

The Guide



SUMMER 2015
Registration begins April 29th

Excellent Service. Exciting Programs. Exceptional Places.



Foster City Mens Club
Power of Volunteerism
Scholarship Opportunity
(Inside Front Cover)

2015 Summer Camps
Foster City Summer Camps
NEW Special Interest Camps
(Pg. 3)

Foster City Amphitheater
2015 Fourth of July Celebration
Summer Concert Series
(Pg. 1 & Centerfold)

Creating Community Through People, Parks and Programs

Welcome

The Power of Volunteerism: A Welcome Letter from the Foster City Men's Club

Volunteering is a very important aspect of strengthening a community. Foster City has a history of being a close knit community through schools and sports programs. In many cases, those that volunteer within the community are also those who volunteer for helping our schools and sports programs. While that altruistic act is commendable and needed in our community, we at the Foster City Men's Club felt that more could be done to inspire others to help. And what better example to the children in our community than to see their fathers volunteer their own time to strengthen community bonds in our city. Volunteering helps build a more cohesive, safer, stronger community, and increases the social network between residents and neighborhoods.

Volunteering has a profound effect on those that put themselves forward; research shows that you should try it:

- Research over the last 10 years has suggested that giving of your time and energy by volunteering can give you a different perspective about life, increasing self esteem, enhancing various skills and capacities, expanding career paths and generally leading to healthier physical and mental states.
- Having the opportunity to volunteer allows you to meet people you would not have met under different circumstances and thus enhances your social network, which can be extremely rewarding and necessary.

We have partnered with the Parks and Recreation Department to prove the power of volunteerism. Initially, we are working together on offering a scholarship to support Foster City families participation in the Youth and Teen Programs provided by the Parks and Recreation Department. Please see language in this Guide as well as applications placed throughout the city.

Also look for FCMC at these Events this coming year:

- May - Annual Mother's Day BBQ
- June - Foster City Arts & Wine Festival
- August - Science & Technology Fair
- December - Holiday Charity Drive

Lastly, I will leave you with a quote:
Citizen service is the very American idea that we meet our challenges not as isolated individuals but as members of a true community, with all of us working together. Our mission is nothing less than to spark a renewed sense of obligation, a new sense of duty, a new season of service...
Bill Clinton

The Parks and Recreation Department and Foster City Men's Club look forward to seeing you at our events and around the city!

-Sergio Gutierrez, President
Foster City Men's Club

City of Foster City Parks & Recreation Department

Foster City Recreation Center 650 Shell Blvd. Phone: (650) 286-3380 Fax: (650) 345-1408

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday-Saturday 8a-11p*

Sunday 9a-10p

Foster City Community Center 1000 E. Hillsdale Blvd. Phone: (650) 286-2500 Fax: (650) 638-1936

Business Hours:

Monday-Friday 8a-5p

Building Hours:

Monday-Thursday 8a-10p

Friday-Saturday 1p-Midnight*

Sunday Closed*

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

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

Be sure to follow us on



These Social Networks

PHOTO CREDITS

Front Cover: Shinae Kim-Helms
Kayaking Photos: Joe Stacks (pg. 39 & 40)

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CITY MANAGER

James C. Hardy

PARKS AND RECREATION COMMITTEE

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Sam Hindi, Vice Chair
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Dorte Drastrup
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Emely Dela Cruz
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Rafael Torrez Vehicles
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Felipe Garcia Facilities
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Joseph Tamayo Facilities*

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This Season

2nd Half of May

2015 IOM World Championship Regatta

May 8 - 16, 2015

Lagoon, Recreation Center

On behalf of American Model Yachting Association and South Bay Model Yacht Club, it is an honor and a great pleasure to welcome you to the USA IOM World Championship Regatta at Foster City's beautiful Central Lake in northern California. This event is being held in the U.S. for the first time and the City of Foster City will be the first city in America to welcome this amazing event. For more information, visit www.usaiomworlds.com.

Foster City Parks and Recreation Committee Levee Safety Day

Sunday, May 17, 2015, 9a-1p

Levee, Foster City Blvd & Beach Park Blvd

2015 Foster City Arts & Wine Festival

May 29 - 31, 2015

Shell Blvd

Foster City's largest event kicks off on Friday May 29th with the Carnival and Artist Reception. The Carnival will run all weekend and the festival including the arts & crafts booths, food vendors, live music, and the art expo will run Saturday & Sunday.

Ceramics Sale

May 30 - 31, 2015

Ceramics Studio, Recreation Center

The Ceramics Studio in the Recreation Center will be offering a Ceramics Sale during the Foster City Arts & Wine Festival. Come see the many works of students as they showcase and sell various works of art, including pots, bowls, plates, sculptures and much more.

June

Bollywood Concert and Dance

Saturday, June 6, 2015, 4p-8p

Amphitheater, Leo J. Ryan Park

The sounds and dance of India. Join the Parks and Recreation Department along with community volunteers in this engaging event to showcase the many genre of Indian music and dance.

2015 Neighbor Night Series

June - August, 2015, 6p-8p

Edgewater, Erckenbrack and Killdeer Parks

The Neighbor Nights program launched the summer of 2013 with the intent of promoting community togetherness by way of a block party. Each year, Recreation Department Staff sets three dates in three different neighborhood parks to provide free family programming. For more information, please call 650.286.3395 or email thall@fostercity.org.

July

2015 4th of July Celebration & Parade

Saturday, July 4, 2015, 9a-10p

Leo J. Ryan Park & Recreation Center

Join us as Foster City celebrates 4th of July in Leo J. Ryan Park with a Family Parade, live music and Fireworks! For more information, call (650) 286-3380 or visit us at fwww.fostercity.org.

2015 Summer Concert Series

Every Friday, July 10 - August 14, 2015, 6p-8p

Amphitheater Leo J. Ryan Park

See centerfold for more details.

August

2015 Family Overnighter

August 22 - 23, 2015, 5p-8a
Boothbay Park

Grab your tent and sleeping bags, it's time for the Family Overnighter. Come enjoy a relaxing evening with your family at Boothbay Park. Recreation staff has a fun-filled evening of games, campfire, songs, stories and s'mores planned for you. All registrants must pre-register for this event. This event is open to all ages.

\$8 per participant (non-refundable).

Activity# 107411-A

September

2015 Community Bike Ride

Sunday, September 20, 2015, 9a-1p
Boothbay Park

Families and individuals are invited to participate in a 2.5 or 11 mile ride with other community members along the beautiful levee-pedway in Foster City. Free bike and helmet safety checks will be provided, along with water and treats at the halfway point and finish line. Come join the fun at this Foster City Family Fun Series event!

Foster City International Writer's Contest

The City of Foster City is sponsoring another writing contest, the 37th. This contest is open to all who enjoy writing. The first place winners receive \$250 and second place winners receive \$100.00 including a beautiful certificate with the name of the winner, category, and name of the article. The categories are Fiction, Poetry, and Essay. All the winners will have their picture and names in local papers. The deadline is Friday, October 15, 2015 at 5:00 pm. You can't be a winner if you don't enter.

Bike Foster City 2015

Check out these Bike Foster City Events as they all lead up to the 2015 Foster City Community Bike Ride. These events are open to the everyone.

Bike To Work Week

May 11-15, 2015

Energizer Station/Safe Routes To School

May 14, 2015

Bike To The Library/Library Story Time/Bike Crafts

June 13, 2015

Decorate Bikes and Helmets for Annual 4th of July Celebration

July 4, 2015

Customize Your Bike and BMX Demo

August 9, 2015

July is National Parks and Recreation Month! Check out what people had to say about their Foster City Parks and Recreation experience throughout The Guide.



Summer Camps

FOSTER CITY SUMMER CAMPS

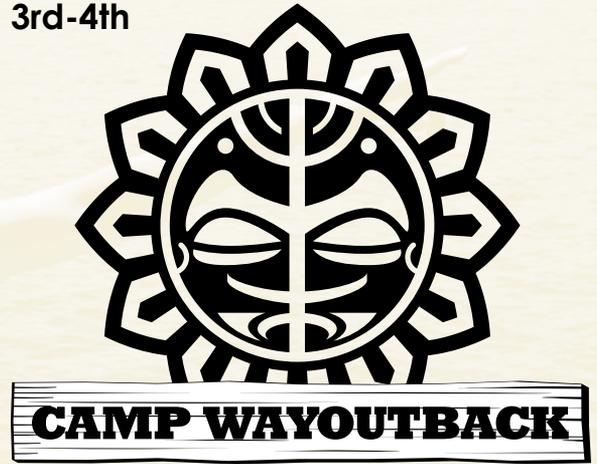
A unique summer experience to grow, learn, and play!

Foster City Summer Camps provide experiences your child will remember for years to come. Camps create opportunities for campers from Kindergarten to Middle School to grow into their own, allowing them to experience summer in a whole new light.

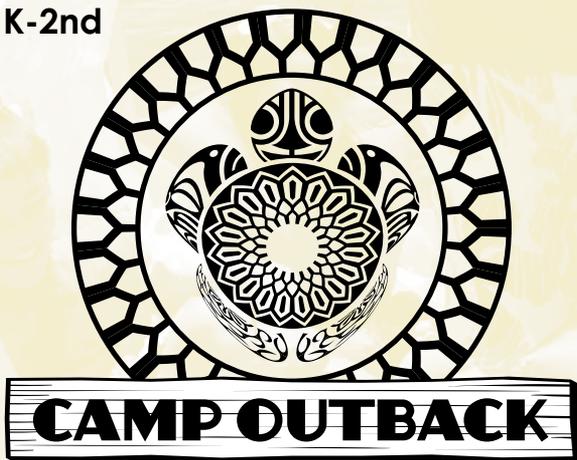
Age 4-5



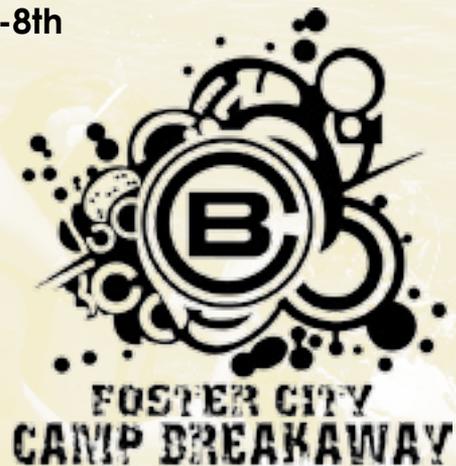
3rd-4th



K-2nd



5th-8th



Each camp will give your camper a different learning experience that will carry on with them throughout their adolescence. The Foster City Summer Camp program offers four camps for various age groups: Kamp Koala (4-5yrs.), Camp Outback (K-2nd grade), Camp Wayoutback (3rd-4th grade), and Camp Breakaway (5th-8th grade).

Summer Camps

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 weeks such as Space Week, Nature Week, Animal Week and more. Our camp staff will provide a nurturing environment as your child discovers the joys of 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 preschool.

Instructors: Recreation Staff

Location: Preschool Room, Recreation Center

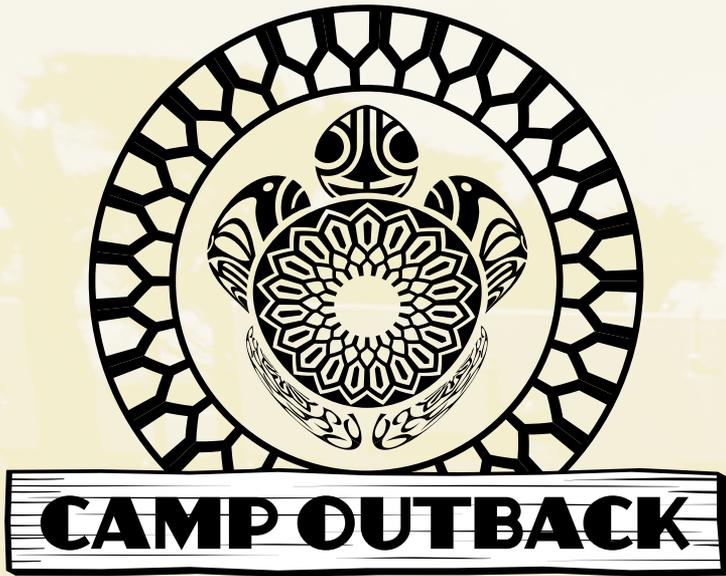
Ages: 4-5 yrs.



KAMP KOALA

Session	Date	Time	Cost	Activity #
Week 1	6/22- 6/26	9a-Noon	\$100	105071-A
Week 2	6/29- 7/3	9a-Noon	\$100	105071-B
Week 3	7/6- 7/10	9a-Noon	\$100	105071-C
Week 4	7/13- 7/17	9a-Noon	\$100	105071-D
Week 5	7/20- 7/24	9a-Noon	\$100	105071-E
Week 6	7/27- 7/31	9a-Noon	\$100	105071-F
Week 7	8/3- 8/7	9a-Noon	\$100	105071-G

Summer Camps



Join the incredible Outback staff for one of our most popular summer camps! If you have a child entering Kindergarten - 2nd grades, then Camp Outback is the program to join. Your camper will have the 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, a morning snack, a water bottle, and sunscreen daily. Campers must meet the age requirement before the start of the camp program. Minimum age: 5 years old by June 22, 2015. Please see Youth Coordinator for additional information. There is no alternative care for missed field trips. If you would like extended care, please make sure to include that in your registration.

Instructors: Recreation Staff

Location: Audubon LGI Room***

Ages: Kindergarten - 2nd grade

Session	Date	Time	Cost	Activity #
Week 1: 6/22-6/26	M-F	9a-4p	\$200	105702-A1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-A2
Week 2: 6/29-7/3	M-F	9a-4p	\$200	105702-B1
Extended Care	M-F	7:30a-9a & 4p-6p	\$32	105702-B2
Week 3: 7/6-7/10	M-F	9a-4p	\$200	105702-C1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-C2
Week 4: 7/13-7/17	M-F	9a-4p	\$200	105702-D1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-D2
Week 5: 7/20-7/24	M-F	9a-4p	\$200	105702-E1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-E2
Week 6: 7/27-7/31	M-F	9a-4p	\$200	105702-F1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-F2
Week 7: 8/3-8/7	M-F	9a-4p	\$200	105702-G1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105702-G2

***NOTE: Week 7 location: Foster City Community Center (1000 E. Hillsdale Blvd).

Summer Camps

Hey kids! Camp Wayoutback is the best camp program ever for kids in 3rd and 4th grades. Campers will spend their 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, a morning snack, a water bottle, and sunscreen daily. Bring your friends and a sense of adventure to this summer camp program, and we'll help create the best summer your camper will ever have!

Instructors: Recreation Staff

Location: Audubon LGI Room***

Ages: 3rd - 4th grade



CAMP WAYOUTBACK

Session	Date	Time	Cost	Activity #
Week 1: 6/22-6/26	M-F	9a-4p	\$200	105703-A1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-A2
Week 2: 6/29-7/3	M-F	9a-4p	\$200	105703-B1
Extended Care	M-F	7:30a-9a & 4p-6p	\$32	105703-B2
Week 3: 7/6-7/10	M-F	9a-4p	\$200	105703-C1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-C2
Week 4: 7/13-7/17	M-F	9a-4p	\$200	105703-D1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-D2
Week 5: 7/20-7/24	M-F	9a-4p	\$200	105703-E1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-E2
Week 6: 7/27-7/31***	M-F	9a-4p	\$210	105703-F1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-F2
Week 7: 8/3-8/7	M-F	9a-4p	\$200	105703-G1
Extended Care	M-F	7:30a-9a & 4p-6p	\$40	105703-G2

***NOTE: Week 6 includes an overnight lock-in at The Vibe.

***NOTE: Week 7 location: Foster City Community Center (1000 E. Hillsdale Blvd).

Summer Camps



FOSTER CITY CAMP BREAKAWAY

This adrenaline-filled and exciting 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 field trips 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 apart of Camp breakaway.

Instructors: Recreation Staff

Location: The Vibe Teen Center, 670 Shell Blvd.

Ages: 5th - 8th grade

Pick from two options:

Full Day - \$235:	M-F	7:30a-5p
Half Day - \$195:	M & W	1p-5p
	Tu, Th, F	7:30a-5p

Session 4 & 6 Only (Overnight Trips):

Full Day - \$245, Half Day - \$205:	
7/13-7/18	The Vibe Overnighter
7/27-7/31	Memorial Park Camping Trip

Session	Day	Time	Cost	Activity #
Week 1: 6/22- 6/26	M-F	Full Day	\$235	106754-A1
	M-F	Half Day	\$195	106754-A2
Week 2: 6/29- 7/3	M-F	Full Day	\$235	106754-B1
	M-F	Half Day	\$195	106754-B2
Week 3: 7/6- 7/10	M-F	Full Day	\$235	106754-C1
	M-F	Half Day	\$195	106754-C2
Week 4: 7/13- 7/17	M-F	Full Day	\$245	106754-D1
	M-F	Half Day	\$205	106754-D2
Week 5: 7/20- 7/24	M-F	Full Day	\$235	106754-E1
	M-F	Half Day	\$195	106754-E2
Week 6: 7/27- 7/31	M-F	Full Day	\$245	106754-F1
	M-F	Half Day	\$205	106754-F2
Week 7: 8/3- 8/7	M-F	Full Day	\$235	106754-G1
	M-F	Half Day	\$195	106754-G2



2015 SUMMER CAMP INFORMATION FAIR

Need help navigating the summer?

The Wind Room | Foster City Community Center | May 7, 6p-8p

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



Register Online @ www.fostercity.org or Call us at (650) 286-3380

Summer Camps

Art & Dance

African Safari Drawing Workshop NEW

Go on a Safari adventure with Young Rembrandts this summer! We will explore the exciting land and many animals that inhabit Africa. In five days we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating two large scenes – one in a graphic style filled with a variety of animals and another focusing on the twists and turns of an African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity.

Instructor: Young Rembrandts Staff

Ages: 6-12 yrs.

105101-A 8/3-8/7 M-F 9a-Noon \$300 Mist

Dance Camp

Dance Camp is sure to be entertaining. We will be working on different forms of dance including ballet, tap and jazz. In addition, we will be working on choreography and have a performance at the end of the week. On the last day of camp, we will invite family and friends to watch us perform.

Instructor: Amy Floro

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 6-12 yrs.

105315-A 6/15-6/19 M-F 9a-Noon \$140 Off Site

105315-B 7/27-7/31 M-F 1p-4p \$140 Off Site

Space Drawing Workshop NEW

We will explore the topic of space while working in three different medium. We will draw space ships and aliens while completing our drawing with color pencils. We will learn cartoon techniques for our aliens and their ships using Sharpies and markers.

Instructor: Young Rembrandts Staff

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 6-12 yrs.

105101-B 6/29-7/3 M-F 9a-Noon \$300 Off Site

Castle Drawing Workshop NEW

We will jump into medieval times as we explore the land of castles, knights and dragons. Boys and girls alike will enjoy this exciting workshop filled with adventure. We will draw a variety of characters and items familiar to this time, including knights in armor, jesters juggling, jousters, catapults and more. We will even take our castle then and enter the funny land of cartoons as we illustrate the humor of the time. Two large scenes will be created including one of a large castle with a moat and the other of a fiery dragon full of detail and color. Join us this summer for many adventures from this long-ago time.

Instructor: Young Rembrandts Staff

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 6-12 yrs.

105101-C 7/6-7/10 M-F 9a-Noon \$300 Off Site

Summer Camps

Engineering & Science

KidzJet Adventures

KidzJet's unique outdoor science program is designed for your child to explore real life through exploration. Our program is designed by instructors who specialize in outdoor education. KidzJet Adventures enhances your child's understanding of the world we live in through a guided journey through a number of ecosystems such as tide-pools, old growth redwood forests, and plant and animal kingdoms. Our program also has well-grounded local content in a trip through time as we explore California's seismic past. Your child will embark on this unforgettable journey!

Instructor: Kathy Allen

Off Site Location: Outdoor

Ages: 4-12 yrs.

102701-A	6/15-6/19	M-F 8:30a-4:30p	\$450	Off Site
102701-B	6/22-6/26	M-F 8:30a-4:30p	\$450	Off Site
102701-C	6/29-7/3	M-F 8:30a-4:30p	\$450	Off Site
102701-D	7/6-7/10	M-F 8:30a-4:30p	\$450	Off Site
102701-E	7/13-7/17	M-F 8:30a-4:30p	\$450	Off Site
102701-F	7/20-7/24	M-F 8:30a-4:30p	\$450	Off Site
102701-G	7/27-7/31	M-F 8:30a-4:30p	\$450	Off Site
102701-H	8/3-8/7	M-F 8:30a-4:30p	\$450	Off Site

Mad Science – Checkmate Chess NEW

Schoolhouse Chess makes chess fun for three hours daily. We bring pieces to life using creative personalities. Our imaginative characters accelerate the learning process and fascinate children. Play with our giant chess set – the biggest you've ever seen. Find out why chess is the most popular game in the world. This camp covers all rules, strategies and tactics. This camp is appropriate for beginners through intermediate players.

Instructor: Mad Science Staff

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 5-12 yrs.

105471-A 7/6-7/10 M-F 9a-Noon \$270 Off Site

Mad Science – Jet Cadets NEW

It's a bird! It's a plane! No, it's... everything from the earliest flying machines to the first rocket flights. This hands-on Mad Science program teaches you all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, ride a hovercraft, and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you have built yourself!

Instructor: Mad Science Staff

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 5-12 yrs.

105471-B 7/6-7/10 M-F 9a-3p \$270 Off Site

Summer Camps

Mad Science – Wacky Robots and Widgets **NEW**

Whether your child loves to build things or destroy them, this week of camp includes lots of both. Junior Mad Science engineers design and build structures using simple tools and their imaginations. Then the machine madness starts... children discover how different machines, both simple and complex, are used in our daily lives! Kids design simple machines using pulleys, wedges, screws, and levers and have fun learning how catapults work. We use the skills we've learned to build a Mad Science robot that we can keep, all while learning the science of robots!

Instructor: Mad Science Staff

Ages: 7-12 yrs.

105471-C 7/20-7/24 M-F 9a-3p \$270 Spray

105471-D 7/20-7/24 M-F 9a-3p \$365 Spray

Mad Science – Spy Academy **NEW**

Look out 007-the Mad Science Spy Academy is here. From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy equipment and even create their own edible message. Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis. Figure out the science of forensics in a hands-on look at crime scenes. Become a super spy and learn clever ways of performing tasks as we take a hands-on view of the science that spies use.

Instructor: Mad Science Staff

Off Site Location: Foster City Fire Department, EOC room, 1040 East Hillsdale Blvd.

Ages: 7-12 yrs.

105471-E 6/22-6/26 M-F 9a-Noon \$270 Off Site

105471-F 6/22-6/26 M-F 9a-3pm \$365 Off Site

Construction Vehicles and Machines Using LEGO

Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while playing with your favorite building system: LEGO!

Instructor: Play-Well

Off Site Location: Foster City Community Center, 1000 E. Hillsdale Blvd.

Ages: K-2nd Grade

105411-A 6/22-6/26 M-F 9a-Noon \$189 Off Site

Engineering FUNdamentals: Mine, Craft, Build LEGO

Engineering FUNdamentals: Mine, Craft, Build, using LEGO. Bring Minecraft to life using LEGO. Build a motorized walking creeper, a terrifying ghost, and a motorized minecart! This project-based camp designed by Play-Well instructors combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will have a blast even without any prior experience with Minecraft or LEGO.

Instructor: Play-Well

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 3rd-5th Grade

105412-A 6/22-6/26 M-F 1-4pm \$189 Off Site

Summer Camps

Sports

Circus on Stage Gymnastics Camp

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

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 3.5-5.5 yrs.

105535-A	6/8-6/12	M-F	9a-1p	\$185	Off Site
105535-B	6/15-6/19	M-F	9a-1p	\$185	Off Site
105535-C	6/22-6/26	M-F	9a-1p	\$185	Off Site
105535-D	6/29-7/3	M-F	9a-1p	\$185	Off Site
105535-E	7/6-7/10	M-F	9a-1p	\$185	Off Site
105535-F	7/13-7/17	M-F	9a-1p	\$185	Off Site
105535-G	7/20-7/24	M-F	9a-1p	\$185	Off Site
105535-H	7/27-7/31	M-F	9a-1p	\$185	Off Site
105535-I	8/3-8/7	M-F	9a-1p	\$185	Off Site
105535-J	8/10-8/14	M-F	9a-1p	\$185	Off Site
105535-K	8/17-8/21	M-F	9a-1p	\$185	Off Site
105535-L	8/24-8/28	M-F	9a-1p	\$185	Off Site

Circus on Stage Gymnastics Camp (Cont.)

Ages: 5.5-12 yrs.

105536-A	6/8-6/12	M-F	9a-4p	\$200	Off Site
105536-B	6/15-6/19	M-F	9a-4p	\$200	Off Site
105536-C	6/22-6/26	M-F	9a-4p	\$200	Off Site
105536-D	6/29-7/3	M-F	9a-4p	\$200	Off Site
105536-E	7/6-7/10	M-F	9a-4p	\$200	Off Site
105536-F	7/13-7/17	M-F	9a-4p	\$200	Off Site
105536-G	7/20-7/24	M-F	9a-4p	\$200	Off Site
105536-H	7/27-7/31	M-F	9a-4p	\$200	Off Site
105536-I	8/3-8/7	M-F	9a-4p	\$200	Off Site
105536-J	8/10-8/14	M-F	9a-4p	\$200	Off Site
105536-K	8/17-8/21	M-F	9a-4p	\$200	Off Site
105536-L	8/24-8/28	M-F	9a-4p	\$200	Off Site

Summer Camps

Indoor Rock Climbing Camp at Planet Granite

Do your kids love to climb anything in sight? Looking for something new and fun to do this summer? Your child will learn to climb, play climbing games, and meet other young climbers in a safe environment. Please arrive 15 minutes early to complete liability waiver form. Parents must bring government issued photo identification for waiver verification. Planet Granite T-shirt is included.

Instructor: Planet Granite Staff

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

Ages: 5-13 yrs.

105545-A	6/15-6/19	M-F	10a-Noon	\$115	Off Site
105545-B	6/22-6/26	M-F	10a-Noon	\$115	Off Site
105545-C	6/29-7/3	M-F	10a-Noon	\$115	Off Site
105545-D	7/6-7/10	M-F	10a-Noon	\$115	Off Site
105545-E	7/13-7/17	M-F	10a-Noon	\$115	Off Site
105545-F	7/20-7/24	M-F	10a-Noon	\$115	Off Site
105545-G	7/27-7/31	M-F	10a-Noon	\$115	Off Site
105545-H	8/3-8/7	M-F	10a-Noon	\$115	Off Site
105545-I	8/10-8/14	M-F	10a-Noon	\$115	Off Site
105545-J	8/17-8/21	M-F	10a-Noon	\$115	Off Site
105545-K	8/24-8/28	M-F	10a-Noon	\$115	Off Site

T-SPORTS Baseball Camp NEW

T-Sports is a fantastic summer program dedicated to teaching kids about the game of baseball. We focus little on the results of players or games, but instead on the process of playing the game. Drills, scrimmages, and fun baseball related games happen daily. At camp we emphasize Teamwork, Building Confidence, Discipline, Developing New Skills, and Building New Friendships. Check out our website for full description and more info! TSports650.com

Instructors: Zack Turner/Kevin McGovern

Off Site Location: Edgewater Park

Levels: Beg-Adv.

Ages: 5-12 yrs.

105533-A	7/20-7/24	M-F	9a-3p	\$199	Off Site
105533-B	8/3-8/7	M-F	9a-3p	\$199	Off Site

Soccer Camp

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice soccer skills including dribbling, passing, receiving, shooting, and age-specific defense. Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament. All campers will receive a soccer ball and a Kidz Love Soccer jersey. Campers must bring a full water bottle and a snack. All participants must wear shin guards. Soccer shoes and sunscreen are recommended.

Instructor: Kidz Love Soccer Staff

Off Site Location: Edgewater Park

Ages: 4.5-6 yrs.

105531-A	6/29-7/3	M-F	9a-Noon	\$145	Off Site
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Ages: 7-8 yrs.

105531-B	6/29-7/3	M-F	9a-Noon	\$145	Off Site
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Ages: 9-10 yrs.

105531-C	6/29-7/3	M-F	9a-Noon	\$145	Off Site
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Summer Camps

Society Skateboarding Camps

Skateboarding camps are a great place to get skateboarding lessons, challenge yourself to become a better skateboarder, and learn new tricks. Skateboard camps are also great places to make new friends and build self-confidence. Enjoy this awesome sport with a focus on skateboarding safety, fundamentals, technique, as well as balance and coordination offered by Society experienced skateboarding instructors. Each session will consist of skateboarding lessons, snack time, game time and playtime. Helmets are required and safety pads are strongly recommended. Parents must sign waiver form with registration (societyskateshop.com).

Instructor: Society Skateboarding Staff

Off Site Location: Society Indoor Skatepark, 850 E. San Carlos Avenue, San Carlos, (650) 596-8182

Levels: Beg/Inter.

Ages: K-3rd grades

105545-A 7/13-7/17 M-F 1-4p \$185 Off Site

105545-B 8/3-8/7 M-F 1-4p \$185 Off Site

Ages: 3-8th grades

105545-C 7/27-7/31 M-F 1-4p \$185 Off Site

105545-D 8/10-8/14 M-F 1-4p \$185 Off Site

World Cup Soccer Camps & Clinics by Ruedi Graf

Since 1991 World Cup Soccer Camps & Clinics has set the standard of excellence for youth soccer camps, classes and individual training. With an emphasis on instruction, the goal is simple, to provide our campers with the highest level of attention and coaching in a fun and safe environment. With a 1 to 10 coach to player ratio, our professional staff is able to focus on developing every child's athletic and team building skills. We are committed to providing every camper with a fun and rewarding experience. Extended care from 8-9am and 3-4pm by appointment, \$10 an hour.

Instructor: World Cup Soccer Staff

Off Site Location: Edgewater Park

U6 –Fussball Academy (Ages: 5-6 yrs.)

105530-A 6/15-6/19 M-F 9a-12:30p \$199 Off Site

105530-B 6/15-6/19 M-F 9a-3p \$249 Off Site

105530-C 6/22-6/26 M-F 9a-12:30p \$199 Off Site

105530-D 6/22-6/26 M-F 9a-3p \$249 Off Site

105530-E 8/3-8/7 M-F 9a-12:30p \$199 Off Site

105530-F 8/3-8/7 M-F 9a-3p \$249 Off Site

Classic Skill Camp (Ages: 7-9 yrs.)

105530-G 6/15-6/19 M-F 9a-12:30p \$199 Off Site

105530-H 6/15-6/19 M-F 9a-3p \$249 Off Site

105530-I 6/22-6/26 M-F 9a-12:30p \$199 Off Site

105530-J 6/22-6/26 M-F 9a-3p \$249 Off Site

105530-K 8/3-8/7 M-F 9a-12:30p \$199 Off Site

105530-L 8/3-8/7 M-F 9a-3p \$249 Off Site

Summer Camps

World Cup Soccer Camps & Clinics by Ruedi Graf (Cont.)

Advanced Player's Camp (Ages: 10-13 yrs.)

105530-M	6/15-6/19	M-F 9a-12:30p	\$199	Off Site
105530-N	6/15-6/19	M-F 9a-3p	\$249	Off Site
105530-O	6/22-6/26	M-F 9a-12:30p	\$199	Off Site
105530-P	6/22-6/26	M-F 9a-3p	\$249	Off Site
105530-Q	8/3-8/7	M-F 9a-12:30p	\$199	Off Site
105530-R	8/3-8/7	M-F 9a-3p	\$249	Off Site

Goalkeeper Camps

Ages: 7-9 yrs.

105530-S	6/15-6/19	M-F 8:30-9:30a	\$105	Off Site
105530-U	6/22-6/26	M-F 8:30-9:30a	\$105	Off Site
105530-W	8/3-8/7	M-F 8:30-9:30a	\$105	Off Site

Ages: 10-13 yrs.

105530-T	6/15-6/19	M-F 8:30-9:30a	\$105	Off Site
105530-V	6/22-6/26	M-F 8:30-9:30a	\$105	Off Site
105530-X	8/3-8/7	M-F 8:30-9:30a	\$105	Off Site

Tennis Camps

Our popular tennis camps emphasize stroke FUNdamentals with dynamic games and exciting drills that enhance skill development. Each camp will have the appropriate court size and tennis balls for their age group. Two courts grouped by ability, novice to low intermediate. Please sign up early.

Instructor: Whitlinger/Sarsfield Tennis Staff

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

Quickstart Tennis (Ages: 8-10 yrs.)

105522-A	8/10-8/13	M-Th 3-4:30p	\$78	
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Youth Novice/Low Inter. (Ages: 11-14 yrs.)

105522-B	8/10-8/13	M-Th 1:30-3p	\$78	
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Technology

Freshi Camps

Lunch time coverage provided free if you sign up for both AM and PM camps. Make sure to bring a flash drive on Friday so you can take your work home.

Instructor: Freshi Staff

Video Game Design for Beginners

Learn how to create and design an original and interactive video game. You'll work with a partner to conceive, design and build your own original computer game with unique and interactive levels, complete with an original main character who can challenge the bad guys and have awesome power ups! By the end of class, students will have a completed game that they can take home to share with family and friends!

Off Site Location: Barrett Community Center, Room B, 1835 Belburn Drive, Belmont

Ages: 8-12 yrs.

105438-A	7/6-7/10	M-F 9a-Noon	\$210	Off Site
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Tech Builders: App Design for PC

Try this fun and exciting introduction to learning different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, you'll create a dynamic sound board, making a unique and engaging trivia app or designing cool and interactive game based apps and more. Students will work in pairs to complete their app and by the end of class will have a completed game that they can take home to share with family and friends!

Off Site Location: Barrett Community Center, Room B, 1835 Belburn Drive, Belmont

Ages: 8-12 yrs.

105437-A	7/6-7/10	M-F 1-4p	\$210	Off Site
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Summer Camps

Video Game Design – 1st Steps

Learn how to create and design a unique and interactive introductory video game. Younger Game Developers work in pairs to conceive, design and build their own original computer game. You will create characters and levels, making their characters fly and bounce around the game screen. Jump into this method of creativity!

Off Site Location: Barrett Community Center, Room B, 1835 Belburn Drive, Belmont

Ages: 5-7 yrs.

105436-A 7/27-7/31 M-F 9a-Noon \$210 Off Site

Comic Book Design – 1st Steps

Become a creator and make your own digital comic book complete with heroes, villains and epic adventures. Working with Comic Life software, you will create an original multi-page, full-color comic. When class is finished, you will have an interesting comic series to share with family and friends!

Off Site Location: Barrett Community Center, Room B, 1835 Belburn Drive, Belmont

Ages: 5-7 yrs.

105435-A 7/27-7/31 M-F 1-4p \$210 Off Site

IncrediFlix Camps

Lunch supervision is provided if attending both camps. Campers bring their own snacks and lunch. All flix will be professionally edited and downloadable within a month. Check out our website, www.IncrediFlix.com, for examples of each camp!

Instructor: IncrediFlix Staff

Action Flix

POW! BANG! BOOM! In this live-action movie making camp, you'll get to use a green screen, camera tricks and special effects to create your own action movie. Students will collaborate to write, act and direct in this action packed camp where kids will be taught fake punches and kicks to thrill the audience. A lab fee of \$30 is due on the first day of camp.

Ages: 7-13 yrs.

105446-A 7/13-7/17 M-F 9a-Noon \$209 Mist

LEGO Flix

We know you love Legos and can create incredible Lego worlds, now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix. We provide the Legos and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. A lab fee of \$30 is due on the first day of camp.

Ages: 7-13 yrs.

105447-A 7/13-7/17 M-F 1-4p \$209 Mist

Action + Lego Flix Camps

Lunch supervision and a \$20 registration discount when enrolling in both morning and afternoon camps (bring a sack lunch).

105447-B 7/13-7/17 M-F 9a-4p \$369 Mist

Summer Camps

Animation Flix

Create up to 5 stop-motion animated flix! Each day you'll use a different style of stop-motion, combining favorites from the past with new styles, making this camp different each year! It's the ultimate arts and crafts camp where students create, direct, and film their movies in age-appropriate groups. All flix downloadable within a month after camp ends. A lab fee of \$30 is due on the first day of camp.

Off Site Location: Barrett Community Center, Room 4, 1835 Belburn Drive, Belmont

Ages: 7-13 yrs.

105445-A 7/27-7/31 M-F 9a-Noon \$209 Off Site

Minecraft Flix

Kids love Minecraft! Let your imagination be your guide as you turn the popular video games into an exciting Minecraft world made out of paper. Using stop-motion animation you will bring Steve, the Creepers, animals and more to life. Students will write, storyboard, shoot, and add voice-over in age-appropriate groups. Flix downloadable within a month after camp ends. A lab fee of \$30 is due on the first day of camp.

Off Site Location: Barrett Community Center, Room 4, 1835 Belburn Drive, Belmont

Ages: 7-13 yrs.

105448-A 7/27-7/31 M-F 1-4p \$209 Off Site

Minecraft + Animation Camps

Lunch supervision and a \$20 registration discount when enrolling in both morning and afternoon camps (bring a sack lunch).

105448-B 7/27-7/31 M-F 9a-4p \$369 Off Site

Cooking

Jr. Chef Masters NEW

Pack up your knives and fire up the stove, you're about to embark on a culinary adventure unlike any other! This class series has been engineered by our culinary professionals to give you the experience of what it is like being a bona fide culinary student in our kitchen classrooms. So if you can handle the heat, come join us for a cooking series you won't soon forget. A \$50 materials fee is payable to the instructor on the first day of class.

Instructor: Jr. Chef Stars Staff

Ages: 7-13 yrs.

105490-A 6/15-6/19 M-F 9a-Noon \$225 Bluebird Kitchen

Next Great Baker NEW

Many chefs feel less than confident when it comes to baking. This class will be sure to give your Junior Chef the confidence they need to bake like the pros. This class will cover everything from bagels to baguettes, pate a choux to perfect pies, souffles to sweet buns. So if perfecting the art of baking is your mission, join us for this class and let us roll out a great time. A materials fee of \$50 is payable to the instructor on the first day of class.

Instructor: Jr. Chef Stars Staff

Ages: 7-13 yrs.

105490-B 6/15-6/19 M-F 1-4p \$225 Bluebird Kitchen

Academic

Academic Writing: Journalism

Maintain the gains your child made during the school year. Journalism allows students to explore the writing process while exercising their creativity while strengthening their vocabulary and grammar skills. As they collaborate to create their very own newspaper, students practice four types of writing: descriptive, expository, narrative, and persuasive. Students have a great time working with their own newspaper "staff" and gain important writing, revision, and editing skills. Don't miss this chance to spark your child's love of writing. Experienced educators, detailed feedback. A material fee of \$25 is due to the instructor the first day of camp.

Instructor: Communication Academy

Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd.

Ages: 7-8 yrs.

102458-A 7/20-7/24 M-F 9:30a-Noon \$305 Off Site

Ages: 9-11 yrs.

102458-B 7/13-7/17 M-F 9:30a-Noon \$305 Off Site

Pre-Public Speaking: Confident Self

Want your child to be an effective class participant and successful public speaker? Confidence is the key! In Confident Self students learn to integrate manners in daily interaction. Students strengthen their public speaking foundation and discover how to be a better friend and a model student. Detailed feedback, professional coaches! Material fee of \$15 is due to the instructor on the first day of camp. For more information, call (408)777-8876, or visit us at www.communicationacademy.com.

Instructor: Communication Academy

Off Site Location: Foster City Fire Department, EOC Room, 1040 East Hillsdale Blvd. 7/27-7/31

Foster City Community Center, 1000 East Hillsdale Blvd. – 7/20 - 7/24

Ages: 5-6 yrs.

105449-A 7/27-7/31 M-F 9:30a-Noon \$305 Off Site

Ages: 7-8 yrs.

105449-B 7/20-7/24 M-F 1-3:30p \$305 Off Site

I appreciate the facility, the activities offered, concerts, etc. I like having senior yoga at the center on Monday and Thursday especially when we have the big room.



Summer Camps

Public Speaking: Creative Interpretation

What is crucial to success? Good communication! Creative Interpretation explores literature and characters through speech. Students improve analytical/organizational skills while learning how to speak effectively, use nonverbal communication, and overcome public speaking anxiety. Course features a fun, confidence-building curriculum. Detailed feedback, professional coaches! Final speeches recorded. A materials fee of \$25 is due at the first day of camp. For course information call (408)777-8876, or visit www.communicationacademy.com.

Instructor: Communication Academy
Off Site Location: Foster City Community Center, 1000 East Hillsdale Blvd. – 7/13-7/17

Foster City Fire Department, EOC Room, 1040 East Hillsdale Blvd. – 7/27-7/31

Ages: 9-11 yrs.

102447-A 7/13-7/17 M-F 1-3:30p \$315 Off Site

Ages: 11-14 yrs.

102447-B 7/27-7/31 M-F 1-3:30p \$315 Off Site

Math Olympiad

Succeed in Math Olympiad and boost math grades with Math Olympiad & Enrichment. Math Olympiad offers students the chance to shine with a competitive edge. Featuring problems from previous Math Olympiad competitions, our ongoing Math Olympiad Series is designed to help students strengthen math intuition and master major strategies in creative problem solving. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores. Different topics covered each quarter; courses can be taken in any order. Experienced instructors, small classes. A materials fee of \$15 is due at the first day of class. For course information call (408) 777-8876, or visit www.communicationacademy.com.

Instructor: Communication Academy

Off Site Location: Foster City Fire Department, EOC Room, 1040 East Hillsdale Blvd.

Ages: 7-8 yrs.

105457-A 7/6-7/10 M-F 9:30a-Noon \$315 Off Site

Ages: 9-11 yrs.

105457-B 7/6-7/10 M-F 1-3:30p \$315 Off Site

It's the people and services. I love the classes. The facilities are well taken care of and beautiful.



Summer Camps

Communication Academy Full Day Camps

Pre-Public Speaking: Confident Self & Academic Writing: Journalism

Instructor: Communication Academy

Off Site Location: Foster City Community Center, 1000
East Hillsdale Blvd.

Ages: 7-8 yrs.

105449-C 7/20-7/24 M-F 9:30a-3:30p \$550 Off Site

Public Speaking: Creative Interpretation & Academic Writing: Journalism

Instructor: Communication Academy

Off Site Location: Foster City Community Center, 1000
East Hillsdale Blvd.

Ages: 9-11 yrs.

102447-C 7/13-7/17 M-F 9:30a-3:30p \$560 Off Site

Pre-Public Speaking (Building Confidence)

In a fun, comfortable setting, your child gets introduced to the beginning building blocks of public speaking. Starting with being ready, focused and practiced, they learn the importance of body language and variation in their voices. Through show and speak, storytelling and poetry recitals, they start to build confidence and skill in expressing themselves to a group. It's never too early to get comfortable being in front of people, or getting better at communicating! For more information: www.bayareadebateclub.com.

Instructor: Bay Area Debate Club

Off Site Location: Barrett Community Center, Room 3,
1835 Belburn Drive, Belmont

Ages: 6-8 yrs.

105167-A 6/22-6/26 M-F 9a-Noon \$199 Off Site

Essentials of Debating

Students love to debate. Join us for this popular camp which helps students understand all sides of a subject. They learn how to make strong arguments by providing reason and evidence. Presenting your point is important, but equally important is listening to the other side. Participants become better listeners (we all use that), get better with note taking and improve their overall knowledge on a variety of topics, in various formats! For more information: www.bayareadebateclub.com.

Instructor: Bay Area Debate Club

Off Site Location: Barrett Community Center, Room 3,
1835 Belburn Drive, Belmont

Ages: 10-14 yrs.

105169-A 7/13-7/17 M-F 9a-Noon \$199 Off Site

Summer Camps

Debates and Public Speaking Combo, Level I

Your student will hone their skills in critical thinking, as well as learning delivery and presentation in this unique camp. Infusing thought-provoking and stimulating topics into creative activities to write and speak, students will learn how to manage public speaking anxiety. They'll also be able to present themselves with confidence, make strong arguments by providing reasoning and evidence, and improve their overall communication and general knowledge. These are great skills for any successful future. For more information: www.bayareadebateclub.com.

Instructor: Bay Area Debate Club

Off Site Location: Barrett Community Center, Room 3, 1835 Belburn Drive, Belmont

Ages: 10-14 yrs.

105170-A 7/20-7/24 M-F 9a-Noon \$199 Off Site

Youth StartUp Camps NEW

Parents will be required to fill out a mandatory release form at www.YouthStartup.com/partner for info and submission to Young Visionary Contest.

Youth StartUp Invention Camp NEW

The 1st in Jr. StartUp series introduces creativity and analytical skills. Teams brainstorm product ideas, interview users, learn budgeting, feasibility and intellectual property. Teams have a different challenge every camp including solar gadgets, innovative costumes, or motorized toys. Presentations are submitted to Young Visionary Contest. No class held on July 3.

Instructor: Youth StartUp Instructors

Off Site Location: Barrett Community Center, Room 3, 1835 Belburn Drive, Belmont

Ages: 9-13 yrs.

105116-A 6/29-7/2 M-Th 9a-Noon \$175 Off Site

Youth StartUp Business Camp NEW

The last class in Jr. StartUp series introduces finance and sales. Use the "invention" idea to form a company, pitch to investors "Shark Tank" style, raise money, forecast sales, build products and compete for market share. Present the business plan at Business Convention and sell. Did you make a profit or loss? No class on July 3.

Instructor: Youth StartUp Instructors

Off Site Location: Barrett Community Center, Room 3, 1835 Belburn Drive, Belmont

Ages: 9-13 yrs.

105117-A 6/29-7/2 M-Th 12:30-3:30p \$175 Off Site

Teen StartUp Camp NEW

Materials fee: \$20 payable to instructor at the first class, which includes materials and video production fee. Have a project idea? Looking for a leadership opportunity or ways to improve your college application? Here's a great environment and help to develop an idea, research a niche, investigate competition, and evaluate finances. You'll create a pitch, business plan, website, and a strategy to kick start your project!

Instructor: Youth StartUp Instructors

Off Site Location: Barrett Community Center, Room 3, 1835 Belburn Drive, Belmont

Ages: 13-18 yrs.

105120-A 6/22-6/26 M-F 1-4p \$215 Off Site

Summer Camps

Lekha Creative Writing Camps

Create-A-Book

The art of bookmaking and illustrating books will be the focus of this week. While creating books of different types, students will infuse their stories with descriptive language, creating vibrant pictures in the reader's mind. Children that are capable of writing will take home picture books created by them. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 5-9 yrs.

105441-A 6/29-7/2 M-Th 8a-Noon \$155 Spray

The Art of Storytelling

The gift of storytelling may be one of life's most powerful and envied skills. A young storyteller learns to let go of inhibitions and gains confidence to talk in front of an audience while having fun. Participants will learn the art of narration using different storytelling techniques like Puppet Theater, shadow puppets, play acting, and mime. They will take home the story telling tools that they create during the week. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 5-9 yrs.

105441-C 6/29-7/2 M-Th 1-4p \$155 Spray

Create-A-Book & The Art of Storytelling (Combined Camp)

105441-D 6/29-7/2 M-Th 8a-4p \$300 Spray

Story Writing

The five elements of story writing will be the focus during this session. Students will be introduced to a variety of fiction and non-fiction genres. They will progress into genre writing and learn how each genre has its own set of particular rules that drives character creation, setting, and plot. During the second half of the sessions, they will choose one of their short stories and improve upon that. This story will be published in the school anthology. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-E 7/13-7/17 M-F 8a-Noon \$195 Mist

Essay Writing

Students will write three and five paragraph essays focusing on good introductory, body and concluding paragraphs, which is the preferred method in schools. They will learn to use topic sentences and transitional words as they write different types of essays. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-G 7/13-7/17 M-F 1-4p \$195 Mist

Story Writing & Essay Writing (Combined Camp)

105441-H 7/13-7/17 M-F 8a-4p \$380 Mist/Spirit

Summer Camps

Creative Writing

Students will learn Lekha's time-tested methods to overcome writer's block while writing short stories, poems, and short skits. Students will be introduced to a variety of fiction and non-fiction genres. They will progress into genre writing and learn how each genre has its own set of particular rules that drives character creation, setting, and plot. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-I 8/3-8/7 M-F 8a-Noon \$195 Spray

Writing Conventions

Participants will learn how to refine and develop their academic writing skills. Students will learn the art of correct spelling, punctuation, and grammar through interactive lessons. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-K 8/3-8/7 M-F 1-4p \$195 Spray

Creative Writing & Writing Conventions (Combined Camp)

105441-L 8/3-8/7 M-F 8a-4p \$380 Spray/Bow

Story Writing

The five elements of story writing will be the focus during this session. Students will be introduced to a variety of fiction and non-fiction genres. They will progress into genre writing and learn how each genre has its own set of particular rules that drives character creation, setting, and plot. During the second half of the sessions, they will choose one of their short stories and improve upon that. This story will be published in the school anthology. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-M 8/10-8/14 M-F 8a-Noon \$195 Mist

Essay Writing

Students will write three and five paragraph essays focusing on good introductory, body and concluding paragraphs, which is the preferred method in schools. They will learn to use topic sentences and transitional words as they write different types of essays. A \$10/\$15 materials fee is due to the instructor the first day of camp.

Instructor: Lekha School of Creative Writing

Ages: 7-12 yrs.

105441-O 8/10-8/14 M-F 1-4p \$195 Mist

Story Writing & Essay Writing (Combined Camp)

105441-P 8/10-8/14 M-F 8a-4p \$380 Mist



PARK & RECREATION MONTH

CELEBRATING SINCE 1985

July's Photo Contest!
Follow us on social media and post a picture of yourself at a Foster City Park, Event, or just hanging out around Foster City. The Parks and Recreation Department will pick a winning photo EVERY WEEK and the winner will receive a Swag Bag!

Follow us on social media!

Tag us in photos and don't forget to use #fcrecreation



@fcrecreation



Foster City Parks & Recreation



recreation@fostercity.org

SUN MON TUE WED THU FRI SAT

JULY 2015

5 FC TB Tournament, Sea Cloud & Edgewater Parks	6 WATER SAVING TIP #1: Opt for Shorter Showers	7 Follow us on Social Media for a chance to win a Foster City Swag Bag!	8 OTG: Food Trucks 5:00-9:00 PM	9 California Windsurfing has kayaks and pedal boats! Open during the week.	10 Summer Concert: Apple Z, Amphitheater at Leo Ryan Park	11 Bike For Breath, Levee/Pedway
12 Visit a park today! and post a picture on social media #fcrecreation #JulyPRM30	13 Follow us on Social Media for a chance to win a Foster City Swag Bag!	14 LEVEE SAFETY TIP #2: Keep headphone volume low so you can hear others!	15 OTG: Food Trucks 5:00-9:00 PM	16 WATER SAVING TIP #2: Only wash a full load of laundry	17 Summer Concert: Harzöbke, Amphitheater at Leo Ryan Park	18 LEVEE SAFETY TIP #3: Always wear a helmet!
19 Go on a bike ride today! #fcrecreation #JulyPRM30	20 Smell the Roses! #fcrecreation #JulyPRM30	21 WATER SAVING TIP #3: Wash your car at a car wash; they use recycled water!	22 OTG: Food Trucks 5:00-9:00 PM Neighbor Nights Erckenback Park	23 Follow us on Social Media for a chance to win a Foster City Swag Bag!	24 Summer Concert: Sol, Amphitheater at Leo Ryan Park	25 WATER SAVING TIP #4: Turn off lawn sprinklers!
26 LEVEE SAFETY TIP #4: Cross street onto levee only in designated crosswalks	27 WATER SAVING TIP #5: Fill your dishwasher entirely each time you run it!	28 LEVEE SAFETY TIP #5: Obey the 15MPH speed limit at all times!	29 OTG: Food Trucks 5:00-9:00 PM	30 Take a stroll to see the Foster City sunset! #fcrecreation #JulyPRM30	31 Summer Concert: Soul Power, Amphitheater at Leo Ryan Park	

On these days, we will post a mystery picture of one of Foster City's Parks. The first person to like the picture and comment with the CORRECT park name will receive a prize!

#JulyPRM30
www.nrpa.org/July

Music & Dance

Musical Playground

Come and join us on a musical playground where you will hear music from different styles and places all over the world. A blend of multi-level activities will stimulate your child's development first, listening to the music while playing with friends and circle time; second, active participation which includes an instrumental jam session, singing, moving, and dancing with props; third, connecting music to art. There will be a special music theme each week. We encourage self-expression and fun.

Instructor: Ella Bazarsky

Ages: 2-4 yrs.

101215-A 7/22-8/26 W 10:45a-Noon \$76 Spirit

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.

102207-A 6/24-8/26 W 3:30-4:20p \$237 Off Site

102207-B 6/24-8/26 W 4:30-5:20p \$237 Off Site

Special Interest

Mariners and Skippers Preschool

The Foster City Parks and Recreation Department offers a part-time preschool program for three and four year olds. The Skippers class is for children who are three years old by 9/1/15. It offers the younger child an early learning experience away from home. The Mariners class is for children who are four years old by 9/1/15. It provides the pre-kindergarten child with opportunities to develop early literacy and math skills. Both programs emphasize social and academic learning through art activities, story time and music, as well as indoor/outdoor play. **All students must be fully toilet trained.** The preschool program runs from September to June each year. Tuition is continuous and is processed through in-class registration. An additional \$10 materials fee is collected monthly. There is no online registration for this program. For more information, please call (650) 286-3399.

To apply for a space for fall, please submit a \$50 non-refundable deposit. A photocopy of the child's birth certificate must be included with registration. You will be notified by June 15th on the status of your registration. The balance of September's fee will be due by July 15, 2015. If our class is full at the time of your application, your deposit will be returned and your child will be added to our waitlist.

Instructors: Chris Royce and Pam Sutter

Ages: 3 years by 9/1/15

101440-A Tu & Th 9-11:30a \$240/Month Preschool

Ages: 4 years by 9/1/15

101450-A M,W,F 9a-Noon \$360/Month Preschool

Sports

Gymnastics with Peninsula Gymnastics

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

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 2-4 yrs.

101536-A 6/23-8/25 Tu 10-10:55a \$165 Off Site

101536-B 6/24-8/26 W 9-9:55a \$165 Off Site

Ages: 4-7 yrs.

101536-C 6/23-8/25 Tu 2:30-3:25p \$165 Off Site

101536-D 6/23-8/25 Tu 3:30-4:25p \$165 Off Site

101536-E 6/24-8/26 W 2-2:55p \$165 Off Site

101536-F 6/24-8/26 W 3-3:55p \$165 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. All participants will receive a Kidz Love Soccer jersey!

Instructor: Kidz Love Soccer Staff

Location: Edgewater Park, Foster City

Tot Soccer – Little tykes will enjoy running and kicking just like the big kids. Encourages large motor skill development through fun soccer games and introduces small children to the group setting. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Ages: 3.5-4 yrs.

101592-A 7/10-8/28 F 5:35-6:05p \$114 Edgewater Park

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. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Ages: 4-5 yrs.

101592-B 7/10-8/28 F 5-5:35p \$114 Edgewater Park

Tots

Mommy/Daddy & Me Soccer

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

Instructor: Kidz Love Soccer Staff

Ages: 2-3.5 yrs.

101591-A 7/10-8/28 F 6:15-6:45p \$114 Edgewater Park

Little Angels Gymnastics

Welcome to the beautiful and exciting world of preschool gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months-3 ½ years old in a safe, adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their locomotor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too!

Instructor: Laura Canton

Ages: 20 mos.-2.5 yrs.

101535-A 6/22-8/24 M 10-10:55a \$140 Bluebird

Ages: 4-6 yrs.

101535-B 6/22-8/24 M 11-11:55a \$140 Bluebird

101535-C 6/22-8/24 M 2-2:55p \$140 Bluebird



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.

Instructors: Stanford/Whitlinger & Sarsfield Tennis, WhitlingerSarsfieldtennis.com

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

Ages: 4-6 yrs.

102511-A	6//15-7/1	M & W	3:10-3:50p	\$78
102511-B	7/6-7/22	M & W	3:10-3:50p	\$78
102511-C	7/27-8/5	M & W	3-4p	\$78

Ages: 5-7 yrs.

102511-D	6/15-7/1	M & W	3:50-4:30p	\$78
102511-E	6/16-7/2	Tu & Th	4:30-5:10p	\$78
102511-F	7/6-7/22	M & W	3:50-4:30p	\$78
102511-G	7/7-7/23	Tu & Th	4:30-5:10p	\$78
102511-H	7/28-8/6	Tu & Th	4:30-5:30p	\$78

Foster City Library

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

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

Hours:

Monday-Wednesday	10a-9p
Thursday-Friday	10a-6p
Saturday	10a-5p
Sunday	1p-5p

Library Storytime Schedule:

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

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

It connects our community. From July 4th fireworks, the summer concert series to just enjoying time on the waterways w/ family and friends, Foster City is the best!



Youth & Teen

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.

102173-A 6/24-8/12 W 4:15-5:45p \$85 Ceramics

Music & Dance

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.

102217-A 6/25-8/27 Th 6:30-7:20p \$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.

102217-B 6/23-8/25 Tu 7-7:50p \$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.

102207-A 6/24-8/26 W 3:30-4:20p \$237 Off Site

102207-B 6/24-8/26 W 4:30-5:20p \$237 Off Site

Ages: 6-10 yrs.

102207-C 6/24-8/26 W 5:30-6:20p \$237 Off Site

102207-D 6/23-8/25 Tu 6-6:50p \$237 Off Site

Ages: 7-11 yrs.

102207-E 6/24-8/26 W 6:30-7:20p \$237 Off Site

Rock Drums, Beginning

Rock out with us on the drums! Have fun learning to play drums and other percussion instruments. You will learn to play different styles of drum rhythms, read music notation, and write your own rhythms. By the end of this session, you will be able to rock out on a drum set and other percussion instruments. Students will use electronic drum pads in class and will receive a drum pad and drumsticks for practicing at home.

Instructor: Music Art Staff

Off Site Location: Music Art Studio, 1479 Beach Park Blvd., Foster City

Ages: 8-13 yrs.

102227-A 6/22-8/24 M 6-6:50p \$230 Off Site

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.

103347-A 6/24-7/29 W 8:20-9:05p \$48 Spirit

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

103347-B 6/24-7/29 W 6:10-7:10p \$52 Spirit

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

103347-C 6/24-7/29 W 7:15-8:15p \$52 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

102228-A 6/22-8/24 M 7-7:50p \$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, EOC Training Room, 1040 E. Hillsdale Blvd.

Ages: 12 yrs.-Adult

103401-A 6/27 Sa 9a-3p \$25 Off Site

103401-B 8/1 Sa 9a-3p \$25 Off Site

AMC 8

Advance your student's math level with AMC8! The AMC 8 contest presents middle school students with a challenging array of math problems. In our ongoing AMC 8 Series, your child will prepare for the contest by exploring a different math topic and/or problem solving strategy each week. Different topics covered each quarter; courses can be taken in any order. Experienced instructors, small classes. A \$15 materials fee is payable to the instructor on the first day of class. No class on July 4.

Instructor: Communication Academy

Ages: 11-14 yrs.

102457-A 6/20-8/8 Sa 1-3p \$315 Spray

Youth & Teen

Math Olympiad

Succeed in Math Olympiad and boost math grades with Math Olympiad & Enrichment. Math Olympiad offers students the chance to shine with a competitive edge. Featuring problems from previous Math Olympiad competitions, our ongoing Math Olympiad Series is designed to help students strengthen math intuition and master major strategies in creative problem solving. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores. Different topics covered each quarter; courses can be taken in any order. Experienced instructors, small classes. A material fee of \$25 is due to the instructor on the first day of camp. For information call (408) 777-8876, or visit www.communicationacademy.com. No class on July 4.

Instructor: Communication Academy

Ages: 7-8 yrs.

102457-B 6/20-8/8 Sa 10:30a-12:30p \$315 Spray

Elementary Math Tournament (Grade 1-5)

The Math Tournament is aimed at nurturing mathematical skills, helping children practice, and having fun with Math. It is a great way for students to practice common core principles and apply knowledge learned in school to practice and hone skills. It is a great way to boost confidence. The tournament consists of 25 questions to be solved in 50 minutes. Questions are based on grade curriculum and range from easy to challenging. 25 sample quizzes can be accessed at www.sanskarfoundation.org. Tournaments are graded immediately. All participants receive certificates and children with above average and perfect scores receive special recognition. For more information, go to www.sanskarfoundation.org.

Instructor: Raj Valame, Sanskar Foundation

Off Site Location: Redwood Shores Library

Ages: Grade 1-5

102450-A	5/30	Sa	11a	\$40	Off Site
102450-B	5/30	Sa	1p	\$40	Off Site
102450-C	5/31	Su	1p	\$40	Off Site
102450-D	5/31	Su	3p	\$40	Off Site

Intensive SAT/ACT Math Prep

This course is taught by an elite SAT/ACT tutor in the Bay Area. A graduate of UCLA, she also graduated with honors from graduate programs at USC and UC Davis. The course will offer a comprehensive review of SAT/ACT Math and test-taking strategies. Instructor will go over particularly challenging problems in class to familiarize students with her proprietary test-taking strategies. Required material for class: Master the SAT, 2014, by Peterson's. (ISBN-10: 076893754X). A \$2 lab fee is payable to the instructor on the first day of class.

Instructor: Ruby Chen

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

Ages: 16-18 yrs.

102499-A 6/13-6/27 Sa 10a-1p \$250 Off Site

Sports & Fitness

Summer Writing Intensive for College-Bound Middle and High School Students NEW

Building Essential Writing Skills by connecting a robust vocabulary to an organized outline. Establishing basic cause-effect sequences in standard written English. Students will become more proficient at communicating their ideas in writing, both on school-term essays as well as the essay component of standardized tests like the SAT and ACT. Vocabulary will be emphasized as the “muscle” of communicating in writing.

Instructor: Adam Donovan

Ages: 12-17 yrs.

102494-A 7/13-7/28 M & Tu 4-6p \$245 Bluebird/Spray

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

Gymnastics with Peninsula Gymnastics

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

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 2-4 yrs.

101536-A 6/23-8/25 Tu 10-10:55a \$165 Off Site

101536-B 6/24-8/26 W 9-9:55a \$165 Off Site

Ages: 4-7 yrs.

101536-C 6/23-8/25 Tu 2:30-3:25p \$165 Off Site

101536-D 6/23-8/25 Tu 3:30-4:25p \$165 Off Site

101536-E 6/24-8/26 W 2-2:55p \$165 Off Site

101536-F 6/24-8/26 W 3-3:55p \$165 Off Site

Youth & Teen

Hakua Kai Karate

Build self-confidence and physical strength as you learn the skill and movements of the traditional art of Japanese Karate-Do. Classes will combine lecture and physical training. You will gain positive spirit, good health, and learn self-defense. A Karate (Gi) uniform is required for all classes, and can be purchased from the instructor. See individual class descriptions below.

Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt and/or staff

Karate, Intro/Beg. - Coed

This class will emphasize hand-eye coordination, body awareness, social interaction, and concepts of Karate. It also builds confidence and motivates your child to learn, and increase concentration. New students should enter at this level, complete at least 2 or 3 sessions, or have equivalent training, or instructor's approval before moving to a more advanced class.

Ages: 5-13 yrs.

102553-A 6/22-8/3 M 5:30-6:15p \$85 Mist/Spray

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.

Ages: 7-16 yrs.

102553-B 6/22-8/5 M&W 6:15-7:15p \$165 Mist/Spray

Karate, Adv./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 two or three sessions, or have equivalent training, or instructor's approval before moving to a more advanced class.

Ages: 7-16 yrs.

102553-C 6/22-8/5 M&W 6:15-7:15p \$165 Mist/Spray

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.

Ages: 8 yrs.-Adult

102556-A 6/22-8/3 M 7:15-8:05p \$45 Mist/Spray

Kobujutsu (Weapons), Inter./Coed

Grade level 5 Kyu and above in Kobujutsu. Must have approval to enroll in this class. For more advanced students, please speak with instructor.

Ages: 9 yrs.-Adult

102556-B 6/22-8/5 M&W 7:15-8:05p \$65 Mist/Spray

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: Edgewater Park, Foster City

Soccer 1: Techniques & Teamwork – 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. All participants will receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5-6 yrs.

101594-A 7/10-8/28 F 4:15-5p \$114 Edgewater Park

Soccer 2: Skills & Scrimmages – Kids 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of the skills that players are developing. All levels are welcome to come enjoy the world's most popular game. Each participant receives a soccer jersey. Shin guards are required.

Ages: 7-10 yrs.

101595-A 7/10-8/28 F 3:30-4:15p \$114 Edgewater Park

Terrific Tiny Tennis

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis, WhitlingerSarsfieldtennis.com

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

Ages: 4-6 yrs.

102511-A 6//15-7/1 M&W 3:10-3:50p \$78

102511-B 7/6-7/22 M&W 3:10-3:50p \$78

102511-C 7/27-8/5 M&W 3-4p \$78

Ages: 5-7 yrs.

102511-D 6/15-7/1 M&W 3:50-4:30p \$78

102511-E 6/16-7/2 Tu&Th 4:30-5:10p \$78

102511-F 7/6-7/22 M&W 3:50-4:30p \$78

102511-G 7/7-7/23 Tu&Th 4:30-5:10p \$78

102511-H 7/28-8/6 Tu&Th 4:30-5:30p \$78

Youth & Teen

Tennis Skill Level Descriptions

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth (9-14) classes of 3-8 students will consist of six hours of instruction. Classes of two students will be converted into 4 lessons. Students provide their own rackets.

Youth Quickstart: Kids 9-10 years old will enhance their skill development with low compression tennis balls on the "60-ft. court." Play to learn.

Quickstart Advantage: Kids, 8-10 yrs. old, who are fairly consistent on maintaining a slow paced rally on a "60-ft. court." Players should have prior Quickstart experience and/or instructor's approval.

Novice: Develop the essential techniques with emphasis on control, depth, and direction. Lessons also incorporate rules, etiquette, and basic doubles play.

Low-Intermediate: For players who are consistent on a slow paced rally but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with an emphasis on basic strategy and tactics.

Intermediate: For players who are consistent on the medium paced shots but need to develop more spin, power and/or variety. Basic to advanced shots, strategy and tactics will be introduced and reinforced by performance enhancing skills.

Tennis 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, Youth

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. Please see the Tennis Skill Levels Descriptions for more details.

Instructors: Stanford/Whitlinger & Sarsfield Tennis, WhitlingerSarsfieldtennis.com

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

Quickstart Tennis – Ages: 8-10 yrs.

102521-A 6/16-7/2 Tu&Th 6-7p \$78

102521-B 7/7-7/23 Tu&Th 6-7p \$78

102521-C 7/28-8/6 Tu&Th 6-7:30p \$78

Quickstart Advantage – Ages: 8-10 yrs.

102521-D 6/15-7/1 M&W 4:30-5:30p \$78

102521-E 7/6-7/22 M&W 4:30-5:30p \$78

102521-F 7/27-8/5 M&W 4-5:30p \$78

Novice – Ages: 11-14 yrs.

102521-G 6/16-7/2 Tu&Th 3:30-4:30p \$78

102521-H 7/7-7/23 Tu&Th 3:30-4:30p \$78

Low Intermediate – Ages: 11-14 yrs.

102521-I 6/15-7/1 M&W 6:30-7:30p \$78

102521-J 7/6-7/22 M&W 6:30-7:30p \$78

102521-K 7/28-8/6 Tu&Th 3-4:30p \$78

Intermediate – Ages: 11-14 yrs.

102521-L 7/27-8/5 M&W 6-7:30p \$78

Jr. League Team Tennis

Jr. League Team Tennis provides excellent instruction, extensive practice, and exciting match play for juniors 10-15 years old. This program is designed for boys and girls at the intermediate to high intermediate level. Juniors who will be 16 years or older before August 1st of this year, and/or juniors who have achieved a top 50 ranking in the U.S.T.A's 14 or 16 year old divisions are ineligible. This program is not for novice players. Practice will be twice a week and match play will be on Fridays (until approximately 3:30pm) versus other local Bay Area teams. The season culminates with the Whitlinger Cup playoffs. Don't miss out on this great opportunity to be involved in the challenge of competitive match play. Includes Team Tennis shirt. Please bring one unopened can of tennis balls to the first day of practice. No class on Friday, July 3.

Quarterfinals – Friday, 1:30-3:30pm 8/7 @ TBA
Championship Rounds – Sat. 1:30-5pm 8/15 @ Stanford

Instructors: Staff of Stanford Coach John Whitlinger

Location: Tennis Courts #3 and #6 - Shell Blvd.

Ages: 10-15 yrs.

102522-A 6/15-8/7 *M,W,F 1:30-3p \$209

(*Fridays are from 1:30-3:30p)

Tennis, Teen & Adult

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets.

Instructors: Stanford/Whitlinger & Sarsfield Tennis, WhitlingerSarsfieldtennis.com

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

Ages: 15 yrs.-Adult

Novice

103531-A 6/16-7/2 Tu&Th 7-8p \$78

103531-B 7/7-7/23 Tu&Th 7-8p \$78

Low Intermediate

103531-C 6/16-7/2 Tu&Th 8-9p \$78

103531-D 7/7-7/23 Tu&Th 8-9p \$78

103531-E 7/28-8/6 Tu&Th 7:30-9p \$78

Intermediate

103531-F 6/15-7/1 M&W 7:30-8:30p \$78

103531-G 7/6-7/22 M&W 7:30-8:30p \$78

103531-H 7/27-8/5 M&W 7:30-9p \$78

Youth & Teen

Individual Tennis Lessons - Play the Stanford Way!

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 Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield's staff

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

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

Individual Tennis Lessons, Zalles Racquet Sports

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

Location: 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.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

103505-A 6/22-8/24 M 7-10p \$60 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

103506-A 6/24-8/26 W 7-10p \$60 Off Site

Youth & Teen

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

103687-A 6/11-7/30 Th 6:45-7:45p \$78 Mist

Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation. No class on Monday, July 13.

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beginner

103688-A 6/22-7/27 M 9:15-10:15a \$60 Mist

Intermediate

103688-B 6/23-8/11 Tu 6:30-7:45p \$80 Mist

Support the Youth & Teen Foundation

The Foster City Youth & Teen Foundation was established to help fund the development of a new teen center in Foster City. The teen center provides a safe alternative for latchkey kids and is purposely made accessible to help ease the stress of today's working families.

The Foster City Youth & Teen Foundation's purpose is to provide resources and funding for amenities and supplies for the City's Youth & Teen Programs. With the community's help, we can enhance our facilities and programs for our local youth & teens. Patrons that contribute \$100 or more are eligible to have their name displayed on a recognition wall in the new teen center! For more information on the Youth & Teen Foundation or to make a tax-deductible donation, please contact Tiffany Hall at (650) 286-3395 or email her at thall@fostercity.org.

The VIBE Teen Center

The VIBE is a supervised teen center in Foster City where students 6th-12th grade can hang out with their friends after school and on weekends. They are able to play pool, foosball, Nintendo Wii, Sony Playstation 3, Xbox360, basketball and watch movies. The VIBE also features a computer lab where students have access to Microsoft Word, Excel, and the internet for homework research. We also offer many special events such as dances and sports tournaments. Please call The Vibe at (650) 286-3254 for more information.

Hours:

Monday, Tuesday, Thursday 3p-6:30p

Wednesday 2p-6:30p

Friday 3p-10p

Rent The VIBE!!!

Looking for a fun place to hold a birthday party or other special events? The VIBE is available for rent on Saturdays and Sundays. For more information, please call (650) 286-3395.

FOCUS *on* Families

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

Classes

Family Kayaking NEW

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 4 yrs.-Adult

Level: Beginner

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

Kayaking for Fitness NEW

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

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

Learn to Kayak NEW

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

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

Kayak & Dine NEW

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

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

Kayaking for Boomers NEW

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 40 yrs.-Up

Level: Beginner

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



Focus on Families

Enrichment Programs

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its third year. All workshops will be held at the Foster City Teen Center. 6:30p-8:30p. We encourage you to reserve your spot for any of the above presentations by calling (650) 286-3395 or emailing thall@fostercity.org. The 2014-2015 Family Enrichment Series is sponsored by Giliead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

Drug Awareness Presentation for Parents

Date: May 13, 2015

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

Presented by: San Mateo County Narcotics Task Force

Wednesday Enrichment Program

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

The Wednesday Enrichment Program includes classes such as:

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

... And MORE!!!

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

Events

Off The Grid

Wednesday Nights, 5p-9p

Saturdays and Sundays, 11a-3p

Join Off the Grid every Wednesday evening and enjoy a variety of food trucks, live music, and great food. No need for the family to settle on one restaurant when everyone can have something from their favorite truck! Pull up one of the Adirondack chairs provided by OtG, or spread out with your own picnic blanket. Every Wednesday from 5-9pm at Leo J. Ryan Memorial Park, Saturdays and Sundays from 11am-3pm at Baywinds Parks. Check the the food truck lineup at www.offthegridsf.com/markets.



Passport to Parks



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

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

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

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

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

Farragut Park, 1001 Farragut Boulevard, Foster City

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



Resources

Kidfully

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

KidzJet

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

Bay Area Dragon Boats

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

Ho'okahi Pu'uwai Outrigger Canoe Club

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

Becoming a Member of The Vibe

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

Baywinds Park

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

Avid4 Adventure

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

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

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

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

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

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

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

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

103174-A 6/25-8/27 Th 7-10p \$130 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

103175-A 6/25-8/27 Th 10a-4p \$160 Ceramics

Art Gallery

The Art Gallery is located in the lobby area of the Recreation Center at 650 Shell Blvd.

Hours:

Monday-Friday 8a-9:30p

Saturday-Sunday Open Upon Request

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

Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

No class on Saturday, July 4.

Instructors: Janet Warner - Monday
Penelope Shepherd - Tuesday
Jane Lim - Wednesday
Terry Hinton – Saturday

Ages: 18 yrs.-Up

103176-A 6/20-8/29 Sa 10:30a-4p \$55 Ceramics

103176-B 6/22-8/24 M 10:30a-4p \$55 Ceramics

103176-C 6/23-8/25 Tu 7-10p \$25 Ceramics

103176-D 6/24-8/26 W 10:30a-4p \$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

103188-A 6/25-9/3 Th 9:30a-Noon \$70 Gull

Music & Dance

Ballroom Dancing - Beginner

Here is an opportunity for you to learn to dance or brush up on your skills for that special event, wedding, class reunion, or formal party. This is your chance to shine. Join the beginner class and learn the basics. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) **No class on June 21 and August 2.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Cha Cha, Tango

103355-A 6/14-7/19 Su 3-4:15p Spirit

Foxtrot, Night Club 2 Step

103355-B 7/26-8/30 Su 3-4:15p Spirit



Ballroom Dancing – Advanced Beginner

You will take the basics learned in the beginner class and add more challenging steps to your dancing vocabulary. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) **No class on June 21 and August 2.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bolero

103356-A 6/14-7/19 Su 4:15-5:30p Spirit

Bolero

103356-B 7/26-8/30 Su 4:15-5:30p Spirit

Night Club Dancing

Here is an opportunity for you to learn the fun and exciting dances done at nightclubs, dinner parties, cruises, weddings, and class reunions. Join the class and learn the basics. Classes are for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first night you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.)

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bachata

103365-A 6/16-7/14 Tu 8-9p Spirit

West Coast Swing

103365-B 7/21-8/18 Tu 8-9p Spirit

Adult

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 August 3 and September 7.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

103375-A 6/29-9/14 M 7-8p Spirit

Intermediate

103375-B 6/29-9/14 M 8-9p Spirit

Tap Dancing for Teens and Adults

Want to make music with the "souls" of your feet? Join us in exploring the rhythms of a uniquely American dance style - Tap Dancing!

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

Tap I - Join us for a beginning level class – no previous dance experience required. Learn the basics of shuffles, flaps, and simple combinations. Tap shoes required after the first class.

103347-A 6/24-7/29 W 8:20-9:05p \$48 Spirit

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

103347-B 6/24-7/29 W 6:10-7:10pm \$52 Spirit

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

103347-C 6/24-7/29 W 7:15-8:15p \$52 Spirit

It gives me a place to express my artful side! Thank you.



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

102228-A 6/22-8/24 M 7-7:50p \$230 Off Site

Chorus Groups

Foster City Community Chorus

This group is a mixed 75-voice adult chorus. Residents of all cities with an ability to match a pitch are welcome. For more information, visit www.peninsulamusicalarts.org, or call (650) 268-8345. Meets every Tuesdays from 7p-9:30p at Audubon Elementary School.

Heart & Soul

An 18-voice performance chorale for experienced singers by audition. Arrange required auditions in advance through www.peninsulamusicalarts.org, or call (650) 268-8345 Meets every Tuesday from 9:30p-10p at Audubon Elementary School.

The Community Singers

An adult chorus of singers who wish to sing well known popular music, unaccompanied at local hospitals, Senior Centers, etc. There are no long term commitments, nor set rehearsals. and performances are as arranged. Information at www.peninsulamusicalarts.org or call (650) 268-8345.

Viva La Musica

Sing it like you mean it - with Viva La Musica, a secular, mixed-voice avocational adult choir and orchestra, Shulamit Hoffman, Artistic Director. For concerts and membership information, contact www.vivalamusica.org, or (650) 346-5084. Meets every Monday at 7p at Foster City School.

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, EOC Training Room, 1040 E. Hillsdale Blvd.

Ages: 12 yrs.-Adult

103401-A 6/27 Sa 9a-3p \$25 Off Site

103401-B 8/1 Sa 9a-3p \$25 Off Site

Adult

Sports & Fitness

American Line Dancing – The Progressive Series

Line Dancing is for fun & exercise open to all ages! Get lively, move with confidence, and stay fit while having fun with or without a partner. Learn the various forms of Line Dancing, e.g. country, waltz, cha cha, tango, rumba, foxtrot, salsa, bachata, NC-2 steps, etc! You will be surprised with the music variety we dance to! Progressive lessons are done by using slow-medium-fast music and varying rhythm applications. Free class preview on June 26 at regular class meeting time.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

103381-A 7/10-8/28 F 10-11:30a \$65 Spirit

Thank you for coordinating and organizing the Neighbor Night tonight... my family and I had a great time and even met some neighbors that lived on our same block! You guys did a great job of putting together the event and making everyone feel welcomed!!



Jazzercise

You want to look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Our classes – Strike, Fusion, Core, Strength and Dance Mixx – will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise.

Foster City Recreation Center – 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9am	Cathrine (Debbie)	Jazzercise
W	9am	Cathrine (Debbie)	Strength60
M/W	6pm	Donna	Jazzercise
M/W	7pm	Donna	Express

Foster City Elementary School, 461 Beach Park Blvd.

T/Th	6:15pm	Cathrine (Debbie)	Jazzercise
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Brewer Island School Gymnasium – 1151 Polynesia Drive

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

Sun.	9am	Donna	Jazzercise
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Dance Mixx: Life's too busy for boring workouts. Body-blasting music mixes with 60 minutes of sweating, smiling, and laughing through Pilates, yoga, and kickboxing moves. This is the new Jazzercise.

Strength60: All muscle – all the time. A full hour of fat-burning, muscle building and balance work. Burn baby, burn!

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

For more information please contact:

Debbie Sweeney:

(650) 570-4349 or debbiejazz@comcast.net

Donna Jones:

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

Visit www.jazzercise.com or call 1-800-FIT-IS-IT.

Please do not call the Recreation Center.

Shape Up Boot Camp

My job: Motivate you, challenge you, and help you achieve your fitness goals. Your job: Work hard, stay consistent, and you will see and get the results. Shape Up Boot Camp is a conditioning class that is cardio tough and muscle strong. You will improve your strength, power, agility and balance training with fast paced agility and cardio drills. You will focus on building core strength, abdominal training, and will incorporate various toning and sculpting exercises for the upper and lower body. "Shape Up" Boot Camp is for every fitness level. Please bring a set of 5 or 8 pound dumbbells and mat. Meet at Leo J. Ryan Park (amphitheater). www.shapinwithsunita.com. or (650) 243-1750. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103624-A	6/22-8/24	M	6:30-7:30p	\$119	Ryan Park
103624-B	6/24-8/26	W	6:30-7:30p	\$119	Ryan Park
103624-C	6/22-8/26	M&W	6:30-7:30p	\$214	Ryan Park
103624-D	6/20-8/29	Sa	9-10a	\$149	Ryan Park

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.

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

Ages: 18 yrs.-Up

Golf Class

103581-A	6/27-8/1	Sa	9-10a	\$99	Off Site
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Short Game

103581-B	6/27-8/1	Sa	10:15-11:15a	\$99	Off Site
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High Energy Shapin' Cardio

SHAPIN' is a new exciting fitness program that uniquely mixes boxing, cardio aerobics, and Latin dance moves along with abdominal workout guaranteed to give you a great workout that will keep you sweatin'! Class format is both fun and challenging with the latest hip music that will keep you motivated the entire class. Please bring a yoga mat for abdominal workout, stretching and flow yoga the last ten minutes of the class. No prior dance or boxing experience is necessary. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103634-A	6/21-8/23	Su	9-10a	\$149	Spirit
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Adult

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.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

103558-A 6/22-8/3 M&W 8:05-9:05p \$165 Mist/Spray

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.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

103558-B 6/22-8/5 M&W 8:05-9:25p \$165 Mist/Spray

Kobujutsu (Weapons), 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.

Ages: 8 yrs.-Adult

102556-A 6/22-8/3 M 7:15-8:05p \$45 Mist/Spray

Kobujutsu (Weapons), Inter./Adv. - Coed

Grade level 5 Kyu and above in Kobujutsu. Must have approval to enroll in this class. For more advanced students, please speak with instructor.

Ages: 9 yrs.-Adult

102556-B 6/22-8/5 M&W 7:15-8:05p \$65 Mist/Spray

Pilates Mat Class

Class will include a variety of mat pilates exercises to strengthen the abdominals, increase spinal mobility, and develop a strong and flexible core and upper body. The exercises will include work to train the core in a number of functional positions, including the back, stomach, side-lying, sitting, and all fours. Beginners and intermediate level students welcome. Instructor is Pilates Mat Certified. Bring a mat and 36 inch smooth foam roller. No class on July 4.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

103690-A 6/20-8/8 Sa 9-10a \$75 Spirit

Tai Chi Chih, Practice

Relax your mind. Energize your body. Tai Chi Chih uses 20 gentle movements to focus and circulate your "Chih" or Energy. The result is a moving meditation that can give both mental and physical benefit. This is not a class. It is a group that meets for a practice session. All levels of experience including beginner are welcome. Prior instruction is helpful but is not required. Basic guidelines will be provided on an informal basis as needed. Come and join our practice!

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

103684-A 6/22-8/24 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 July-September.

103561-A - \$35 (Over 18)

103561-B - \$25 (18 and under/Over 50)

\$3 Drop-in

Tennis Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

103531-A 6/16-7/2 Tu&Th 7-8p \$78

103531-B 7/7-7/23 Tu & Th 7-8p \$78

Low Intermediate

103531-C 6/16-7/2 Tu & Th 8-9p \$78

103531-D 7/7-7/23 Tu & Th 8-9p \$78

103531-E 7/28-8/6 Tu & Th 7:30-9p \$78

Intermediate

103531-F 6/15-7/1 M & W 7:30-8:30p \$78

103531-G 7/6-7/22 M & W 7:30-8:30p \$78

103531-H 7/27-8/5 M & W 7:30-9p \$78

Individual Tennis Lessons - Play the Stanford Way!

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 Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield's staff

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

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

Adult

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).

Tennis Rain Policy

In case of rain at any point during the day of your lesson, contact the Recreation Center before coming to class. Report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation Department.

NOTE: If an earlier class is postponed due to rain, following classes may also be postponed even if the courts become dry.

Foster City Tennis Club

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

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

103505-A 6/22-8/24 M 7-10p \$60 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

103506-A 6/24-8/26 W 7-10p \$60 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

103687-A 6/11-7/30 Th 6:45-7:45p \$78 Mist

Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation. No class on Monday, July 13.

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beginner

103688-A 6/22-7/27 M 9:15-10:15a \$60 Mist

Intermediate

103688-B 6/23-8/11 Tu 6:30-7:45p \$80 Mist

Guided Meditation Class

Powerful Guided Meditations can be practiced for mindfulness, sharper memory, increasing focus, improving sleep, peace of mind, lose weight, increasing motivation and self-confidence, forgiveness and emotional and mental stability. We start the class with basic breathing techniques, becoming aware of our breath. We will learn and practice Chakra balancing and strengthening with sound, breath and visualization. We will learn mindfulness meditations to increase awareness of our daily routine, manifestation meditations, experiencing a no-thought state, being an observer. We will also learn breath work (alternate nostril, bee humming, victorious breath), positive affirmations, grounding and centering meditations, and much more. The goal of this class is to build confidence, increase focus and concentration, and reduce stress and anxiety. No class on Monday, July 20, and Thursday, July 2 and July 23.

Instructor: Deepti Jain

Ages: 18 yrs.-Up

103603-A 6/25-8/6 Th 7-8p \$150 Spirit

103603-B 6/29-8/3 M 10-11a \$150 Spirit

Zumba

Zumba fuses fun Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. My goal is simple: I want you to want to work out, to love working out, and to get hooked. "Zumba Fanatics" achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life all while having an absolute blast! My Zumba routines feature fast rhythms and interval training combined to tone and sculpt your body while burning fat. Flat bottom shoes with minimal tread recommended. Please bring a mat for stretching. No dance experience is necessary. www.shapinwithsunita.com. (650)243-1750. Download shapinwithsunita app.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103644-A 6/23-8/25 Tu 6:30-7:30p \$119 Spirit

Seniors

Foster City Senior Wing

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

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

Senior Wing Hours

Monday - Friday 9a-4p Front Desk

Senior Expressions

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

Benefits

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

Fee

- \$12 per year
- Prorated after January

Thursday Matinees

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

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

Trips

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

Lunch Bunch

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

Participants are responsible for paying for their own lunch.

The parks are clean and we have great people working to keep it safe and beautiful. Thank you all!



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

Operation

Days	Times	Destination
Tuesdays	9a-3:30p	Foster City/San Mateo
Wednesdays	9a-5p	Specified Territory
Thursdays	10a-3:30p	Foster City/San Mateo

Reservations & Payment

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

Appointments must be made at least one day in advance.

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

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

BIG NEWS FOR SENIOR EXPRESS BUS!

A new bus has been purchased and is scheduled to be in service by May. For more information, please contact Colleen Gotthardt at 650-286-3378.

Senior Game Schedule

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

Supply own materials; No money exchanged

Walk for Health

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

Walk With a Doc

Come out and enjoy a stroll with physician volunteers who can answer your health-related questions along the way. People of all ages and fitness levels are invited to this free community health program. All walks start at 10:00 A.M. and last approximately one hour. Walkers receive a complimentary pedometer, bottled water and a healthy snack. Walks are scheduled for the following dates:

May 9 & September 12, 2015

This is a free program and you can sign up for as many walks as you'd like. We looking forward to seeing you there.

For more information, please call (650) 312-1623 or visit <http://www.smcma.org/walkwithadoc>.

Seniors

Senior Classes

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

Fees* Per Course, Per Semester:

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

Knitting, Painting & Drawing, or Sewing Fees:

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

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

Enrollment:

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

Class Schedule

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

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

Smart Driver Course

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

Registration:

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

Fee:

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

Class Dates:

- August 18 & 21 -- 9a-1:30p
- August 29 -- 8:30a-5:30p

Adult Softball Leagues

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

Adult Bocce Ball Leagues

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

Open Gym Basketball

Saturdays, 7p – 10p
Brewer Island Gymnasium

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

PJCC

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

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

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

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

The PJCC is proud of our diverse, multicultural community.

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

Kiteboard Lessons & Rentals

Take lessons or rent equipment and kiteboard at a premiere location! Additional water sports available.

Location: Baywinds Park (East Thrid Avenue)

Helm of Sun Valley..... 650-344-2711

Kite 415..... 415-244-8007

Wind Over Water..... 650-218-6023

Duffy Electric Boat Rental

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

Location: Leo Ryan Park

Edgewater Marine 650-766-9155

Lagoon Water Activities

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

Location: Leo Ryan Park Boat House

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

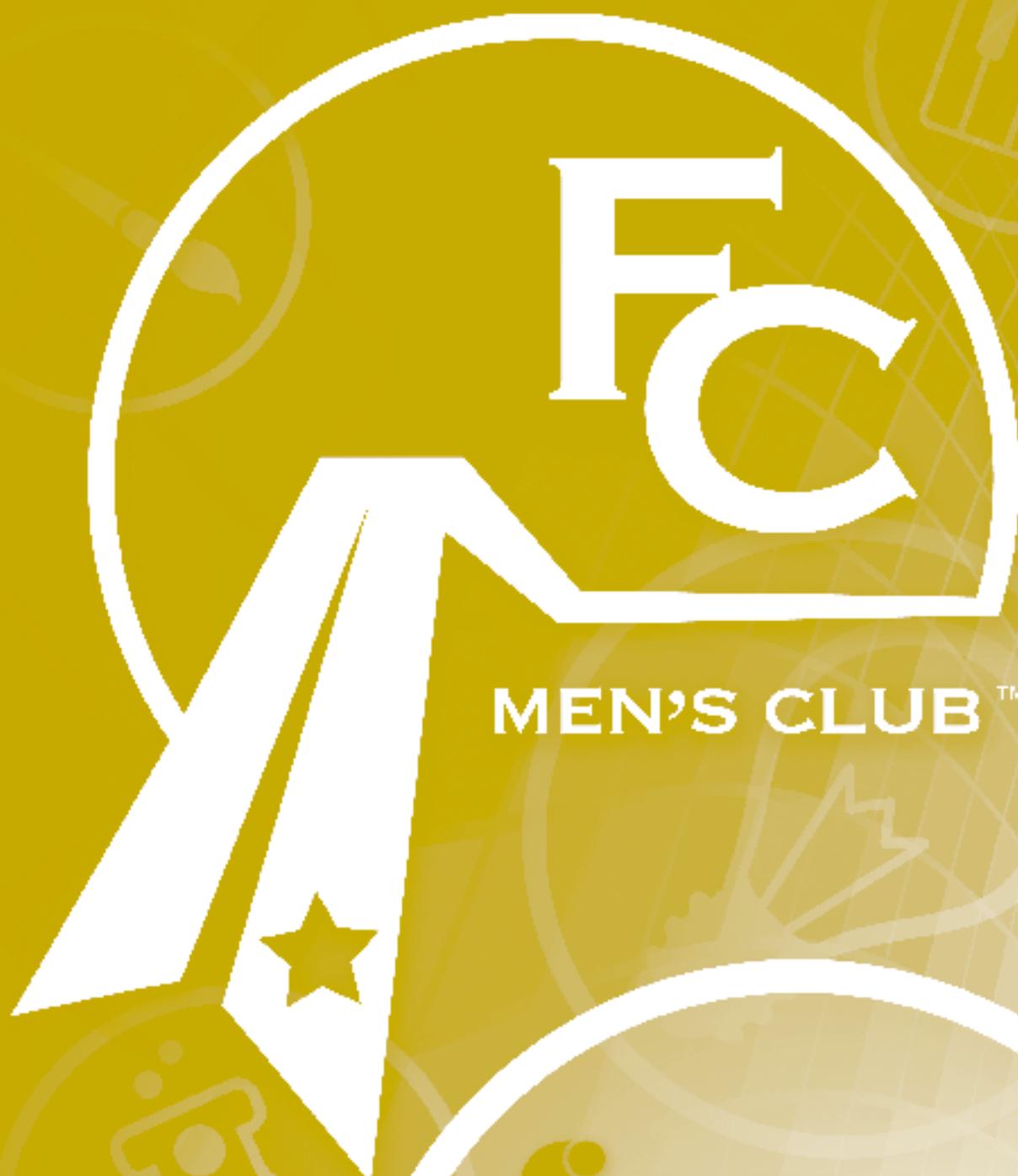
Snack Shack

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

Location: Sea Cloud Park

AYSO 650-349-5425

FCYSA 650-571-5347



MEN'S CLUB™

fcmc
SCHOLARSHIP

The Foster City Men's Club is offering scholarships to support Foster City families participation in the Youth and Teen Programs provided by the Parks and Recreation Department.

Applications available at the FC Parks & Rec Center



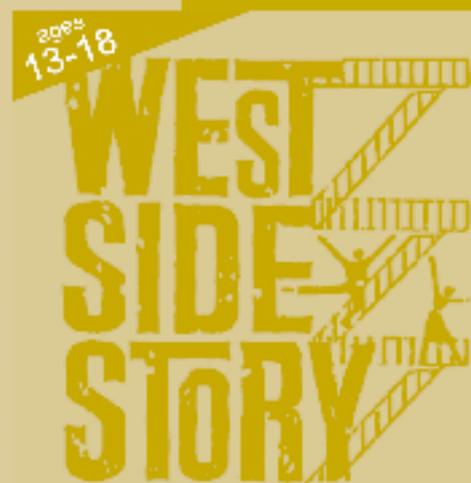
HILLBARN THEATRE CONSERVATORY

Now enrolling for Summer 2015...



StarTots (Ages 4-6)
June 15-19, 2015

StarShiners (Ages 6-8)
Session 1: June 15-26, 2015
Session 2: July 20-31, 2015



June 29 - July 26, 2015



July 6 - August 2, 2015

Introducing our inaugural show with Young Adults 18-23...

CONSERVATORY PREMIER



Performances: August 6 - 9, 2015



June 25 - July 19, 2015

www.hillbarntheatre.org

Community Organizations

Lions Club

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

Rotary Club

The Rotary Club of Foster City is a dynamic organization sponsoring the Rib Fest, 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.*

Parents Club

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

Project Bay Cat

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

Foster City Men's Club

The Foster City Men's Club brings together a diverse group of Foster City (and surrounding areas) men to enrich local families and support the community. Its focus is to bring together people for sociable, exciting events and supporting opportunities for Foster City children's education - with a particular emphasis on Science, Technology, Engineering, and Math. Come join the fun!

Smoke-Free City

To support community cleanliness, comfort and health, The City of Foster City has been designated a Smoke-Free City. Muncipai Code Section 8.05

Foster City Dog Park & Off-Leash Hours

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

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

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

Boothbay Park

(corner of Edgewater Blvd. and Boothbay Ave.)

Catamaran Park

(Corner of Shell Blvd. and Catamaran St.)

Edgewater Park

(Corner of Edgewater Blvd. and Regulus St.)

Farragut Park

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

Sea Cloud Park

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

Bocce Ball

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

Skate Park

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

Parks & Recreation Department

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

City Departments

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

Community Partners

Chamber of Commerce www.fostercitychamber.com	573-7600
Library www.smcl.org	574-4842
San Mateo Adult School www.smace.org	558-2100
Commute.org www.commute.org	588-8170
Caltrain/Samtrans www.caltrain.com www.samtrans.com	1-800-660-4287

Community Organizations

Foster City Historical Society fchistorysoc@yahoo.com	349-3382
Foster City Lions Club www.fostercitylions.com	
Foster City Rotary Club www.fostercityrotary.org	
Foster City Parents Club www.fostercityparentsclub.org	489-5202
Peninsula Jewish Community Center www.pjcc.org	212-7522

Athletic Organizations

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

Cultural Arts

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

Resources

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



650 Shell Blvd
Foster City, CA 94404

Resident Customer
Foster City, CA 94404

Presort Standard
US Postage
PAID
San Mateo, CA
Permit 181
ECRWSS

RECREATION

Community Partners

We partner with the community to provide innovative services that promote and engage enriching lifestyles, foster social interaction, and encourage environmental stewardship, which contributes to our healthy community.

Did You Know?

Since 1971, there have only been three Directors of Parks and Recreation, Jennifer Liu being the fourth to take the position.

50 Events... And Counting!

The Recreation Division is responsible for planning and implementing a variety of events, from small events with 25 participants to large-scale events with over 30,000!

295 Volunteers contributed **3,981** hours of their time in 2014.

July is...

National Parks and Recreation Month, a nationally recognized month in the Parks and Recreation profession!

IDENTIFY

Partners within the community.

MODERNIZE

Use of social media and technology to enhance community engagement.

PRIORITIZE

Ways to facilitate recreational opportunities that enhance the quality of life.

Doing Our Part

A Message from the Foster City Parks and Recreation Department

Foster City Parks and Recreation Department

2015 SUMMER CONCERT SERIES

FRIDAY NIGHTS, 6-8pm
Leo J. Ryan Park Amphitheater

JULY 10

Apple Z | Dance Mix

JULY 17

Hairstrike | 80s Rock

JULY 24

Sol | Latin/Salsa

JULY 31

Soul Power | R&B/Soul

AUGUST 7

Steel Horse | Bon Jovi Tribute

AUGUST 14

Nunchuck Taylor | Party Mix

AUGUST 21

**Hillbarn Theatre
Special Concert**

Peninsula SunShares

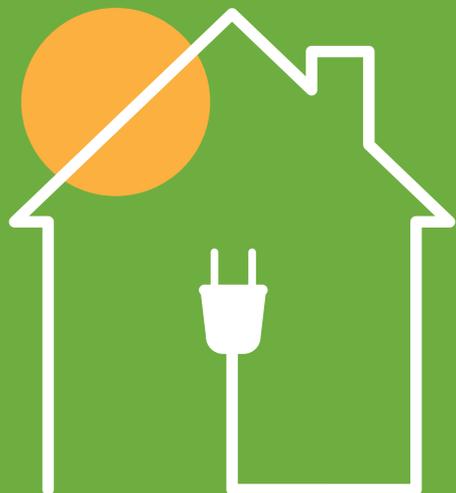
Solar made simple.

Join us for an
upcoming workshop:

Thursday May 21, 2015
7:00 - 8:30 PM

Foster City
Recreation Center
Gull Room
650 Shell Blvd.
Foster City, CA 94404

For more information and additional
workshops please visit:
www.mygroupenergy.com/peninsula



Peninsula SunShares

Solar made simple.

Thinking about installing solar on your home but don't know where to start or think it's just too expensive? Peninsula SunShares is here to help!

Foster City is partnering with local nonprofit Vote Solar and neighboring communities throughout San Mateo County to launch a solar group discount program for homeowners.

Peninsula SunShares pools the power of individual participants to get more competitive pricing from solar companies - with an additional incentive that provides even better savings as more people contract for solar on their homes.

Vote Solar manages the program, working with a community evaluation committee to select qualified contractor(s), to make going solar simple and more affordable than ever. The program launches in April and runs for a limited time, so sign up to receive a no cost, no obligation site evaluation and learn how you can benefit from going solar today.

Benefits:

- Simple: qualified contractor(s) chosen
- Discounted: approximately 15% below market rate
- Options: range of financing available

For more information please visit:
www.mygroupenergy.com/peninsula



VOTE SOLAR

Park Map & Grid

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

PARKS/ACRES																
ARCTURUS/.75																
BAYWINDS/ (EAST 3RD AVENUE PARK)																
BOAT /DOG/3.18																
BOOTHBAY/11.21																
BRIDGEVIEW/ (WERDER PARK)																
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																
SHOREBIRD/ (DESTINATION PARK)																
SUNFISH/2.41																
TURNSTONE/1.53																

Registration Form



REGISTRATION FORM

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

HOUSEHOLD INFORMATION

Name: _____

Street Address: _____

City: _____ Zip: _____ Email: _____

Home Phone: _____ Cell Phone: _____

ACTIVITY REGISTRATION

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

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

Fees: \$ _____

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

TOTAL: \$ _____

PAYMENT INFORMATION

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

Receipt: Email Mail

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

Name on Card: _____

Card Number: _____ - _____ - _____ - _____

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

Signature: _____



LIABILITY WAIVER & MEDIA RELEASE

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

Signature: _____ Date: _____

Participant Parent Guardian

Registration Policy

Registration

ONLINE

Starting Wednesday, April 29, 2015

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

MAIL-IN

Starting Wednesday, April 29, 2015

Foster City Parks and Rec. Dept. – Registration

650 Shell Blvd.

Foster City, CA 94404

FAX-IN

Starting Wednesday, April 29, 2015

Fax completed form including

all your MasterCard/Visa information

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

WALK-IN

Starting Monday, May 11, 2015

Monday-Thursday 8a-10p

Friday 8a-5p

Saturday 9a-4p

Registration Information

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

Non-Resident Registration

- Non-resident fee: Add \$10 per class/activity.
- Non-resident registration begins May 11, 2015.

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.

City Map



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

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

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

Post Office.....G-6
 Recreation Center ..E-5
 Sea Cloud Park..H-I-7-8
 Senior WingE-5
 Shad Park D-8
 Sunfish ParkE-8
 Turnstone Park.....C-8
 VIBE Teen Center.....E-5