$15 payable to the instructor at the first class. For more information call (408) 777-8876, or visit www.communicationacademy.com. **No class on April 17.**

Instructor: Communication Academy

Off Site Location: Beresford Recreation Center, 2720 Alameda de last Pulgas, San Mateo

Ages: 5-6 yrs.

402437-A 4/3-6/5 Th 4-5pm \$245 Off Site

SPORTS & FITNESS

Mini Sports Stars Basketball

This class is a great way to introduce your child to the game of basketball. Kids will be taught dribbling, shooting, passing and defensive skills. All coaches shall adhere to the principles of the Positive Coaching Alliance. An adjustable basket is used to enhance enjoyment and skill development. Boosting children's self-esteem through sports is the #1 priority of this class. For more information please visit: www.minisportsstars.com. **No class on May 24.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive

Ages: 3-4 yrs.

402599-A 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-D 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-G 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Ages: 5-7 yrs.

402599-B 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-E 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-H 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Little Angels Gymnastics

Welcome to the beautiful and exciting world of pre-school gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months to 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 May 26.**

Instructor: Jessica Webb

Ages: 20 mos.-2.5 yrs.

401535-A 3/31-6/9 M 10-10:55am \$140 Bluebird

Ages: 2.5-3.5 yrs.

401535-B 3/31-6/9 M 11-11:55am \$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.

Off Site Location: Peninsula Gymnastics, 1740 Leslie St. San Mateo

Ages: 2-4 years

401536-A 4/1-6/3 Tu 10-10:55am \$165 Off Site

401536-B 4/2-6/4 W 9-9:55am \$165 Off Site

Ages: 4-6 years

401536-C 4/1-6/3 Tu 2:30-3:25pm \$165 Off Site

401536-D 4/2-6/4 W 2-2:55pm \$165 Off Site



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 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 May 27.**

Instructor: Belmont Iceland Staff

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

Ages: 2-5 yrs. with a parent/guardian

401526-A 4/29-6/17 Tu 10:30-11:30am \$82 Off Site

Tot Intro. to 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 May 22.**

Instructor: Belmont Iceland Staff

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

Ages: 3-6 yrs.

401527-A 5/1-6/19 Th 6:15-6:45pm \$82 Off Site



Was your little one inspired by the Olympics? Ice skating is a fun way for kids to be active and practice coordination.

Pre-Karate 1 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and May 26.**

Instructor: Master Instructor Sensei Edwards and/or staff

Ages: 4.5-7 yrs.

401551-A 3/24-5/28 M 5-5:45pm \$106 Mist

Pre-Karate 2 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and 16, and May 26.**

Instructor: Master Instructor Sensei Edwards and/or staff

Ages: 5-8 yrs.

401552-A 3/24-5/28 M/W 5-5:45pm \$178 Mist

Mommy/Daddy & Me Soccer

Introduce yourself and 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. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won’t have to watch from the sidelines.

Instructor: Kidz Love Soccer Staff

Location: Leo Ryan Park Meadow

Ages: 2-3.5 yrs.

401591-A 4/11-5/23 F 6:15-6:45pm \$100 Leo Ryan

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: Leo Ryan Park Meadow

Ages/Description:

Tot Soccer – Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids.

Ages: 3.5-4 yrs.

401592-A 4/11-5/23 F 5:35-6:05pm \$100 Leo Ryan

Pre-Soccer – 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.

Ages: 4-5 yrs.

401593-A 4/11-5/23 F 5-5:35pm \$100 Leo Ryan

Soccer 1 – Players will learn dribbling, passing, receiving, shooting, age-specific 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.

Ages: 5-6 yrs.

401594-A 4/11-5/23 F 4:15-5pm \$100 Leo Ryan

NEW and IMPROVED!

The Parks & Recreation Department is proud to announce a

NEW REGISTRATION SYSTEM!

Set up your new online account today!

<http://registration.fostercity.org>

Mini Sports Stars T-Ball

Your child will build self-esteem, coordination, and social skills while learning the basics of baseball/softball using special equipment as safety is a top priority. We will teach the basics of hitting, fielding, running the bases, and throwing. Dan Hibson and the Mini Sports Stars staff have been conducting t-ball classes on the Peninsula for over five years and the program has been a huge success. Please contact Dan Hibson at minisportsstars@gmail.com if you have any questions. Please meet in the grassy meadow of Leo Ryan Park. **No class on May 24. Class on April 5 and May 31 will be held at Farragut Park.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive

Ages: 3-5 yrs.

401589-A	3/22-4/12	Sa	11:30am-Noon	\$75	Leo Ryan
401589-B	4/19-5/10	Sa	11:30am-Noon	\$75	Leo Ryan
401589-C	5/17-6/14	Sa	11:30am-Noon	\$75	Leo Ryan

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 classes the week of April 14-17 and no classes on Monday, May 26.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

402511-A	3/31-4/30	M & W	3:10-3:50pm	\$92
402511-D	5/12-6/9	M & W	3:10-3:50pm	\$92

Ages: 5-7 yrs.

402511-B	3/31-4/30	M & W	3:50-4:30pm	\$92
402511-C	4/1-5/1	Tu & Th	3:20-4pm	\$92
402511-E	5/12-6/9	M & W	3:50-4:30pm	\$92
402511-F	5/13-6/5	Tu & Th	3:20-4pm	\$92

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its second 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 2013-2014 school year:

Wednesday, March 12, 2014

Drug Awareness Presentation for Parents

Presented by: Sgt. Leo Capovilla,
San Mateo County Sheriff’s Office

This presentation will inform parents, teachers, school administrators, and youth workers on how to recognize substance use and abuse.

Wednesday, May 14, 2014

Basic Family First Aid and Disaster Preparedness

Presented by: Foster City Fire Department
Prepare your family and home for an emergency. Learn how to apply basic first aid to common injuries and how to formulate a family disaster preparedness plan.

All workshops will be held at the Foster City Teen Center (670 Shell Blvd.) from 6:30pm-8:30pm. We encourage you to reserve your spot for any of the presentations by calling 650.286.3395 or emailing thall@fostercity.org. The 2013-2014 Family Enrichment Series is sponsored by Gilead Sciences.



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.

402173-A 4/3-5/22 Th 4:30-6pm \$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

403168-A 4/2-4/23 W 6:30-8pm \$55 Sunfish

Crochet 2

You have learned the basics of crochet with single, half double and double stitches. In this class we will take our skills in farther with increases, decreases, and new stitches. We will start a project in this class where you will need one ball of yarn for practice and two balls of yarn to work your first project and a variety of hook sizes. Children 12 years and under must be accompanied by an adult.

Ages: 9 yrs.-Adult

403169-A 5/7-5/28 W 6:30-8pm \$55 Sunfish

Drawing and Painting I

We will use watercolors, oil pastels, colored pencils and markers in this class. The children will learn how to use brushes and mix colors. We will draw and paint scenery, still life pictures, flowers, and animals. We will also paint a Japanese Tea Garden. A materials fee of \$10 for art supplies is payable to Joanne Muller at the first class.

Instructor: Joanne Muller

Ages: 7-14 yrs.

402121-A 4/1-4/25 Tu 3:30-5pm \$55 Bluebird

Drawing and Painting II

Drawing and painting II is a continuation of Drawing and Painting I, but may be taken separately. We will paint a Hawaiian picture and draw a Spring picture with flowers and bunnies using pastels and glitter glue. We will also draw people and paint underwater scenes of tropical fish. A materials fee of \$10 for art supplies is payable to Joanne Muller at the first class.

Instructor: Joanne Muller

Ages: 7-14 yrs.

402122-A 5/6-6/3 Tu 3:30-5pm \$55 Bluebird



Creativity shines through in Drawing and Painting!

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.

Instructor: Jodi Pavey

Ages: 9-18 yrs.

403166-A 4/3-4/24 Th 6:30-8pm \$55 Spray

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

403167-A 5/8-5/29 Th 6:30-8pm \$55 Spray



MUSIC & DANCE

Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn pli , tendue and saut  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). **No class on April 3.**

Instructor: Sheri Alonso

Ages: 4-6 yrs.

401331-A 3/27-6/5 Th 3-3:40pm \$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). **No class on April 3.**

Instructor: Sheri Alonso

Ages: 6-11 yrs.

402332-A 3/27-6/5 Th 3:45-4:45pm \$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). **No class on April 3.**

Instructor: Sheri Alonso

Ages: 8-12 yrs.

402333-A 3/27-6/5 Th 4:45-5:45pm \$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 One (with CD) at the first class.

402217-A 4/3-6/5 Th 6:30-7:20pm \$240 Off Site

Intermediate - Students must complete beginning guitar to enroll at this level. Book Two (with CD), provides a strong emphasis on reading, adding more notes and more intricate rhythmic patterns. Hand strengthening exercises will be practiced to prepare students for chord playing. Students must complete this course to enroll in the advanced class. Students must supply their own guitars.

402217-B 4/3-6/5 Th 7:30-8:20pm \$240 Off Site

Advanced - All students will begin with Book Three (with CD), which will help them both read at a more advanced level and learn new chords. The goal of this class is to prepare students for playing in a group setting such as the school jazz band, a spiritual group, or even their own band of friends. Students must supply their own guitars.

402217-C 4/3-6/5 Th 5:30-6:20pm \$240 Off Site

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.

402207-A 4/2-6/4 W 3:30-4:20pm \$237 Off Site

402207-B 4/2-6/4 W 4:30-5:20pm \$237 Off Site

Ages: 6-9 yrs.

402207-C 4/2-6/4 W 5:30-6:20pm \$237 Off Site

Ages: 6-10 yrs.

402207-D 4/1-6/3 Tu 5-5:50pm \$237 Off Site

402207-E 4/1-6/3 Tu 6-6:50pm \$237 Off Site

Ages: 7-11 yrs.

402207-F 4/2-6/4 W 6:30-7:20pm \$237 Off Site

NEW and IMPROVED!

The Parks & Recreation Department
is proud to announce a

NEW REGISTRATION SYSTEM!

Set up your new online account today!
Old accounts will be inactive.

<http://registration.fostercity.org>

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.

402227-A 4/3-6/5 Th 3:30-4:20pm \$230 Off Site

Tap 1, 2 & 3 for Youth

These classes are for the young tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique in Tap 1 and build on basics while learning fun combinations in Tap 2. In Tap 3, dancers will have fun while building technique and learning more challenging combinations. All dancers need teacher's approval for Tap 3. Please have your child wear clothes they can dance in, and tap shoes are required. Parents are welcome to watch. We will also be getting ready for a performance at the end of the session. To participate in the show, please bring \$35.00 for a costume payable to the instructor on the first day of class.

Instructor: Amy Floro

Tap 1

Ages: 4.5-7 yrs.

402314-A 3/31-5/19 M 4:40-5:20pm \$75 Spirit

Tap 2

Ages: 6-11 yrs.

402314-B 3/31-5/19 M 5:20-6pm \$75 Spirit

Tap 3

Ages: 6-11 yrs.

402314-C 3/31-5/19 M 6-6:45pm \$85 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.

403347-A 4/2-6/4 W 8:10-8:55pm \$80 Spirit

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

403347-B 4/2-6/4 W 6-7pm \$85 Spirit

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

403347-C 4/2-6/4 W 7:05-8:05pm \$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: 8-13 yrs.

402228-A 3/31-6/9 M 6-6:50pm \$230 Off Site

Ages: 14 yrs.-Adult

402228-B 3/31-6/9 M 7-7:50pm \$230 Off Site



Hillbarn Theatre
Conservatory

Summer Stage 2014

StarTots

Ages: 4-6 – Tuition: \$350 (EE discount - \$25)

Dates: July 28 - Aug 1, 2014

Times: 9:00am-1:00pm

(\$10/hr aftercare until 5:30pm)

Performance: August 1 at 12:30pm

StarShiners

Ages: 6-8– Tuition: \$675 (EE discount - \$25)

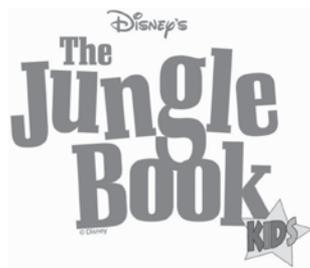
Session 1: June 16-27, 2014

Session 2: July 14-25, 2014

Time: 9:00am-2:00pm

(\$10/hr aftercare until 5:30pm)

Performance: June 27 at 1:30pm



Rising Stars

Ages: 8-10 - “Disney’s Jungle Book Kids”

Tuition: \$800 (EE discount - \$50)

Dates: June 16 - July 3, 2014

Time: 9:00am-3:00pm (\$10/hr aftercare until 5:30pm)

Performances: July 2 & July 3 at 7:00pm on the Mainstage

Super Stars

Ages: 10-13 - “Disney’s Peter Pan Jr.”

Tuition: \$1195 (EE discount - \$50)

Dates: June 30 - July 27, 2014 - no camp on July 4

Time: 9:00am-4:00pm (\$10/hr aftercare until 5:30pm)

Performances: July 25 & 26 at 7:30pm, July 27 at 2:00pm



Threats

Ages: 13+ - “Anything Goes”

Dates: July 7 - Aug 3

Full Camp (show and all elective classes): 12:00pm-6:00pm*

Tuition: \$1195 (EE discount - \$50)

*Parents can still drop off at 9:00am, and we will be offering activities for Triple Threats until noon.

Show Only: 3:00pm-6:00pm

Tuition: \$700 (EE discount - \$25)

Performances: July 30, Aug 1 & 2 at 7:30pm, Aug 3 at 2:00pm



www.hillbarntheatre.org

For more information, call or mail: 650-349-6411 x304 nancy@hillbarntheatre.org

SPECIAL INTEREST

Cardiopulmonary Resuscitation (CPR)

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life- saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only.**

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

403401-A	5/10	Sa	9am-3pm	\$25	Off Site
403401-B	6/7	Sa	9am-3pm	\$25	Off Site

Lekha: Creative Writing

Students will learn techniques for turning ideas into stories, overcoming writers block, and developing structure in their writing. Students will learn the basics of character development, plot, setting, and over all story development, as well as the basics of poetry and play writing. A \$10 materials fee is due at the first day of class.

Instructor: Lekha School of Creative Writing Staff

Ages: 7-10 yrs.

402443-A	4/3-5/22	Th	4-5pm	\$149	Spray
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Lekha: Essay Writing

Students will learn the art of writing essays. They will write three and five paragraph essays focusing on good introductory, body and concluding paragraphs, which are the preferred methods in schools. They will learn to use strong hooks, thesis statements, and effective conclusions, as they write different types of essays.

Instructor: Lekha School of Creative Writing Staff

Ages: 9-13 yrs.

402444-A	4/3-5/22	Th	5:15-6:15pm	\$149	Spray
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Support the Youth and Teen Foundation!

The Foster City Youth and 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 on today's working families.

The Foster City Youth and Teen Foundation's purpose is to provide resources and funding for amenities and supplies for the City's youth and teen programs. With the community's help, we can enhance our facilities and programs for our local youth and 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 and Teen Foundation or to make a tax-deductible donation, please contact Tiffany Hall at (650) 286-3395 or email thall@fostercity.org.



Communication Academy Math Olympiad

Succeed in Math Olympiad! Designed to help students master major strategies in creative problem solving, strengthen math intuition, and gain exposure to math competition problems in sequences, series, principles of divisibility, geometric configurations and logic. Master problem solving techniques and increase student's Math Olympiad score. Each class covers different topics. Experienced math instructor, small class size. A materials fee of \$30 is payable to the instructor at the first class. **No class on April 5, May 3 and May 31.**

Instructor: Communication Academy

Ages: 7-8 yrs.

402457-A 3/29-6/14 Sa 10:45-11:45am \$250 Crane

Ages: 9-11 yrs.

402457-B 3/29-6/14 Sa 9:30-10:30am \$250 Crane

Communication Academy Pre-Public Speaking

Want your child to be an effective class participant and successful public speaker? Confidence is the key. Confident Communication emphasizes skills critical to communicating with others. Students learn how to engage an audience, become better listeners, and build confidence. A final group performance showcases their skills. Detailed feedback, professional coaches! A materials fee of \$15 is payable to the instructor at the first class. For more information call (408) 777-8876, or visit www.communicationacademy.com. **No class on April 17.**

Instructor: Communication Academy

Off Site Location: Beresford Recreation Center,
2720 Alameda de last Pulgas, San Mateo

Ages: 5-6 yrs.

402437-A 4/3-6/5 Th 4-5pm \$245 Off Site

Ages: 7-8 yrs.

402437-B 4/3-6/5 Th 5:15-6:15pm \$245 Off Site

Communication Academy Public Speaking: Impromptu Speech

What is crucial to success in school and personal life? Good communication! Impromptu Speech teaches skills critical to speaking on the spot. Students learn to manage anxiety, present themselves with confidence, organize ideas quickly, and speak effectively. Students gain confidence and valuable skills. Detailed feedback, professional coaches! Final speeches recorded on DVD. A materials fee of \$25 is payable to the instructor at the first class. For more information call (408) 777-8876, or visit www.communicationacademy.com. **No classes on April 5, May 3, and May 31.**

Instructor: Communication Academy

Ages: 9-11 yrs.

402447-A 3/29-6/14 Sa 2:15-3:15pm \$250 Crane

Ages: 11-14 yrs.

402447-B 3/29-6/14 Sa 1-2pm \$250 Crane

Registration Now Open for Spring Break & Summer Camps!

More Information on pages 24-29



REC.CITY

Where We Play!

**An Afterschool Recreation Program
for 1st- 5th Graders
Promote Lifestyles for Active Youth**

Dodge Ball, Capture the Flag, and Fruit Bowl, oh my! Rec.City is an afterschool camp where we PLAY; Promote Lifestyles for Active Youth. Children, grades 1st-5th, can sign up for Rec.City and enjoy their favorite camp games and activities all year long.

Location: VIBE Activity Room

Staff: Recreation Staff

Days and Times: M,T,Th,F – 2:45pm-6pm
W – 12:30pm-6pm

Program Highlights:

- Planned activities, designed to keep your kids active
- Mentorship by our same great summer camp staff
- Daily homework time with guidance from staff
- Afternoon snack provided
- Extended hours to accommodate for minimum days
- Transportation from Audubon and Foster City to The Vibe provided by KidzJet

405709-A	March	M-F	\$525
405709-B	April	M-F	\$525
405709-C	May	M-F	\$525
405709-D	June	M-F	\$525

* Please note: There is no program on non-school days.

**Transportation by Kidz Jet from Audubon and Foster City School to the VIBE is included in the cost.

Wednesday Enrichment @ Foster City School and Audubon Elementary School

Hey parents, if your child is attending Foster City School or Audubon Elementary sign them up for our Wednesday Enrichment program. Classes are held directly after lunch and students stay on campus during early dismissal day to participate in our exciting classes offered. That's right you don't have to worry about picking them up early on Wednesdays! All classes are taught by well qualified instructors and range from a variety of activities such as Academic Chess to Jr. Jazzercise. Look in your child's weekly envelope for more information or call (650) 286-3380. *Wednesday Enrichment is only for students attending Foster City School or Audubon Elementary school grades 1st through 5th.*

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 12pm-3pm 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

Mini Sports Stars Basketball

This class is a great way to introduce your child to the game of basketball. Kids will be taught dribbling, shooting, passing and defensive skills. All coaches shall adhere to the principles of the Positive Coaching Alliance. An adjustable basket is used to enhance enjoyment and skill development. Boosting children's self-esteem through sports is the #1 priority. For more information please visit: www.minisportsstars.com. **No class on May 26.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 5-7 yrs.

402599-B 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-E 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-H 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Ages: 8-10 yrs.

402599-C 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-F 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-I 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Middle School Basketball Clinic

Participants will learn all the proper fundamentals (and more) in preparation for middle school and/or high school basketball. Participants will learn how to play proper man to man defense, how to block out, correct footwork, and much more. Mini Sports Stars emphasizes mastery through the correct repetition of fun drills. Participants will learn the reasons they miss shots and will learn how to correct any mechanical mistakes. Dan Hibson, the founder of Mini Sports Stars, has been coaching for over 20 years and coached Varsity basketball at Hillsdale High School from 2007 to 2012. Email: minisportsstars@gmail.com. **No class on May 26.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive

Ages: 11-14 yrs.

402569-A 3/22-4/12 Sa 1:30-2:30pm \$75 Off Site

402569-B 4/19-5/10 Sa 1:30-2:30pm \$75 Off Site

402569-C 5/17-6/14 Sa 1:30-2:30pm \$75 Off Site

NEW and IMPROVED!

The Parks & Recreation Department
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NEW REGISTRATION SYSTEM!

Set up your new online account today!
Old accounts will be inactive.

<http://registration.fostercity.org>

- Print/Export Household Calendars
- Easy Registration
- Create Wishlists
- Mobile Device Optimized
- Online Room/Park Rental Requests
- Share on Social Media

Youth Intro. to Ice Skating

Make your child'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. Please wear warm, non-restrictive clothing, ankle high socks, and gloves or mittens. Helmets are encouraged. **No class on May 22.**

Instructor: Belmont Iceland Staff

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

Ages: 7-15 yrs.

402528-A 5/1-6/19 Th 6:15-6:45pm \$82 Off Site



Feeling inspired by the Olympics? There's no better time to try Ice Skating!

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.

Off Site Location: Peninsula Gymnastics, 1740 Leslie St. San Mateo

Ages: 4-6 years

401536-C 4/1-6/3 Tu 2:30-3:25pm \$165 Off Site

401536-D 4/2-6/4 W 2-2:55pm \$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: Planet Granite Staff

Ages: 5-13 yrs.

402545-A 3/27-4/24 Th 4-6pm \$170 Off Site

402545-B 3/28-4/25 F 4-6pm \$170 Off Site

402545-C 5/1-5/29 Th 4-6pm \$170 Off Site

402545-D 5/2-5/30 F 4-6pm \$170 Off Site

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.

Instructor: Kidz Love Soccer Staff

Location: Leo Ryan Park Meadow

Ages/Description:

Soccer 1 – Players will learn dribbling, passing, receiving, shooting, age-specific 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.

Ages: 5-6 yrs.

401594-A 4/11-5/23 F 4:15-5pm \$100 Leo Ryan

Soccer 2: Skills & Scrimmages –

NEW

Kids will enjoy advanced skill building: dribbling, passing, defense and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome.

Ages: 7-10 yrs.

401595-A 4/11-5/23 F 3:30-4:15pm \$100 Leo Ryan

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

Pre-Karate 1 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and 16, and May 26.**

Ages: 4.5-7 yrs.

401551-A 3/24-5/28 M 5-5:45pm \$106 Mist

Pre-Karate 2 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and May 26.**

Ages: 5-8 yrs.

401552-A 3/24-5/28 M/W 5-5:45pm \$178 Mist

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 April 14 and 16, and May 26.**

Ages: 7-16 yrs.

402553-A 3/24-5/28 M & W 5:45-6:30pm \$178 Mist

Karate, Inter/Adv. – Coed

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 April 14 and 16, and May 26.**

Ages: 8-17 yrs.

402553-B 3/24-5/28 M & W 6:30-7:15pm \$178 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 April 14 and May 26. Make up class will be held on Wednesday, May 28.**

Ages: 7 yrs.-Adult

402556-A 3/24-5/19 M 7:15-8pm \$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. **No class on April 14 and 16, and May 26.**

Ages: 9 yrs.-Adult

402557-A 3/24-5/28 M & W 7:15-8pm \$68 Mist

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 classes the week of April 14-17 and no classes on Monday, May 26.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

402511-A	3/31-4/30	M & W	3:10-3:50pm	\$92
402511-D	5/12-6/9	M & W	3:10-3:50pm	\$92

Ages: 5-7 yrs.

402511-B	3/31-4/30	M & W	3:50-4:30pm	\$92
402511-C	4/1-5/1	Tu & Th	3:20-4pm	\$92
402511-E	5/12-6/9	M & W	3:50-4:30pm	\$92
402511-F	5/13-6/5	Tu & Th	3:20-4pm	\$92

Tennis Skill Level Descriptions

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth (8-14) classes of 3-8 students will consist of eight hours of instruction. Classes of two students will be converted into four lessons. Students provide own rackets.

Youth Quickstart: Kids 8-10 years old will enhance their skill development with low compression tennis balls on the “60 ft. court”. Play to learn!

Novice: For beginning to low intermediate players. Develop the essential techniques with emphasis on control, depth, and direction on the “78 ft. court” with regulation tennis balls. Lessons will also incorporate basic strategy and tactics.

Intermediate: For players who are consistent on slow to 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 drills.

Advanced: For High Intermediate to Advanced players (i.e. NTRP 3.5-4.0). Focus on skill refinement and competitive drills.

Tennis, Youth

Tennis is the sport for everyone! Please see Tennis Skill Level Descriptions for more information. **No classes the week of April 14-17 and no classes on Monday, May 26.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Quickstart Tennis

Ages: 8-10 yrs.

402521-A	3/31-4/30	M & W	4:30-5:30pm	\$92
402521-B	4/1-5/1	Tu & Th	4-5pm	\$92
402521-C	5/12-6/9	M & W	4:30-5:30pm	\$92
402521-D	5/13-6/5	Tu & Th	4-5pm	\$92

Novice

Ages: 11-14 yrs.

402521-E	4/1-5/1	Tu & Th	5-6pm	\$92
402521-F	5/13-6/5	Tu & Th	5-6pm	\$92

Intermediate

Ages: 11-14 yrs.

402521-G	3/31-4/30	M & W	6:30-7:30pm	\$92
402521-H	5/12-6/9	M & W	6:30-7:30pm	\$92

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.



Tennis, Teen & Adult

Tennis is the sport for everyone! Please see Tennis Skill Level Descriptions for more information. **No classes April 14-17 and on Monday, May 26.**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

403531-A 4/1-5/1 Tu & Th 6:30-7:30pm \$92

403531-B 5/13-6/5 Tu & Th 6:30-7:30pm \$92

Intermediate

403531-C 4/1-5/1 Tu & Th 7:30-8:30pm \$92

403531-D 5/13-6/5 Tu & Th 7:30-8:30pm \$92

Advanced

403531-E 3/31-4/30 M & W 7:30-8:30pm \$92

402531-F 5/12-6/9 M & W 7:30-8:30pm \$92

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

Individual Tennis Lessons, Zalles Racquet Sports

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

Location: Edgewater Park, Foster City

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

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. **No class on May 26.**

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Instructor: Clint Steele

Ages: 14 yrs.-Adult

403505-A 4/7-6/9 M 7-10pm \$55 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.

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Instructor: Clint Steele

Ages: 14 yrs.-Adult

403506-A 4/2-6/11 W 7-10pm \$66 Off Site

Spring Break Fun

Spring Break Camp

Hey there kids! It's time to mark your calendars for an exciting session of Spring Break Camp! You'll spend the entire week with our awesome summer camp staff meeting new friends, playing tons of games, creating wild art projects and getting psyched up for the summer season. One fieldtrip will be scheduled for Thursday, April 17th location TBA. All registrants will receive a full information packet prior to the start of the program. If you would like extended care please make sure to include that in your registration.



Grades: K - 5th

Activity #	Dates	Day	Time	Fee	Location
450778-A	4/14-4/18	M-F	9am-4pm	\$190	The Vibe
450778-B	4/14-4/18	M-F	Extended Care*	\$40	The Vibe

* Extended Care Hours: 7:30am-9am & 4pm-6pm

Spring Break Tennis Camps

Our popular tennis camps emphasize stroke FUNdamentals with dynamic games and exciting drills. Each camp will have the appropriate court size and tennis balls for their age group. Two courts grouped by ability. Please sign up early. Friday, April 18, is reserved for possible make up lessons. Quickstart makeup may be between 9am-12pm; novice makeup may be between 1:30-4:30pm.

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

Instructor: Staff of Stanford Coach John Whitlinger and USPTA Pro Tom Sarsfield

Quickstart Tennis

Age Level: 8-10 yrs.

402522-A	4/14-4/17	M-Th	10:30am-12pm	\$75
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Youth Novice

Age Level: 11-14 yrs.

402522-B	4/14-4/17	M-Th	1:30-3pm	\$75
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Summer Camp Preview

Look for these fun camps this summer!

More Information to Come in the Summer Activity Guide!

Registration Starts April 30

AwesomEngineering

- General Engineering
- Automotive Engineering & Design
- Aviation & Structural Engineering & Design

Freshi Films

- App Development
- Game Design
- Comic Book Creators

Frosty Fun Ice Skating

Incrediflix

- Imagination Flix
- Animation Flix
- Lego Flix
- Filmmaking Flix

Lego Ninjaneering

Indoor Rock Climbing

Tennis

Cooking

KidzJet Adventures

Dance Camp

Lekha Writing

Society Skateboarding

Gymnastics

Knitting

World Cup Soccer

Skyhawks Sports

And MORE!

Summer Camp Information Fair

Need help navigating summer?

Join us for the Summer Camp Information Fair, where you can find out everything you want to know about the camps we are offering this summer. Talk directly with the instructors and representatives to get all your questions answered.

Tues. May 20th. 6-8pm

Recreation Center, Lagoon Room



SUMMER CAMPS

Mark your calendars! It's time to sign up for one of our five awesome Summer Camp programs! We've got a great summer planned for your camper. We offer Kamp Koala for the "mini-camper" 4-5 years old, Camp Outback for kids in K-2nd grades, Camp Wayoutback for the 3rd-4th graders, and Camp Breakaway for those in 5th-8th grades.

The excitement never ends at Foster City camps. Your camper's summer days will be packed with new and exciting adventures! They'll spend their days playing great outdoor games, taking exciting field trips, creating wild art projects, and making new friends and lasting memories. All campers will receive a cool camp t-shirt to wear on field trip days. Camp location is to be announced. For more exciting information about our camp programs, pick up a camp brochure at the Recreation Center or check out our website at www.fostercity.org.

Make your camp selections carefully noting age requirements, dates, times and the camp refund policy. Camps Wayoutback and Camp Breakaway include an overnight camping trips. Session dates are identified in the program description. Refunds, pro-rated fees, or additional childcare will NOT be provided for those campers who choose not to attend a field trip or overnight camping trip.

Kamp Koala 4-5 years

Instructors: Recreation Staff
Location: Preschool Room, Recreation Center

Kamp Koala is the perfect place for the busy 4-5 year old this summer! They'll love their mornings filled with stories, songs, games and crafts, and interacting with other children their age. Your camper will love the themed days such as Bug Day, Big Kid/Little Kid Day with Camp Breakaway, Water Day, Carnival Day and more! Our camp staff will provide a nurturing environment as your child discovers the joys of day camp. A morning snack is provided each day. Camp sessions run Monday-Friday (4 and 5 year olds). Koalas must be 4 years old at the time camp starts and must be fully toilet-trained. Kamp Koala is NOT a summer pre-school.



Session	Dates	Days	Time	Fee	Activity #
Session 1	6/23-6/27	M-F	9am-Noon	\$100	105071-A
Session 2	6/30-7/3	M-Th	9am-Noon	\$80	105071-B
No camp on Friday, July 4					
Session 3	7/7-7/11	M-F	9am-Noon	\$100	105071-C
Session 4	7/14-7/18	M-F	9am-Noon	\$100	105071-D
Session 5	7/21-7/25	M-F	9am-Noon	\$100	105071-E
Session 6	7/28-8/1	M-F	9am-Noon	\$100	105071-F
Session 7	8/4-8/8	M-F	9am-Noon	\$100	105071-G
Session 8	8/11-8/15	M-F	9am-Noon	\$100	105071-H

Camp Outback

Entering K-2nd Grades

Join the incredible Outback staff for one of our most popular summer camps! If you have a child entering K-2nd grades then Camp Outback is the program to join. Your camper will have a time of their life making new friends, playing wild and silly games, singing songs, and creating cool arts and crafts projects. Campers will take one field trip a week (Wednesdays unless otherwise noted) to exciting places around the Bay Area. Our camp staff has a fantastic summer planned for your busy camper. Register early so you don't miss out on the fun! Campers should pack a sack lunch, morning snack and water bottle and sunscreen daily. There is no alternative care for missed fieldtrips. If you would like extended care please make sure to include that in your registration.

Minimum Age: 5 years old by June 23, 2014

Instructors: Recreation Staff

Location: To be announced

Extended Care Hours: 7:30am-9am & 4pm-6pm



Session	Dates	Days	Times	Fee	Activity #
Session 1	6/23-6/27	M-F	9am-4pm	\$190	105702-A1
	6/23-6/27	M-F	Extended Care	\$40	105702-A2
Session 2	6/30-7/3	M-Th	9am-4pm	\$152	105702-B1
	6/30-7/3	M-Th	Extended Care	\$32	105702-B2
No camp on Friday, July 4					
Session 3	7/7-7/11	M-F	9am-4pm	\$190	105702-C1
	7/7-7/11	M-F	Extended Care	\$40	105702-C2
Session 4	7/14-7/18	M-F	9am-4pm	\$190	105702-D1
	7/14-7/18	M-F	Extended Care	\$40	105702-D2
Session 5	7/21-7/25	M-F	9am-4pm	\$190	105702-E1
	7/21-7/25	M-F	Extended Care	\$40	105702-E2
Session 6	7/28-8/1	M-F	9am-4pm	\$190	105702-F1
	7/28-8/1	M-F	Extended Care	\$40	105702-F2
Session 7	8/4-8/8	M-F	9am-4pm	\$190	105702-G1
	8/4-8/8	M-F	Extended Care	\$40	105702-G2
Session 8	8/11-8/15	M-F	9am-4pm	\$190	105702-H1
	8/11-8/15	M-F	Extended Care	\$40	105702-H2

Day at a Time Registration

Limited day at a time registration for Camp Outback (non field trip days) is available through online registration only. The fee is \$55 per day for 7:30-6:00pm care. Registration is on a space available basis. No day-of/on-site registration will be accepted.

Camp Wayoutback

Entering 3rd & 4th Grades

Hey kids! Camp Wayoutback is BEST camp program ever for kids in 3rd & 4th grades! Campers will spend their summer days playing great outdoor games, taking exciting field trips (Thursdays, unless otherwise noted), and creating crazy crafts. If you're a sports fan, then we've got all of the equipment to play flag-football, soccer, volleyball, hockey, and more! Campers should pack a sack lunch, morning snack, water bottle, and sunscreen daily. Bring your friends and a sense of adventure to this summer program, and we'll help create the BEST summer your camper will ever have! Session 6 will include an overnight Lock- in at the VIBE. There is no alternative care for missed fieldtrips including the overnighter. If you would like extended care please make sure to include that in your registration.

Instructors: Recreation Staff

Location: To be announced

Extended Care Hours: 7:30am-9am & 4pm-6pm



Session	Dates	Days	Time	Fee	Activity #
Session 1	6/23-6/27	M-F	9am-4pm	\$190	105703-A1
	6/23-6/27	M-F	Extended Care	\$40	105703-A2
Session 2	6/30-7/3	M-Th	9am-4pm	\$152	105703-B1
	6/30-7/3	M-Th	Extended Care	\$32	105703-B2
No camp on Friday, July 4					
Session 3	7/7-7/11	M-F	9am-4pm	\$190	105703-C1
	7/7-7/11	M-F	Extended Care	\$40	105703-C2
Session 4	7/14-7/18	M-F	9am-4pm	\$190	105703-D1
	7/14-7/18	M-F	Extended Care	\$40	105703-D2
Session 5	7/21-7/25	M-F	9am-4pm	\$190	105703-E1
	7/21-7/25	M-F	Extended Care	\$40	105703-E2
Session 6	7/28-8/1	M-F	9am-4pm	\$200	105703-F1
	7/28-8/1	M-F	Extended Care	\$40	105703-F2
Overnighter at The Vibe – 7/31-8/1					
Session 7	8/4-8/8	M-F	9am-4pm	\$190	105703-G1
	8/4-8/8	M-F	Extended Care	\$40	105703-G2
Session 8	8/11-8/15	M-F	9am-4pm	\$190	105703-H1
	8/11-8/15	M-F	Extended Care	\$40	105703-H2

Day at a Time Registration

Limited day at a time registration for Camp Wayoutback (non field trip days) is available through online registration only. The fee is \$55 per day for 7:30-6:00pm care. Registration is on a space available basis. No day-of/on-site registration will be accepted.

Camp Breakaway

Entering 5th-8th Grades

This adrenaline filled and exciting new camp is open to participants entering 5th-8th grade! Come join Camp Breakaway for a ridiculously fun filled summer with our awesome staff! All summer long, we'll be playing challenging games and sports, making new friends, and going on adventures to three cool places each week. Great America, Raging Waters, camping, kayaking, swimming, and rock climbing are just a few of the trips! So don't miss the opportunity to be a part of Camp Breakaway!

Instructors: Recreation Staff

Location: The Vibe, 670 Shell Blvd.

Pick from two options:

Full Day - \$235 (Sessions 4 & 6: \$245)

Monday-Friday 7:30am-5pm

Half Day - \$195 (Sessions 4 & 6: \$205)

Monday & Wednesday 1pm-5pm

Tuesday, Thursday & Friday 7:30am-5pm



Session	Dates	Days	Full/Half Day	Fee	Activity #
Session 1	6/23-6/27	M-F	Full Day	\$235	106754-A1
	6/23-6/27	M-F	Half Day	\$195	106754-A2
Session 2	6/30-7/3	M-Th	Full Day	\$189	106754-B1
	6/30-7/3	M-Th	Half Day	\$157	106754-B2
No camp on Friday, July 4					
Session 3	7/7-7/11	M-F	Full Day	\$235	106754-C1
	7/7-7/11	M-F	Half Day	\$195	106754-C2
Session 4	7/14-7/18	M-F	Full Day	\$245	106754-D1
	7/14-7/18	M-F	Half Day	\$205	106754-D2
Overnighter at The VIBE - 7/17-7/18					
Session 5	7/21-7/25	M-F	Full Day	\$235	106754-E1
	7/21-7/25	M-F	Half Day	\$195	106754-E2
Session 6	7/28-8/1	M-F	Full Day	\$245	106754-F1
	7/28-8/1	M-F	Half Day	\$205	106754-F2
Overnighter Camping Trip - 7/31-8/1					
Session 7	8/4-8/8	M-F	Full Day	\$235	106754-G1
	8/4-8/8	M-F	Half Day	\$195	106754-G2
Session 8	8/11-8/15	M-F	Full Day	\$235	106754-H1
	8/11-8/15	M-F	Half Day	\$195	106754-H2

The VIBE

Foster City's Teen Center

Middle School Dance Party

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

Friday, February 14 @ The VIBE

Friday, May 9 @ Brewer Island

Dances are held from 7-10pm at Brewer Island Gym. 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. If tickets are available, price at the door is \$10. 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 4:30pm the night of the dance. Middle school students from Foster City only or must have a valid VIBE Membership! These are not school-sponsored events. Dress code will be enforced. Please refer to the website at www.fostercity.org for details regarding Middle School Dance policies.



Father Son Night

Saturday, April 26, 2014

5:30pm-9:00pm

The VIBE, F.C. Teen Center

All 2nd-8th Grade boys and their dads or granddads are invited to attend the 4th Annual Father and Son Night. Kids and their dad will enjoy an evening of sports and games led by Recreation Staff. Price is \$20 for the first child, \$8 for additional siblings.

670 Shell Blvd. in Foster City
650-286-3254

The VIBE is a supervised teen center in Foster City where students in 6th-12th grade can hang out with their friends after school and on weekends. They are able to play pool, air hockey, ping pong, foosball, Nintendo Wii, Sony Playstation 3, XBOX 360 with Kinect, and watch movies and television programs on the big screen TV. We also offer many special events such as dances and sports tournaments. To register for The VIBE, all new participants are required to pay a one-time registration fee of \$25.

Regular Hours

Monday, Tuesday, Thursday 3-6:30pm

Wednesday 2-6:30pm

Friday 3-10pm



Family Enrichment Series

@ The Vibe

More Information on page 10.

YAC 2013-2014 Recruitment

Are you interested in getting involved in the community, gaining leadership skills, and being a major player in city government as it relates to youth & teen issues? Then YAC needs you! The Foster City Youth Advisory Committee (YAC) is a City Council appointed committee of middle school and high school students that sponsor events in Foster City, volunteer in the community, create activities for teens and advise the City Council of teen related issues. You must be willing to attend meeting on Wednesdays beginning in August 2014 through June 2015 from 6:30-8:00pm. Most YAC sponsored events take place on weekends and require member attendance. Applications will be available at the Recreation Center (650 Shell Blvd.) beginning April 21 and will be accepted through May 23. Only serious applicants need apply. For more information, please call 286-3395.

Rent The VIBE!

Looking for a fun place to hold a birthday party or other special event? The VIBE is available for rent on Saturdays and Sundays. For more information, please call 286-3395.

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

403174-A 4/3-6/5 Th 7-10pm \$125 Ceramics

Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1-4pm for students to work on projects. Students are encouraged to bring a lunch. Please note: A mandatory lab fee of \$15 cash is payable to the instructor the FIRST day of class.

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

403175-A 4/3-6/5 Th 10am-4pm \$155 Ceramics



Create treasures galore in Ceramics!

Ceramics Workshop

Ceramics Workshop – Prerequisites:

Students must have completed at least two ceramics classes at the Foster City Recreation Center.

Students must be able to work independently as determined by the class instructor.

Students must also be currently enrolled in a ceramics class at the Foster City Recreation Center.

Students must give time to studio maintenance.

Students may only attend workshops they are registered to attend; there will be no make-up sessions or exchange workshops.

No class on Saturday, April 5, May 3, and May 31; no class on Monday, May 26.

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

403176-A 3/29-6/14 Sa 10:30am-4pm \$55 Ceramics

403176-B 3/31-6/9 M 10:30am-4pm \$55 Ceramics

403176-C 4/1-6/3 Tu 7-10pm \$25 Ceramics

403176-D 4/2-6/4 W 10:30am-4pm \$55 Ceramics

Japanese Flower Arranging

Consists of beginner, intermediate and advanced classes on the art of Japanese flower arranging. Learn the Ikenobo techniques as taught in Japan. The prevailing theme of achieving a maximum effect with a minimum amount of materials challenges a person's creativity while at the same time allows for a relaxing escape from the tensions of the outside world. Students must provide their own scissors, flower vase, Kenzan (flower holder), and flower materials.

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

403188-A 4/3-6/5 Th 9:30am-Noon \$70 Gull

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

403168-A 4/2-4/23 W 6:30-8pm \$55 Sunfish

Crochet 2

You have learned the basics of crochet with single, half double and double stitches. In this class we will take our skills in farther with increases, decreases, and new stitches. We will start a project in this class where you will need one ball of yarn for practice and two balls of yarn to work your first project and a variety of hook sizes. Children 12 years and under must be accompanied by an adult.

Ages: 9 yrs.-Adult

403169-A 5/7-5/28 W 6:30-8pm \$55 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 under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9-18 yrs.

403166-A 4/3-4/24 Th 6:30-8pm \$55 Spray

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

403167-A 5/8-5/29 Th 6:30-8pm \$55 Spray

MUSIC & DANCE

American Line Dancing as a Low-Impact Exercise for Fun & Excitement

Do you want to get lively and move with confidence while having fun exercising via the low-impact approach? Open to all ages that enjoy dancing with or without a partner, LDVALI uses a unique, easy and progressive methodology teaching various line dances from country to Latin, international, and even club and social rhythm and genre!

Level Zero- The introductory or beginner level has the slow pace and movements of the dance selections that involve teaching the basics with minimal or no turning at all.

Level 1- This class is for those who would like to learn more various basic forms and styling of line dances, typically described as having slower tempo, fewer steps, and easy turns, including progression from the Zero class. **No class on April 18, May 2 and May 30.**

Instructor: Allen Isidro

Ages: 18-Adult

Level Zero

403381-A 4/4-6/3 F 9:30-10:25am \$55 Spirit

Level 1

403381-B 4/4-6/3 F 10:35-11:30am \$55 Spirit

Level Zero & 1

403381-C 4/4-6/3 F 9:30-11:30am \$85 Spirit

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

Samba, Waltz

403355-A 3/16-4/13 Su 3-4:15pm Spirit

East Coast Swing, Rumba

403355-B 4/20-5/18 Su 3-4:15pm 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

Foxtrot, Night Club 2 Step

403356-A 3/16-4/13 Su 4:15-5:30pm Spirit

Samba, Waltz

403356-B 4/20-5/18 Su 4:15-5:30pm 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

Hustle

403365-A 3/18-4/15 Tu 8-9pm Spirit

Hustle

403365-B 4/22-5/20 Tu 8-9pm Spirit

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 May 26.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

403375-A 3/31-6/9 M 7-8pm Spirit

Intermediate

403375-B 3/31-6/9 M 8-9pm Spirit

Social Dances

Presented by Boogie Woogie Ballroom

Friday Nights, 7:30-11:30pm

Dance the night away at a Social Dance. No partner necessary; couples and singles welcome!

\$12 Admission (\$10 after 8:30pm)

7:30-8:00pm Beginner Dance Lesson

8:00-8:30pm Intermediate Dance Lesson

8:30-11:30pm Dance Party

March 14 - Foxtrot

April 11 - West Coast Swing

May 9 - Night Club 2 Step

June 20 - Waltz

www.boogiewoogieballroom.com

or 650-571-0836 for more information

Peninsula Jewish Community Center (PJCC)

800 Foster City Blvd.

650-212-PJCC or www.PJCC.org

The PJCC is proud of its diverse, multicultural membership

Get More at the PJCC

Find out why the Peninsula Jewish Community Center (PJCC) is voted "Best Swim Classes" year after year by readers of Bay Area Parent magazine! Swim in our magnificent eight-lane outdoor pool or Foster City's only indoor pool. Play a game of hoops on regulation NCAA basketball courts, and get fit in our state-of-the-art fitness center. Enjoy concerts, art exhibits, book readings, films and so much more!

CHORUS GROUPS

Foster City Community Chorus

This mixed 75-voice adult chorus. Residents of all cities with an ability to match a pitch are welcome. Information at www.PeninsulaMusicalArts.org, or call (650) 513-5522. *Meets: Tuesdays from 7-9:30pm at Audubon School.*

Heart & Soul

An 18-voice performance-oriented chorale for experienced singers by audition. Arrange required auditions in advance through www.PeninsulaMusicalArts.org or call (650) 513-5522. *Meets: Mondays from 7-9:30pm at Audubon 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) 513-5522.

Viva la Musica

Sing like you mean it - with Viva la Musica, a secular, mixed-voice avocational adult choir and orchestra, Shulamit Hoffmann, artistic director. For concerts and membership information, contact www.vivalamusica.org or (650) 281-9663. *Meets: Mondays at 7pm at Foster City School.*

ART GALLERY

The art gallery is located in the lobby area of the Recreation Center at 650 Shell Blvd.

Gallery Hours

Monday-Thursday	8am-10pm
Friday-Saturday	8am-12pm
Sunday	Closed

For artist reception dates, please visit www.fostercity.org.

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.

403347-A 4/2-6/4 W 8:10-8:55pm \$80 Spirit

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

403348-A 4/2-6/4 W 6-7pm \$85 Spirit

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

403349-A 4/2-6/4 W 7:05-8:05pm \$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

402228-B 3/31-6/9 M 7-7:50pm \$230 Off Site



SPECIAL INTEREST

Cardiopulmonary Resuscitation (CPR)

The Heartsaver CPR with AED course is a modular course that teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. The information you receive in this class can be life- saving! Registration is required. CPR Manuals can be obtained in advance by contacting the Fire Department. **CPR classes are for Foster City residents only.**

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

403401-A 5/10 Sa 9am-3pm \$25 Off Site

403401-B 6/7 Sa 9am-3pm \$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

Age Level: 12 yrs.-Adult

403402-A 4/12 Sa 9-11am Free Off Site

SPORTS & FITNESS

Fitness Boot Camp

Full body fitness, core, strength, cardio. Drop off the kids at school and get in shape before summer. Get in great shape by working hard. You will need to bring water and a yoga mat. We will perform circuits to strengthen the major muscle groups of the entire body, improving your balance and cardio fitness. Don't wait – do it now.

Instructor: Pete Hayden, Certified Personal Trainer

Ages: 18 yrs.-Up

403601-A 4/9-4/30 W 9:30-10:30am \$48 Spirit

403601-B 5/7-5/28 W 9:30-10:30am \$48 Spirit

“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.shapin-withsunita.com. or (650) 243-1750. **No class on Monday, May 26.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

403624-A 3/31-6/9 M 6:30-7:30pm \$99 Ryan Park

403624-B 4/2-6/4 W 6:30-7:30pm \$99 Ryan Park

403624-C 3/31-6/9 M&W 6:30-7:30pm \$179 Ryan Park

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!

Day	Time	Instructor	Program
Foster City Recreation Center – 650 Shell Blvd.			
M-F	9am	Debbie	Jazzercise
T/Th	6:30pm	Debbie	Jazzercise
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express

Brewer Island School Gymnasium – 1151 Polynesia Drive

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

Sun.	9am	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 please contact:

Donna Jones:
(650) 345-6617 or djfitness@mac.com

Debbie Sweeney:
(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.

Golf

Golf Class - Open to beginners as well as experienced players who would like to improve their golf skills. Chipping, putting, and all aspects of the golf swing will be covered including grip, posture, alignment, and finish. Can be taken concurrently with short game class. Students are responsible for purchasing range balls for golf class.

Short Game - For the golfer who would like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels. Can be taken concurrently with golf class.

Instructors: The Golf Academy at Mariners Point.

Off Site Location: Mariners Point Golf Links at 2401 3rd Avenue, Foster City

Ages: 18 yrs.-Up

Golf Class

403581-A	3/29-4/26	Sa	9-10am	\$99	Off Site
403581-B	3/30-5/4	Su	11am-Noon	\$99	Off Site
403581-C	3/31-4/28	M	12-1pm	\$99	Off Site
403581-D	5/3-5/31	Sa	9-10am	\$99	Off Site
403581-E	5/11-6/8	Su	11am-Noon	\$99	Off Site
403581-F	5/5-6/2	M	12-1pm	\$99	Off Site

Short Game

403582-A	3/29-4/26	Sa	10:15-11:15am	\$99	Off Site
403582-B	5/3-5/31	Sa	10:15-11:15am	\$99	Off Site



Karate (Coed), Beg.

White, orange, and yellow belt. 0 Kyu-7 Kyu level.

Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) is required and may be purchased from the instructor. **No class on April 14 and 16, and Monday, May 26.**

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

403558-A 3/24-5/28 M & W 8-9pm \$190 Mist

Karate (Coed), Int./Adv.

Blue, green, brown, and black belt. 6 Kyu and up.

Not for the first time student. Prerequisite: Instructor's approval. Intermediate class until 9:15pm/Blackbelts until 9:30pm. **No class on April 14 and 16, and Monday, May 26.**

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

403559-A 3/24-5/28 M & W 8-9:15pm \$190 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 April 14 and May 26. Make up class will be held on Wednesday, May 28.**

Ages: 7 yrs.-Adult

402556-A 3/24-5/19 M 7:15-8pm \$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. **No class on April 14 and 16, and May 26.**

Ages: 9 yrs.-Adult

402557-A 3/24-5/28 M & W 7:15-8pm \$68 Mist

SPORTS LEAGUES AND OPEN GYM

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@cityof-sanmateo.org or call 650-522-7433. We look forward to having you participate in another great softball season in Foster City!



Open Gym Basketball

Saturdays, 7pm – 10pm
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 Matt Taylor at mtaylor@fostercity.org or (650)286-3386.

Adult Bocce Ball Leagues

The City of Foster City and the Peninsula Jewish Community Center (PJCC) have teamed up to bring you Bocce Ball Leagues. Get your friends and colleagues together for this fun and social league. The league will be administered by PJCC, and matches will be played at the Bocce Ball courts in Leo Ryan Park. Please contact John Gradwohl at jgradwohl@pjcc.org or call 650-378-2769 for more information on these leagues.

NEW and IMPROVED!

The Parks & Recreation Department
is proud to announce a

NEW REGISTRATION SYSTEM!

Set up your new online account today!
Old accounts will be inactive.

<http://registration.fostercity.org>

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 May 26.**

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

403684-A 3/31-6/9 M 11am-Noon \$25 Spirit

Table Tennis Club

Join the Club! Foster City Parks and Recreation Department is providing a place to play table tennis. Play is on Sundays and Thursdays from 7-10pm, and Tuesdays and Fridays from 11am-2pm at the Recreation Center. You may register quarterly or drop in for \$3 (exact change only for drop-ins). Please register during the first month of each quarter. Membership is from April-June.

403561-A - \$35 (Over 18)

403561-B - \$25 (18 and under/Over 50)

\$3 Drop-in



Save the Date! May 3-4, 2014

Experience your city in a new way in local parks and public spaces where you can walk, bike, run, skate, dance, picnic, play, and enjoy being active and healthy.

FREE family fun for everyone!

For the latest information on participating cities, visit www.streetsalivesmc.org.

● Be Active ● Be Healthy ● Be Local ●

Tennis Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No classes April 14-17 and on Monday, May 26.**

Novice - For beginning to low intermediate players. Develop the essential techniques with emphasis on control, depth, and direction on the "78 ft. court" with regulation tennis balls. Lessons will also incorporate basic strategy and tactics.

Intermediate - For players who are consistent on slow to 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 drills.

Advanced - For High Intermediate to Advanced players (i.e. NTRP 3.5-4.0). Focus on skill refinement and competitive drills.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

403531-A 4/1-5/1 Tu & Th 6:30-7:30pm \$92

403531-B 5/13-6/5 Tu & Th 6:30-7:30pm \$92

Intermediate

403531-C 4/1-5/1 Tu & Th 7:30-8:30pm \$92

403531-D 5/13-6/5 Tu & Th 7:30-8:30pm \$92

Advanced

403531-E 3/31-4/30 M & W 7:30-8:30pm \$92

402531-F 5/12-6/9 M & W 7:30-8:30pm \$72

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.

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 WhitlingerSarsfieldTennis.com for more information.

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

Instructor: Stanford/Whitlinger and Sarsfield Tennis

Location: Shell Blvd. Courts #3 and #4

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.**

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

Location: Edgewater Park

Foster City Tennis Club

For social and tournament tennis, don't miss the fun and camaraderie offered by membership in the Foster City Tennis Club. The FCTC is a community organization sponsored by the City of Foster City Parks and Recreation Department and is open to interested tennis players of all levels. The club normally has over 375 members. The club, which plays on tennis courts throughout Foster City, sponsors several teams at various league levels. You can join the FCTC and get more information on their website at www.fostercitytennisclub.org.

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. **No class on May 26.**

Instructor: Clint Steele

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive, Foster City

Ages: 14 yrs.-Adult

403505-A 4/7-6/9 M 7-10pm \$55 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

403506-A 4/2-6/11 W 7-10pm \$66 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

403687-A 4/3-5/22 Th 6:30-7:30pm \$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: 13 yrs.-Adult

403688-A 4/1-5/20 Tu 6:30-7:45pm \$85 Mist

Let's Zumba with Sunita

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.shapin-withsunita.com. (650)243-1750.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

403644-A 4/1-6/3 Tu 6:30-7:30pm \$99 Spirit

Water Activities with California Windsurfing

(650) 594-0335 or

www.californiawindsurfing.com

Must know how to swim to participate.

Beginning Windsurfing Lessons

Ages 14 and up

Saturday & Sunday 11am-2pm \$110

Put on a swimsuit, grab a towel, and participate in the fastest growing sport of the decade. Windsurfing! California Windsurfing makes it easy for anyone to learn. Our friendly instructors are certified by the Sailboard School System.

Beginning course is a 2-day class, 3 hours per day, and takes place at the Foster City Lagoon (Leo J. Ryan Park). The course covers the basics of light air sailing. First day's lesson includes safety, rigging a sailboard, learning techniques on a land simulator, and instruction on the water. Most students will be sailing the first day. The next day includes simulator demonstration on changing course, tacking and jibing, and lots of practice on the water.

All equipment, including a warm wetsuit, is provided at the lesson site. Just bring a swimsuit and a pair of sneakers you don't mind getting wet. To register for the class, contact California Windsurfing directly.

Windsurf Board, Paddleboat and Stand Up Paddleboard Rentals

Windsurf Boards: \$20 per hour

Paddleboats: \$10 per half hour. Includes life-jackets. Two adults per boat and 2 children 60 pounds or less.

Kayaks: \$10 per half hour.

Includes wetsuit, paddle, and lifejacket

Stand Up Paddleboards: \$10 per half hour

California Windsurfing is located in the main Leo Ryan Park/Recreation Center parking lot just south of the Recreation Center at 650 Shell Blvd. and The VIBE. Closed Mondays (except holidays). A valid drivers license is required.

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

Front Desk	9am-5pm
Games Available	9am-5pm

Senior Expressions Newsletter

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.

Benefits:

- Receive the newsletter four times a year at your home, before it is available to non-subscribers
- Receive a discount at two events – Ice Cream Social and Tea Party

Fee:

- \$12 per year
- Prorated after January

Call 650-286-2585 for more Information

S.A.S.H. Grocery Shopping Assistance

Do you have trouble getting your groceries? Stay more independent with S.A.S.H. (Shopping Assistance for Seniors who need Help Shopping). For more information, contact the Senior Wing Recreation Coordinator at 650-286-3378.



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!



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	9am-3:30pm	Foster City/San Mateo
Wednesdays	9am-5pm	Specified Territory
Thursdays	9am-3:30pm	Foster City/San Mateo

Reservations & Payment:

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

Game Schedule

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

Supply own materials; No money exchanged

Thursday Matinees

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Call or stop by the Senior Wing for the list of upcoming movies.

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

Lunch Bunch

The Lunch Bunch program meets on the third Wednesday of each month at 11:15am. 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 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 & Recreation Department

Enrollment:

Enrollment is accepted for San Mateo Adult Education classes on an ongoing basis. Enrollment fees are paid directly to the instructor on the first day of class, or you can pre-register through the San Mateo Adult School. 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.

Day	Class	Time	Room
Monday	Yoga for Health	9:30am	Spirit Room
Monday	Sewing- Fabric Arts	1pm	Sunfish Room
Tuesday	Painting & Drawing	9:30am & 12:30pm	Sunfish Room
Tuesday	Zumba Gold	10:45am & 11:45am	Spirit Room
Tuesday	Tai Chi- Beginner	1pm	Spirit Room
Wednesday	Hand Knitting & Machine Knitting	9:30am & 12:30pm	Sunfish Room
Wednesday	Qi Gong Fitness	10:30am	Lagoon Room
Thursday	Yoga for Health	11am	Bluebird Room
Friday	Sewing & Pattern Making	9:30am	Sunfish Room

Driver Safety Program

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:

- April 7 & 8 – 9am-1:30pm
- April 26 – 8:30am-5:30pm
- August 19 & 20 – 9am-1:30pm
- August 23 – 8:30am-5:30pm

REGISTRATION FORM

- Please write legibly; fill in all required spaces, including an activity number for each class

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 for program publicity. If the participant is a minor, the parent or guardian must sign below.

Signature: _____ Date: _____

Participant Parent Guardian

ONLINE



Starting February 26, 2014

Go to:

<http://registration.fostercity.org>

MAIL-IN



Starting February 26, 2014

Foster City Parks & Recreation
650 Shell Blvd.
Foster City, CA 94404

FAX



Starting February 26, 2014

Fax completed form including
Visa/Mastercard Information to
650-345-1408

WALK-IN



Starting March 10, 2014

Monday- Thursday	8am-10pm
Friday	8am-5pm
Saturday	9am-4pm

Online Registration

This service provides you with a quick, hassle-free way to register for your favorite classes 24 hours a day, 7 days a week!

Step 1: Create an Account

Visit <http://registration.fostercity.org>, and click "Create an Account." Fill out the information requested, and then click "Finished." Your account should be activated immediately. If you have forgotten your log in information, click "Forgot Password" to have it emailed to you.

Step 2: Register for Classes

Visit <http://registration.fostercity.org>, and log into your account. View classes and select the ones you would like to sign up for by adding them to your cart. You will need your Visa or Master Card number, expiration date, and security code to check out. Shortly after submitting your registration, you will receive a class registration confirmation.

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 \$40 fee 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 March 10, 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.

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

Community Partners

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

Community Organizations

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

Athletic Organizations

AYSO Soccer		www.aysofc.org
Bay Cities Bulldogs/Pop Warner	578-8248	www.baycitiesbulldogs.com
Little League.....	533-9383	www.fcll.org
Mariners Point Golf	573-7888	www.marinerspoint.com
Pony/Colt League.....	578-1415	www.fcpony.org
PYSC/CYSA Soccer.....	571-5347	www.peninsula-soccer.com
Tennis Club		www.fostercitytennisclub.org
Youth Softball Association.....	504-6361	www.fcsoftball.org

Cultural Arts

Community Singers	513-5522	www.peninsulamusicalarts.org
Community Chorus.....	513-5522	www.peninsulamusicalarts.org
Heart and Soul	513-5522	www.peninsulamusicalarts.org
Hillbarn Theatre.....	349-6411	www.hillbarntheatre.org
Viva la Musica	650-281-9663	www.vivalamusica.org

Resources

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

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.*

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

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.

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.

FACILITY AND PICNIC RENTALS

The Parks and Recreation Department offers a variety of rooms and parks to host your next meeting, celebration, or picnic. Rental fees are very reasonable and therefore our calendar fills quickly, so call early for reservations. Most reservations are accepted up to one year in advance for residents and nine months in advance for non-residents. Please note that picnic rentals are only available for residents.

For more details, please call 286-3382 or email recreation@fostercity.org. Permit applications are available at the Recreation and Community Centers.

Recreation & Community Centers

The Recreation Center located in Leo Ryan Park, and the Community Center located above the library have a variety of rooms for group meetings, parties, receptions, and banquets. Rooms accommodate 10-250 people. Tables and chairs are included with rental fee.

Lagoon Room

The Lagoon Room in the Recreation Center overlooks the beautiful lagoon and is the perfect space for your wedding or celebration, for up to 250 guests. The rental includes rectangle or oval tables and chairs. The kitchen is available for an additional fee to accommodate the caterer of your choice. Alcohol is allowed with the correct insurance and permits.



The VIBE

The VIBE, Foster City’s Teen Center, is a fun place to host your next birthday party or event. Available for rent on Saturdays and Sundays. The facility is equipped with multiple TVs, video game equipment, stereo system, game tables, and much more. We also offer a large kitchen area, separate activity room, and an enclosed courtyard. Birthday party packages are available for an additional fee. For more information, please call 286-3395.



Picnic Rentals

Picnic site reservations are available to residents for a fee at the following parks:

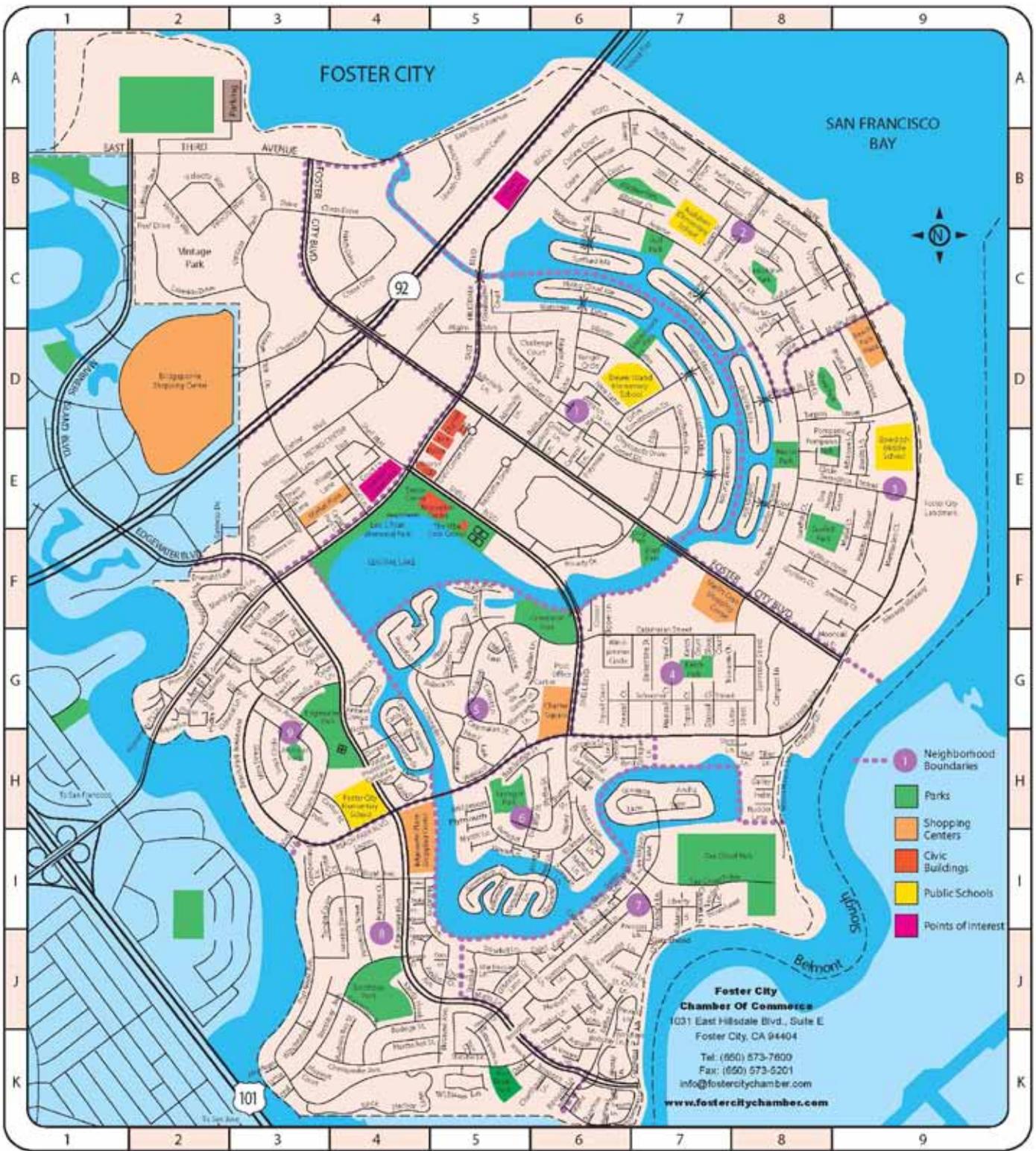
- Boothbay -Gull
- Erckenbrack -Marlin

All other picnic areas in City parks are available first-come, first-serve. See the park grid on the next page for all the amenities offered at each park.



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															



POINTS OF INTEREST

Amphitheater..... E-F-4-5	City Hall..... D-5	Gull Park..... B-7	Port Royal Park..... K-5
Arcturus Park..... H-3	Council Chambers..... D-5	Hillbarn Theatre..... B-5	Post Office..... G-6
Audubon School..... B-7	Dog Park..... F-7	Ketch Park..... G-7	Recreation Center..... E-5
Boat Park..... E-F-7	Edgewater Park..... G-H-4	Killdeer Park..... B-6-7	Sea Cloud Park..... H-I-7-8
Boothbay Park..... J-4	Erckenbrack Park..... C-7	Leo J. Ryan Mem. Park..... E-F-4-5	Senior Wing..... E-5
Bowditch Middle School..... D-E-9	Estero District Maint. Facility..... B-4	Library/Community Center..... E-5	Shad Park..... D-8
Brewer Island School..... D-6-7	Farragut Park..... H-5	Marlin Park..... E-8	Sunfish Park..... E-8
Catamaran Park..... F-5-6	Fire Department..... D-5	Police Dept..... D-E-5	Turnstone Park..... C-8
Central Lake..... F-4-5	Foster City Elementary School..... H-4	Pompano Park..... E-8	Vibe Teen Center..... E-5
Chamber of Commerce..... E-4			



Foster City Parks & Recreation Department

650 Shell Boulevard
Foster City, CA 94404

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FOSTER CITY, CA 94404**

ECRWSS

HOLI

Festival of Colors

Saturday, April 5, 11am-3:30pm

Leo Ryan Park

Join Us for this FREE Cultural Event

