

# The Guide



**SPRING 2015**  
Registration begins March 4th

Excellent Service. Exciting Programs. Exceptional Places.



**Opportunity Blooms**  
The Rec Center Rose Garden  
& The Volunteers Who Blossom  
(Pg. 4)



**Focus on Families**  
Wednesday Enrichment &  
Family Enrichment Series  
(Pg. 21)



**Foster City Lagoon**  
12th Annual Polynesian Festival &  
2015 IOM World  
Championship Regatta  
(Pg. 1)

**Creating Community Through People, Parks and Programs**

# Welcome

## The Power of Partnerships:

A Welcome Letter from the Foster City Library

Partnerships are a powerful thing. They create tight bonds in which organizations can thrive and create added value to their mission and purpose. You might think that the mission of the Foster City Library and that of the Parks and Recreation Department would be at opposite ends, but in reality they couldn't be closer to each other. Both are in business to provide a stronger community through unique and timely events. In the next year the Foster City Library will partner with the Parks and Recreation Department in providing a variety of programs that will enhance cultural awareness and engage a wider audience. Some of the programs to look for in the coming year will be:

- Shakespeare in the Park on March 7 at the Amphitheater
- "Jazz in the Library" Thursday nights in April which is Jazz Appreciation Month
- Summer Learning Program and Family Enrichment Series at The Vibe, Summer 2015
- "Bike Foster City" which will be a series of workshops and programs, supporting bicycle fun and safety, from April to September at various venues throughout Foster City
- The Tricycle Music Fest, a children's kindi rock show, September 12 at the Amphitheater
- Mid-Autumn Festival at the Library late September
- Diwali Music and Dance Festival in October at the library and November with Foster City Parks and Recreation Department.

These programs align with the Department of Parks and Recreation mission to provide excellent service, exciting programs, and exceptional places.

Both the Foster City Library and the Foster City Parks and Recreation Department look forward to seeing our community members at various venues, enjoying all that Foster City has to offer.

Anna Koch, Library Manager  
Foster City Library

## 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: Thor Larsen  
Kayaking Photos: Joe Stacks (pg. 27 & 28)

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# This Season

## April

### **2015 Easter Egg Hunt Hosted by Gold Medal Martial Arts**

**Sunday, April 5, 2015**

**Meadow, Leo J. Ryan Park**

Join us for the 2015 Easter Egg Hunt at Leo J. Ryan Park, hosted by Gold Medal Martial Arts, Sunday, April 5th from 11:30a-2p. This is a free event with fun activities for the entire family!

### **Bike Foster City 2015 Program Launch**

**Saturday, April 11, 2015**

**Foster City Recreation Center**

See centerfold for more details.

### **Annual YAC and VIBE Spaghetti Feed**

**Wednesday, April 15, 2015, 6p-8p**

**Lagoon Room, Recreation Center**

Need a day off from cooking dinner? Grab your family and friends and enjoy a feast of pasta, salad, and garlic bread while you listen to great musical entertainment! A raffle will also be held. Come down and show your support to our city's own Youth Advisory Committee. Tickets may be purchased in advance or at the door. All proceeds will be donated to a local charity. \$5 advance purchase (available April 1/\$10 at the door). It is highly encouraged to purchase tickets in advance due to the popularity of this event. Please call Tiffany at 286-3395 for more information.

## May

### **Streets Alive! Parks Alive!**

**May 2 & 3, 2015**

**Foster City Recreation Center**

The 5th Annual Streets Alive! Parks Alive! is taking place on May 2 & 3, 2015 in YOUR community. This annual event promotes parks, public spaces, and being active. Free activities will take place throughout the county and are open to all. Check out when and where activities will be taking place below. Learn more at [www.streetsalivesmc.org](http://www.streetsalivesmc.org).

### **12th Annual Polynesian Festival**

**Saturday, May 2, 2015, 10a-5p**

**Foster City Recreation Center**

Bring the 'ohana (family) and celebrate Polynesian Culture at the Foster City Parks and Recreation Department's 12th annual Polynesian Festival! This free event will be held on Saturday, May 2, 2015 from 10 AM to 5 PM at Leo Ryan Park Amphitheatre. Learn all about "Ra'ui", the ancient Polynesian concept of natural eco-conservation and find out how this concept is practiced throughout the islands even today. For more information, call the Parks and Recreation Department at 286-3380, or e-mail us at [fostercitypolyfest@yahoo.com](mailto:fostercitypolyfest@yahoo.com).

### **Middle School Dance**

**Friday, May 8, 2015, 7p-10p,**

**The VIBE**

Come to the only dance party in town that is just for middle school students! Tickets go on sale two weeks before each dance at The VIBE. Only 350 tickets sold, so grab your friends, and get your tickets early, they SELL OUT! Cost is \$6 with a student ID, \$7 without. NO TICKETS SOLD AT THE DOOR! There are no in and out privileges; once you leave, you may not re-enter. Any student leaving the dance early must have parent or guardian notify The VIBE at 286-3254 by 4:30pm the night of the dance. Middle school students from Foster City only! These are not school-sponsored events. Dress code will be enforced. Please refer to the website for details regarding middle school dance policies.

## June

### 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](http://www.usaiomworlds.com).

### 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 between May 30 - 31, 2015 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.

### Divas Half-Marathon

**May 31, 2015**

**Foster City, San Mateo and Burlingame**

For more information, visit [www.runlikeadiva.com](http://www.runlikeadiva.com).

### Bollywood Concert and Dance

**Saturday, June 6, 2015**

**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. The event is Saturday, April 6, 4-8pm, Leo Ryan Park Amphitheater.

### 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.

# This Season

## Camps

### Circus On Stage Gymnastics Spring 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 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 8-9am and after care available for a fee for full day camps from 4-6pm. For more information, visit [www.peninsulagym.com](http://www.peninsulagym.com) or call (650)571-7555.

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Level 1 (Ages: 3.5-5.5 yrs.)

**405536-A 3/30-4/3 M-F 9a-1p \$185 Off Site**

Level 2 (Ages: 5.5-12 yrs.)

**405536-B 3/30-4/3 M-F 9a-4p \$200 Off Site**

### 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: KidzJet Staff

Off Site Location: Outdoor

Ages: 4-12 yrs.

**402701-A 3/30-4/3 M-F 8:30a-4:30p \$450 Off Site**

**402701-B 4/6-4/10 M-F 8:30a-4:30p \$450 Off Site**

**402701-C 4/13-4/17 M-F 8:30a-4:30p \$450 Off Site**

### Society Skateboarding Spring Break Camp

Learn to skate or refine your skills with the Society experienced skateboarding instructors. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. Take advantage of the 10% discount on all safety gear at Society with registration at 625 Laurel Street, San Carlos, CA 94070, (650) 596-8182.

Instructor: Society Skateboarding Staff

Off Site Location: Society Skatepark, 625 Laurel Street, San Carlos

Ages: 5-12 yrs.

**305560-C 3/30-4/3 M-F 9a-Noon \$185 Off Site**

**305560-D 4/6-4/10 M-F 9a-Noon \$185 Off Site**

## Opportunity Blooms

### Super Duper Spring Break Camp

Super Duper Spring Break Camp will give your children memories for a lifetime. Sign your children up to spend the entire week with our well-trained staff here in Foster City. Our staff has exciting arts and crafts and wild games planned for the week. Children will build leadership, social, and group thinking skills with a smile at Foster City's Spring Break Camp. On Wednesday, April 1, children will venture off on an exciting field trip.

Instructors: Recreation Staff

Grades: K-5th

**450778-A1 3/30-4/3 M-F 9a-4p \$200 The Vibe**

**450778-B1 3/30-4/3 M-F 7:30a-9a & 4p-6p \$40 The Vibe**

### Spring Break 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. Please sign up early! \*If necessary, Friday, April 3, and Monday, April 6, is reserved for make up lessons.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 8-10 yrs.

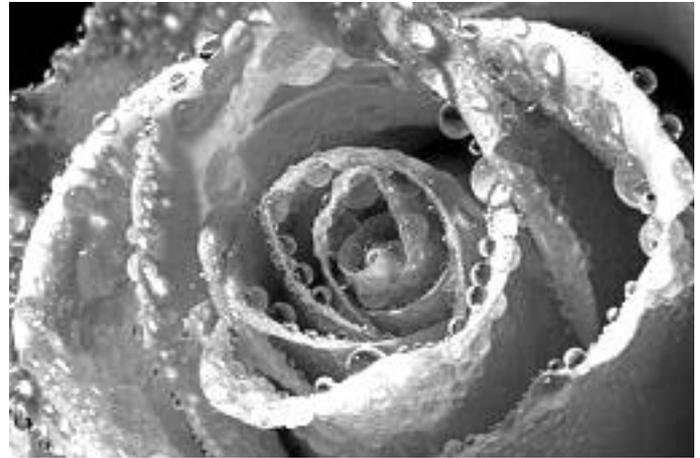
Quickstart Tennis

**402522-A 3/30-4/2 M-Th 10:30a-Noon \$78**

Ages: 11-14 yrs.

Novice

**402522-B 3/30-4/2 M-Th 1:30p-3p \$78**



### The Recreation Center Rose Garden & The Volunteers Who Blossom

*By Kevin Miller*

Foster City has some of most beautiful rose displays on the Peninsula. There are over 250 rose bushes and trees located along Shell Blvd., in front the Recreation building, behind the library, and 10 white rose trees across from Safeway in Leo J. Ryan Park plus several other places. Did you know that almost all of the maintenance, pruning, weeding, and replacements are done by resident volunteers? This allows the city park workers to concentrate on other aspects of keeping our city parks second to none! The group that does the work needs additional help this summer. Is that you?

The Foster City Parks and Recreation Department is looking for resident volunteers to help in "deadheading", (removing spent blooms) from March to the end of October. This helps the new flowers come out quicker and larger than without pruning. Pruning shears, gloves and training will be provided. Only one or two hours a month, on the day and time of your choice, will be enough help to keep the roses in good shape and spread out the work of the current volunteers to do other maintenance as needed. Deadheading is fun and easy to learn and do. Come help Foster City keep its wonderful rose bushes and trees in magnificent beauty and take pride in being part of this group supporting Foster City. Contact the recreation center at 286-3380.

## Arts & Crafts

### Preschool Drawing

Spring is the perfect season for your preschooler's talent to blossom. In Young Rembrandts, we explore many fun subjects. Wonderful drawings of adventurous astronauts and friendly monsters will excite the imagination. We reach new heights with our hot air balloon and many nature-inspired drawings like our bees and flower baskets. There's no better time than now to enroll your student! No class on May 29.

Instructor: Young Rembrandts Staff

Ages: 3.5-5 yrs.

**405101-A 4/3-6/12 F 1p-2p \$200 Spray**

## Music & Dance

### Do-Re-Mi Mozart

The well-known Mozart effect shows a casual relationship between classical music and brain functionality for kids of all ages. Come and share with us the magic of classical music and learn basic concepts such as melody, rhythm, sound, tempo, etc. Kids will meet their favorite fairy tale heroes through this musical experience, play with the parachute, bean bags, scarves, feathers, etc. during fun-filled activities. Singing time with teacher Ella's keyboard will help kids to develop important social and musical skills. We believe that anybody can be successful in music.

Instructor: Ella Bazarsky

Ages: 2-4.5 yrs.

**401214-A 4/9-6/4 Th 10:30a-11:30a \$120 Spirit**

### Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn pli e, tendue and saut e and more. We will have fun skipping and twirling like a ballerina. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting).

Instructor: Sheri Alonso

Ages: 4-6 yrs.

**401331-A 4/9-6/11 Th 3p-3:40p \$115 Spirit**

### Pre-Tap

This class will introduce your child to the fundamentals of tap. Students will learn heel and toe digs, front slaps, a variety of shuffles, and more. Please wear leotard (with no skirt attached as can be a distraction) and tap shoes. Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

**401332-A 4/8-6/10 W 1p-1:40p \$115 Spirit**

## 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. Skippers (3 years) offers the younger child an early learning experience away from home. Mariners (4 years) provides the pre-kindergarten child with opportunities to develop early literacy and math skills. Both classes emphasize social and academic learning through art activities, science, story time and music, as well as indoor/outdoor play. The preschool program runs from September to June each year. Tuition is continuous and is processed through in-class registration. An additional \$10 materials fee is collected monthly. There is no online registration for this program. For more information, please call (650) 286-3399.

Instructors: Chris Royce and Pam Sutter

Ages: Skippers must be 3 years old by 9/1/14 to be eligible to enroll.

**401440-D Tu & Th 9a-11:30a \$230/Month Preschool**

Ages: Mariners must be 4 years old by 9/1/14 to be eligible to enroll.

**401450-D M,W,F 9a-Noon \$360/Month Preschool**

## 2015-2016 Preschool Registration

**We will begin accepting applications for the 2015 - 2016 school year on Monday, May 4, starting at 1:00 p.m.**

Ages: Skippers must be 3 years old by 9/1/15 to be eligible to enroll.

**201440-D Tu & Th 9a-11:30a \$240/Month Preschool**

Ages: Mariners must be 4 years old by 9/1/15 to be eligible to enroll.

**201450-D M,W,F 9a-Noon \$360/Month Preschool**

**All children must be completely potty trained to enroll.**

To apply for a space for fall, bring a completed registration form, a photocopy of the child's birth certificate, and a \$50 deposit to the Recreation Center. If your child does not get a space, your deposit will be returned and your child will be put on the wait list. If your child does get a space, your deposit is non-refundable/non-transferable. We will apply your deposit to September's registration fee, the balance of which is due by July 15, 2015.

You will be notified by June 10th on the status of your registration.

## Sports

### Grown Up & Me Ice Skating

Share the joy of skating with your little one. Enjoy quality time together while exercising and playing with ice toys. This class is meant for young skaters not quite ready to be alone, but old enough to walk and talk. The adult must be able to skate unassisted. Please arrive 15 minutes early for this class. Warm, unrestrictive clothing, ankle-high socks, and gloves or mittens are necessary. Helmets are encouraged. No class on May 26.

Instructor: Belmont Iceland Staff

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

Ages: 2-5 yrs.

**401527-A 4/28-6/9 Tu 10:30a-11a \$70 Off Site**

### Intro. to Tot Ice Skating

Make your little one's first ice skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Warm, nonrestrictive clothing, ankle high socks, and gloves or mittens are necessary. Helmets are encouraged. No class on May 28.

Instructor: Belmont Iceland Staff

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

Ages: 3-6 yrs.

**401527-C 4/30-6/11 Th 6:15p-6:45p \$70 Off Site**

# Tots

## Little Angels Gymnastics

Welcome to the beautiful and exciting world of preschool gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months to 3 ½ years old in a safe, adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their locomotor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too! No class on May 25.

Instructor: Laura Canton

Ages: 20 mos.-2.5 yrs.

**401535-A 4/6-6/15 M 10a-10:55a \$140 Bluebird**

Ages: 4-6 yrs.

**401535-B 4/6-6/15 M 11a-11:55a \$140 Bluebird**

**401535-C 4/6-6/15 M 2p-2:55p \$140 Bluebird**

## Gymnastics with Peninsula Gymnastics

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

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 2-4 yrs.

**401536-A 4/7-6/9 Tu 10a-10:55a \$165 Off Site**

**401536-B 4/8-6/10 W 9a-9:55a \$165 Off Site**

Ages: 4-7 yrs.

**401536-C 4/7-6/9 Tu 2:30p-3:25p \$165 Off Site**

**401536-D 4/7-6/9 Tu 3:30p-4:25p \$165 Off Site**

**401536-E 4/8-6/10 W 2p-2:55p \$165 Off Site**

**401536-F 4/8-6/10 W 3p-3:55p \$165 Off Site**

## 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.

**401591-A 4/10-5/29 F 6:15p-6:45p \$114 Edgewater Park**



## Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! 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 receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 3.5-4 yrs.

**401592-A 4/10-5/29 F 5:35p-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 receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 4-5 yrs.

**401592-B 4/10-5/29 F 5p-5:35p \$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. No classes on Monday, May 25.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

**402511-A 4/6-4/29 M & W 3:20p-4p \$95**

**402511-B 5/11-6/8 M & W 3:20p-4p \$95**

Ages: 5-7 yrs.

**402511-C 4/7-4/30 Tu & Th 3:20p-4p \$95**

**402511-D 5/12-6/4 Tu & Th 3:20p-4p \$95**

## Foster City Library

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

**For a complete program listing, visit:  
[www.fostercitylibrary.org](http://www.fostercitylibrary.org)**

### Hours:

<b>Monday-Wednesday</b>	<b>10a-9p</b>
<b>Thursday-Friday</b>	<b>10a-6p</b>
<b>Saturday</b>	<b>10a-5p</b>
<b>Sunday</b>	<b>1p-5p</b>

### Library Storytime Schedule:

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

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

# 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.

**402173-A 4/8-5/27 W 4:15p-5:45p \$85 Ceramics**

### Crochet 1

This course will teach you the basic stitches of crochet: single, half-double and double stitches, gauging, chaining, and finishing. Once you've learned the basic stitches of crochet, you will be able to create an infinite assortment of beautiful items. Bring a 5mm crochet hook and a ball of light color variegated worsted weight #4 yarn. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

**403168-A 5/30-6/20 Sa 9a-10:30a \$50 Sunfish**

### Knitting 1

Kids will learn the craft of knitting by learning basic skills such as purling and knit stitches. They will learn to cast on and bind off stitches. They will learn to make scarves, blankets and more. This craft is a great opportunity for them to express their creativity and make great items. Materials needed: 10mm straight wooden knitting needles, 2-3 balls of worsted weight variegated yarn (light colors – no browns, dark blues, or black), and scissors. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult.

**403166-A 5/30-6/20 Sa 10:30a-Noon \$50 Sunfish**

## Music & Dance

### Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn plié, tendue and sauté and more. We will have fun skipping and twirling like a ballerina. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting).

Instructor: Sheri Alonso

Ages: 4-6 yrs.

**401331-A 4/9-6/11 Th 3p-3:40p \$115 Spirit**

### Ballet Technique

In this class we will focus on Ballet techniques while learning the different positions, correct alignment, working at the barre, center and across the floor work. Ballet improves your posture, strength and coordination and is a great base for any dance style. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting).

Instructor: Sheri Alonso

Ages: 6-11 yrs.

**401331-B 4/9-6/11 Th 3:45p-4:45p \$125 Spirit**

## Ballet 1

This class is designed for the student who has had at least three sessions of ballet technique, equivalent training or instructor's approval. We will continue to build on ballet technique while also learning turns, waltz, pas de bouree and more. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting).

Instructor: Sheri Alonso

Ages: 8-13 yrs.

**401331-C 4/9-6/11 Th 4:45p-5:45p \$125 Spirit**

## Guitar

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

**Beginning** - Your path to guitar mastery begins here. You'll learn to play guitar with an emphasis on reading music. Music Art will provide guitars for class and home use for the session. All students will receive Book 1 of the Progressive Guitar Method for Young beginners (with CD).

**402217-A 4/9-6/11 Th 6:30p-7:20p \$240 Off Site**

**Intermediate** - Students must complete Beginning Guitar to enroll at this level. Book 2 (with CD) provides a strong emphasis on reading, adding more notes and rhythms. Students must supply their own guitars, or rent them from the studio for \$15/month.

**402217-B 4/7-6/9 Tu 7p-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.

**402207-A 4/8-6/10 W 3:30p-4:20p \$237 Off Site**

**402207-B 4/8-6/10 W 4:30p-5:20p \$237 Off Site**

Ages: 6-9 yrs.

**402207-C 4/8-6/10 W 5:30p-6:20p \$237 Off Site**

Ages: 6-10 yrs.

**402207-D 4/8-6/10 W 5p-5:50p \$237 Off Site**

**402207-E 4/7-6/9 Tu 6p-6:50p \$237 Off Site**

Ages: 7-11 yrs.

**402207-F 4/8-6/10 W 6:30p-7:20p \$237 Off Site**

# Youth & Teen

## Beginning Rock Drums

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

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

**402227-A 4/6-6/15 M 6p-6:50p \$230 Off Site**

## Pre-Tap

This class will introduce your child to the fundamentals of tap. Students will learn heel and toe digs, front slaps, a variety of shuffles, and more. Please wear leotard (with no skirt attached as it can be a distraction) and tap shoes. Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

**401332-A 4/8-6/10 W 1p-1:40p \$115 Spirit**

## Tap Intro.

This class is designed for students with little or no tap experience. This class will focus on the basic tap steps including a variety of shuffles, flaps, slaps and more. Students will work both center and across the floor. Please wear leotard (with no skirt attached as it can be a distraction) and tap shoes. Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 6-11 yrs.

**401332-B 4/9-6/11 Th 5:45p-6:30p \$115 Spirit**

## Tap I

This class is designed for students with previous tap experience. This class will build on the basic tap steps while increasing speed and learning combinations such as buffalos, Shirley Temple, and soft shoe. Students will work at the barre, center and across the floor. Please wear leotard (you may wear spandex shorts or leggings over) and tap shoes. Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 7-11 yrs.

**401332-C 4/7-6/9 Tu 5:30p-6:15p \$115 Spirit**

## Tap Dancing for Teens and Adults

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

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

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

**403347-A 4/8-6/10 W 8:20p-9:05p \$80 Spirit**

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

**403347-B 4/8-6/10 W 6:10p-7:10p \$85 Spirit**

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

**403347-C 4/8-6/10 W 7:15p-8:15p \$85 Spirit**

## Beginning Ukulele

Playing the ukulele is easy and fun! Sign up now and don't miss out on learning to play this classic Hawaiian instrument. You will learn tuning, basic chord positions, chord progressions, and strumming patterns. By the end of the course, you will be able to play many popular songs. Music Art will provide ukuleles for class and home use.

Instructor: Music Art Staff

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

Ages: 14 yrs.-Adult

**402228-B 4/6-6/15 M 7p-7:50p \$230 Off Site**

## Special Interest

### Citizen CPR

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

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

**403401-A 4/18 Sa 9a-3p \$25 Off Site**

**403401-B 5/16 Sa 9a-3p \$25 Off Site**

## Tech Builders: App Design

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project. No previous experience required.

Instructor: Freshi Media Staff

Ages: 8-13 yrs.

**402443-A 4/7-5/26 Tu 3:45p-5p \$135 Spray**

## Math Olympiad

Succeed in Math Olympiad! Designed to help students master major strategies in creative problem solving strengthen math intuition and gain exposure to math competition problems in sequence, series, principles of divisibility, geometric configuration and logic. Master problem solving techniques and increase student's Math Olympiad score. Each class covers different topics. Experience math instructor, small class size. 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](http://www.communicationacademy.com). No classes on May 2 and May 30.

Instructor: Communication Academy

Ages: 7-8 yrs.

**402457-A 4/11-6/20 Sa 10:45a-11:45a \$250 Spray**

Ages: 9-11 yrs.

**402457-B 4/11-6/20 Sa 9:30a-10:30a \$250 Spray**

# Youth & Teen

## Pre-Public Speaking: Confident Communication

Want your child to be an effective class participant and successful public speaker? Confidence is the key. Confident Communication emphasizes skills critical to communicating with others. Students learn how to engage an audience, become better listeners, and build confidence. A final group performance showcases their skills. Detailed feedback, professional coaches! There will be a materials fee of \$15 payable to the instructor at the first class. For course information call (408) 777-8876, or visit [www.communicationacademy.com](http://www.communicationacademy.com). No class on June 11.

Instructor: Communication Academy

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

Ages: 5-6 yrs.

**402437-A 4/9-6/18 Th 4p-5p \$265 Off Site**

Ages: 7-8 yrs.

**402437-B 4/9-6/18 Th 5:15p-6:15p \$265 Off Site**

## Public Speaking: Impromptu Speech

What is crucial to success in school and personal life? Good communication! Impromptu Speech teaches skills critical to speaking on the spot. Students learn to manage anxiety, present themselves with confidence, organize ideas quickly, and speak effectively. Students gain confidence and valuable skills. Detailed feedback, professional coaches! Final speeches recorded on DVD. A materials fee of \$25 is due at the first day of class. For course information call (408)777-8876, or visit [www.communicationacademy.com](http://www.communicationacademy.com). No classes on May 2 and May 30.

Instructor: Communication Academy

Ages: 9-11 yrs.

**402447-A 4/11-6/20 Sa 2:15p-3:15p \$250 Spray**

Ages: 11-14 yrs.

**402447-B 4/11-6/20 Sa 1p-2p \$250 Spray**

## SAT/ACT Math Review NEW

Conquer SAT/ACT Math! SAT/ACT Math Review offers students a comprehensive review on math topics on the SAT/ACT. Students will have a refresher course on Math Concepts from high school and in-class time to work on problems. Test-taking strategies will also be discussed. Instructor is very experience andInstructor is very experienced and has developed her own curriculum for the class.

Instructor: Ruby Chen

Ages: 16-18 yrs.

**402499-A 4/4 Sa 10a-1p \$90 Crane**

**402499-B 5/23 Sa 10a-1p \$90 Crane**

## Chinese Exploration

The Foster City Parks and Recreation Department, in partnership with Bright Horizon Chinese School, offers Chinese immersion classes. The program is designed to engage fun learning experiences through its creative curriculum and exciting activities. The Chinese language class develops students' communication, listening, speaking, and writing skills. Students explore and learn about Chinese culture through traditional Chinese dance, music, calligraphy, arts, drama acting, and much more. Programs are offered 12pm-3pm and 3pm-5:35pm for children in grades K-5. For additional information, please call Bright Horizons directly at (650) 773-0917.

Instructor: Bright Horizon Chinese School teachers

## Sports & Fitness

### Intro. to Ice Skating

Make your child's first skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Please wear warm, non-restrictive clothing, ankle high socks, and gloves or mittens. Helmets are encouraged. No class on May 28.

Instructor: Belmont Iceland Staff

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

Ages: 7-12 yrs.

**402528-A 4/30-6/11 Th 6:15p-6:45p \$70 Off Site**

### 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.

**401536-A 4/7-6/9 Tu 10a-10:55a \$165 Off Site**

**401536-B 4/8-6/10 W 9a-9:55a \$165 Off Site**

Ages: 4-7 yrs.

**401536-C 4/7-6/9 Tu 2:30p-3:25p \$165 Off Site**

**401536-D 4/7-6/9 Tu 3:30p-4:25p \$165 Off Site**

**401536-E 4/8-6/10 W 2p-2:55p \$165 Off Site**

**401536-F 4/8-6/10 W 3p-3:55p \$165 Off Site**

### Indoor Rock Climbing

Do your kids love to climb anything in sight? Looking for something new and fun to do this spring? 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 forms. Parents MUST bring government issued photo identification for waiver verification. Planet Granite T-shirt is included.

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

Instructor: Stephanie Ko-Pound

Ages: 5-13 yrs.

**401540-A 4/21-5/19 Tu 4p-6p \$115 Off Site**

**401540-B 4/23-5/21 Th 4p-6p \$115 Off Site**

**401540-C 4/24-5/22 F 4p-6p \$115 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. No class on Monday, May 25. Make up on Wednesday, May 27, at 5:45pm.

Ages: 5-13 yrs.

Beg. 1

**402553-A 3/23-5/27 M 5p-5:45p \$106 Mist**

Beg. 2

**402553-B 3/25-5/27 W 5p-5:45p \$106 Mist**

## Karate, Advanced Beginner

This course will combine lecture and physical training in Japanese Karate which will stress more advanced basic level of blocking, kicking, punching, and striking. Contents to include skill drills, Kihon, Kata, and Kumite. Not for the first time students. No class on Monday, May 25. Make up on Wednesday, May 27, at 5:45pm.

Ages: 7-16 yrs.

**402554-A 3/23-5/27 M&W 5:45p-6:30p \$180 Mist**

## Karate, Intermediate/Advanced

This class is designed for children who have completed two or more sessions of Pre-Karate I and/or have the instructor's approval. Children will work on refining their skills at a more advanced level. All students in this class must have instructor's approval and pass a beginning level exam before advancing up in class. No class on Monday, May 25. Make up on Wednesday, May 27.

Ages: 7-16 yrs.

**402555-A 3/23-5/27 M&W 6:30p-7:15p \$180 Mist**

## Kobujutsu (Weapons), Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program. No class on May 25. Make up on Wednesday, May 27, at 7:15pm.

Ages: 7 yrs.-Adult

**402556-A 3/23-5/27 M 7:15p-8p \$55 Mist**

## Kobujutsu (Weapons), Inter./Coed

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

Ages: 9 yrs.-Adult

**402556-B 3/25-5/27 W 7:15p-8p \$55 Mist**

## 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, an instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: "Where the score is always fun to fun."

Visit [www.kidzlovesoccer.com](http://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

**Soccer 1: Techniques & Teamwork** – Players will learn dribbling, passing, receiving, shooting, 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.

**401594-A 4/10-5/29 F 4:15p-5p \$114 Edgewater Park**

**Soccer 2: Skills and 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.

**401594-B 4/10-5/29 F 3:30p-4:15p \$114 Edgewater Park**

## Society Skateboarding

Learn to skate or refine your skills with the Society experienced skateboarding instructors. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. Take advantage of the 10% discount on all safety gear at Society with registration at 625 Laurel Street, San Carlos, CA 94070, (650) 596-8182. Call Society at (650) 596-8182 to schedule the lessons for the After School Program after you complete registration.

Instructor: Society Skateboarding Staff

Off Site Location: Society Skatepark, 850 East San Carlos Avenue, San Carlos

Ages: 5-12 yrs.

After School Program

Session I

Once a week

**405545-A M-F 3p-4p or 4p-5p \$110 Off Site**

Twice a week

**405545-B M-F 3p-4p or 4p-5p \$195 Off Site**

Session II

Once a week

**405545-C M-F 3p-4p or 4p-5p \$110 Off Site**

Twice a week

**405545-D M-F 3p-4p or 4p-5p \$195 Off Site**

# Youth & Teen

## Terrific Tiny Tennis

Children, 4-7 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students. Students provide their own racket. We recommend the 23" to 25" rackets. No classes on Monday, May 25.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

**402511-A 4/6-4/29 M&W 3:20p-4p \$95**

**402511-B 5/11-6/8 M&W 3:20p-4p \$95**

Ages: 5-7 yrs.

**402511-C 4/7-4/30 Tu&Th 3:20p-4p \$95**

**402511-D 5/12-6/4 Tu&Th 3:20p-4p \$95**

## 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, Youth

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. No classes on Monday, May 25. Please see the Tennis Skill Levels Descriptions for more details.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Quickstart Tennis

Ages: 8-10 yrs.

**402521-A 4/7-4/30 Tu&Th 4p-5p \$95**

**402521-B 5/12-6/4 Tu&Th 4p-5p \$95**

Quickstart Advantage

Ages: 8-10 yrs.

**402521-C 4/6-4/29 M&W 4p-5p \$95**

**402521-D 5/11-6/8 M&W 4p-5p \$95**

Novice

Ages: 11-14 yrs.

**402521-E 4/6-4/29 M&W 5p-6p \$95**

**402521-F 5/11-6/8 M&W 5p-6p \$95**

Low Intermediate

Ages: 11-14 yrs.

**402521-G 4/7-4/30 Tu&Th 5p-6p \$95**

**402521-H 5/12-6/4 Tu&Th 5p-6p \$95**

Intermediate

**402521-I 4/6-4/29 M&W 6:30p-7:30p \$95**

**402521-J 5/11-6/8 M&W 6:30p-7:30p \$95**

## Tennis, Teen & Adult

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. No classes on Monday, May 25.

Instructors: Stanford/Whitlinger & Sarsfield Tennis  
Location: Tennis Courts #3 and #4 - Shell Blvd.

Ages: 15 yrs.-Adult

### Novice

**403531-A** 4/7-4/30 Tu & Th 6:30p-7:30p \$95

**403531-B** 5/12-6/4 Tu & Th 6:30p-7:30p \$95

### Low Intermediate

**403531-C** 4/7-4/30 Tu & Th 7:30p-8:30p \$95

**403531-D** 5/12-6/4 Tu & Th 7:30p-8:30p \$95

### Intermediate

**403531-E** 4/6-4/29 M & W 7:30p-8:30p \$95

**403531-F** 5/11-6/8 M & W 7:30p-8:30p \$95

## Individual Tennis Lessons, Stanford Tennis

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, from beginners to advanced. To arrange a lesson, please call the Recreation Department at (650) 286-3380 or visit [www.WhitlingerSarsfieldTennis.com](http://www.WhitlingerSarsfieldTennis.com) for more information.

Instructor: Stanford/Whitlinger & Sarsfield Tennis

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

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

## 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: Boothbay Park

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.**

# Youth & Teen

## Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. No class on May 25.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

**403505-A 4/6-6/15 M 7p-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

**403506-A 4/8-6/17 W 7p-10p \$66 Off Site**

**FCMC SCHOLARSHIP**

Encouraging kids to experience the wonders of the world....

**WHAT IS THIS?**

The Foster City Men's Club Scholarship Program is a fund that provides financial assistance to Foster City students who are pursuing higher education. The program is designed to help students who are financially challenged and who are committed to their education.

**WHO CAN APPLY?**

Students who are currently attending Foster City High School and who are planning to attend college or university. The program is open to students who are currently in high school and who are planning to attend college or university.

**APPLICATION PROCESS**

Students who are interested in applying for the scholarship should contact the Foster City Men's Club at (415) 353-1111. The application process is simple and easy to follow. Students will need to provide a letter of recommendation from a teacher or counselor, a letter of intent, and a completed application form.

**DONATION**

The Foster City Men's Club Scholarship Program is funded by donations from Foster City residents. If you would like to donate to the program, please contact the Foster City Men's Club at (415) 353-1111. Donations are accepted in cash or by check.

Looking for a scholarship opportunity to help boost your future college career? Check out this scholarship from Foster City Men's Club. If you would like to know more about this organization, please visit the Community Organization section in The Guide.

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## Support the Youth & Teen Foundation

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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](mailto:thall@fostercity.org).

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## The VIBE Teen Center

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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

<b>Monday, Tuesday, Thursday</b>	<b>3p-6:30p</b>
<b>Wednesday</b>	<b>2p-6:30p</b>
<b>Friday</b>	<b>3p-10p</b>

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## Rent The VIBE!!!

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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.

# 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



**KAMP KOALA**

*Discover and define uncharted interests and skills*

3rd-4th



**CAMP WAYOUTBACK**

*Build new bonds with a diverse group of campers and counselors*

K-2nd



**CAMP OUTBACK**

*Increase social cognitivity*

5th-8th



**FOSTER CITY  
CAMP BREAKAWAY**

*Create unforgettable memories*

Each camp will give your camper a different learning experience that will carry on with them throughout their adolescents. 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

**K**amp Koala is the perfect place for the busy 4-5 year old this summer. They'll love their mornings filled with stories, songs, games and crafts, and interacting with other children their age. Your camper will love the themed days such as Bug Day, Big Kid/Little Kid Day with Camp Breakaway, Water Day, Carnival Day, and more. Our camp staff will provide a nurturing environment as your child discovers the joys of 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**

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

# Summer Camps



## CAMP OUTBACK

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: To Be Determined

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	\$40	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

# Summer Camps

**H**ey 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: To Be Determined

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	\$40	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.

# 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

## SUMMER CAMP PREVIEW

*Look for these awesome camps coming to Foster City this summer!*

*More information to come in the 2015 Summer Edition of The Guide.*

**AwesomEngineering**

**Indoor Rock Climbing**

**Gymnastics**

**Freshi Films**

**Tennis**

**Knitting**

**Frosty Fun Ice Skating**

**Cooking**

**World Cup Soccer**

**Incrediflix**

**KidzJet Adventures**

**Skyhawk Sports**

**Lego Ninjaneering**

**Lekha Writing**

**... And MORE!!!**

**Society Skateboarding**

## 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.

# 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

<b>403590-A</b>	<b>3/7</b>	<b>Sa</b>	<b>9:30a-11a</b>	<b>\$70</b>	<b>Off Site</b>
<b>403590-B</b>	<b>5/31</b>	<b>Su</b>	<b>9:30a-11a</b>	<b>\$70</b>	<b>Off Site</b>
<b>403590-C</b>	<b>7/11</b>	<b>Sa</b>	<b>9:30a-11a</b>	<b>\$70</b>	<b>Off Site</b>
<b>403590-D</b>	<b>8/8</b>	<b>Sa</b>	<b>9:30a-11a</b>	<b>\$70</b>	<b>Off Site</b>

### 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

<b>403590-E</b>	<b>3/16</b>	<b>M</b>	<b>10a-11:30a</b>	<b>\$35</b>	<b>Off Site</b>
<b>403590-F</b>	<b>4/13</b>	<b>M</b>	<b>10a-11:30a</b>	<b>\$35</b>	<b>Off Site</b>
<b>403590-G</b>	<b>7/13</b>	<b>M</b>	<b>10a-11:30a</b>	<b>\$35</b>	<b>Off Site</b>
<b>403590-H</b>	<b>8/10</b>	<b>M</b>	<b>10a-11:30a</b>	<b>\$35</b>	<b>Off Site</b>

### 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

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

## 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-I	3/27	F	11a-2:30p	\$68	Off Site
403590-J	4/19	Su	6:30p-9:30p	\$68	Off Site
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](mailto:thall@fostercity.org). The 2014-2015 Family Enrichment Series is sponsored by Giliead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

#### Women's Self Defense

Date: Wednesday, March 11, 2015

This workshop is designed for women of all ages to be more aware, prepared, and ready for any self-defense situations that may occur.

Presented by: United Studios of Self Defense

#### 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 Night, 5p-9p

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



# Focus on Families

## 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](http://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](http://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.

## East Third Avenue

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.



### 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](http://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](http://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](http://www.kidzjet.com).

## Arts & Crafts

### Ceramics

Ceramics instruction in hand building and throwing covering various techniques, skills and projects. A class for the beginner as well as the experienced. Students must provide their own tools. Come join our friendly classes for a relaxing and creative experience. Please note: A mandatory lab fee of \$15 will be payable in cash to the instructor the FIRST night of class.

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

**403174-A 4/9-6/11 Th 7p-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

**403175-A 4/9-6/11 Th 10a-4p \$155 Ceramics**

### Art Gallery

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

#### Hours:

**Monday-Friday 8a-9:30p**

**Saturday-Sunday Open Upon Request**

For artist reception dates, visit [www.fostercity.org](http://www.fostercity.org).

### Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

No class on Monday, May 25.

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

Ages: 18 yrs.-Up

**403176-A 4/4-6/20 Sa 10:30a-4p \$55 Ceramics**

**403176-B 4/6-6/15 M 10:30a-4p \$55 Ceramics**

**403176-C 4/7-6/9 Tu 7p-10p \$25 Ceramics**

**403176-D 4/8-6/10 W 10:30a-4p \$55 Ceramics**

### Crochet 1

This course will teach you the basic stitches of crochet: single, half-double and double stitches, gauging, chaining, and finishing. Once you've learned the basic stitches of crochet, you will be able to create an infinite assortment of beautiful items. Bring a 5mm crochet hook and a ball of light color variegated worsted weight #4 yarn. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

**403168-A 5/30-6/20 Sa 9a-10:30a \$50 Sunfish**

## Knitting 1

Kids will learn the craft of knitting by learning basic skills such as purling and knit stitches. They will learn to cast on and bind off stitches. They will learn to make scarves, blankets and more. This craft is a great opportunity for them to express their creativity and make great items. Materials needed: 10mm straight wooden knitting needles, 2-3 balls of worsted weight variegated yarn (light colors – no browns, dark blues, or black), and scissors. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

**403166-A 5/30-6/20 Sa 10:30a-Noon \$50 Sunfish**

## Japanese Flower Arranging

Consists of beginner, intermediate and advanced classes on the art of Japanese flower arranging. Learn the Ikenobo techniques as taught in Japan. The prevailing theme of achieving a maximum effect with a minimum amount of materials challenges a person's creativity while at the same time allows for a relaxing escape from the tensions of the outside world. Students must provide their own scissors, flower vase, Kenzan (flower holder), and flower materials. No class on May 28; make up on June 18 from 10a-noon.

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

**403188-A 4/9-6/25 Th 10a-Noon \$70 Gull**

## Sea Glass and Stone Setting Workshop

Learn to solder, make bezels, and set stones or sea glass. You will make a pendant and ring as time permits. Sterling silver will be the metal used. Soldering experience is helpful but not necessary. All tools and materials supplied. Bring strong eyeglasses if necessary. There will be a \$45 materials fee payable to the instructor at the class.

Instructor: Gayton Arrigotti

Ages: 18 yrs.-Up

**403150-A 4/25 Sa 9:30a-4:30p \$165 Crane**

## Metals and Stone: Jewelry Making Techniques

Jewelry Making Techniques: (Metals and Stones): Beginning and intermediate students are welcome. Metal working techniques of sawing, filing, drilling, polishing, patination, riveting, soldering, stone setting, and more will be taught. With these techniques in hand, you can design and make your own handmade jewelry. Class size will be limited so that you will have personal attention. We will work with silver, copper and brass metals. Each technique will be demonstrated. Tools and materials will be supplied or bring your own. Materials and consumables fee of \$45 payable at first class to instructor. You will make a pair of earrings, a bracelet and a stone ring. The class is project oriented so that you can use the skills learned to create your own designs. This is a great class for a larger overview of jewelry making.

Instructor: Gayton Arrigotti

Ages: 18 yrs.-Up

**403150-B 4/8-5/6 W 6p-9p \$245 Sunfish**

# Adult

## 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 March 29.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Samba, Waltz

**403355-A**    **3/15-4/19**    **Su**    **3p-4:15p**    **Spirit**

East Coast Swing, Rumba

**403355-B**    **4/26-5/24**    **Su**    **3p-4:15p**    **Spirit**

### Ballroom Dancing – Advanced Beginner

You will take the basics learned in the beginner class and add more challenging steps to your dancing vocabulary. This class is for singles as well as couples. Please note: The \$20 drop in card can be purchased in person on the first day you attend class. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) No class on March 29.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Foxtrot, Nightclub 2 Step

**403356-A**    **3/15-4/19**    **Su**    **4:15p-5:30p**    **Spirit**

Samba, Waltz

**403356-B**    **4/26-5/24**    **Su**    **4:15p-5:30p**    **Spirit**

### Night Club Dancing

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Hustle

**403365-A**    **3/17-4/14**    **Tu**    **8p-9p**    **Spirit**

Hustle

**403365-B**    **4/21-5/19**    **Tu**    **8p-9p**    **Spirit**

## 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.peninsulamusalarts.org](http://www.peninsulamusalarts.org), or call (650) 268-8345. Meets every Tuesdays from 7p-930p at Audubon Elementary School.

### Heart & Soul

An 18-voice performance chorale for experienced singers by audition. Arrange required auditions in advance through [www.peninsulamusalarts.org](http://www.peninsulamusalarts.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.peninsulamusalarts.org](http://www.peninsulamusalarts.org) or call (650) 268-8345.

### Viva La Musica

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

## Salsa Dancing – Beg. and Inter.

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

Intermediate - You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes. No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards.) Please note: The \$20 drop in card can be purchased in person on the first night you attend class. No class on May 25.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

**403375-A 4/6-6/15 M 7p-8p Spirit**

Intermediate

**403375-B 4/6-6/15 M 8p-9p Spirit**



## Tap Dancing for Teens and Adults

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

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

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

**403347-A 4/8-6/10 W 8:20p-9:05p \$80 Spirit**

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

**403347-B 4/8-6/10 W 6:10p-7:10p \$85 Spirit**

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

**403347-C 4/8-6/10 W 7:15p-8:15p \$85 Spirit**

## Beginning Ukulele

Playing the ukulele is easy and fun! Sign up now and don't miss out on learning to play this classic Hawaiian instrument. You will learn tuning, basic chord positions, chord progressions, and strumming patterns. By the end of the course, you will be able to play many popular songs. Music Art will provide ukuleles for class and home use.

Instructor: Music Art Staff

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

Ages: 14 yrs.-Adult

**402228-B 4/6-6/15 M 7p-7:50p \$230 Off Site**

# Adult

## Special Interest

### Citizen CPR

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

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

<b>403401-A</b>	<b>4/18</b>	<b>Sa</b>	<b>9a-3p</b>	<b>\$25</b>	<b>Off Site</b>
<b>403401-B</b>	<b>5/16</b>	<b>Sa</b>	<b>9a-3p</b>	<b>\$25</b>	<b>Off Site</b>

### CERT (Community Emergency Response Team)

Foster City Fire Department is offering free Community Emergency Response Team (CERT) training to the residents of Foster City. CERT training is a "hands on" program that gives students the knowledge to plan for an emergency and the skills to assist themselves, their families, and those around them following a major disaster.

Students will receive 25 hours of emergency preparedness training; each class will emphasize a set of skills that will be practiced at a hands-on exercise during the last training class. Upon completion of this course, students will then become a member of the Community Emergency Response Team in their neighborhood.

Space is limited; register by contacting the Foster City Fire Department at (650) 286-3350 or by emailing the Fire Department at [fire@fostercity.org](mailto:fire@fostercity.org).

Saturday, 8a-4p  
March 21

## Sports & Fitness

### Jazzercise

Jazzercise is a calorie-torching, hip0swiveling, Shakira'd-Be-Proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes-Strike, Fusion, Core, Strength, and Dane Mixx-will leave you breathless, toned and coming back for more. Start working it... With Jazzercise.

Foster City Recreation Center – 650 Shell Blvd.

<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Program</b>
<b>M-F</b>	<b>9a</b>	<b>Cathrine (Debbie)</b>	<b>Dance Mixx</b>
<b>W</b>	<b>9a</b>	<b>Cathrine (Debbie)</b>	<b>Strength 60</b>
<b>M/W</b>	<b>6p</b>	<b>Donna</b>	<b>Dance Mixx</b>
<b>M/W</b>	<b>7p</b>	<b>Donna</b>	<b>Lo Dance Mixx</b>

Foster City Elementary School, 461 Beach Park Blvd.

<b>T/Th</b>	<b>6:15p</b>	<b>Cathrine (Debbie)</b>	<b>Dance Mixx</b>
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Brewer Island School Gymnasium, 1151 Polynesia Drive

<b>Sa</b>	<b>8:30a</b>	<b>Donna</b>	<b>Dance Mixx</b>
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Audubon Elementary School - 841 Gull Avenue

<b>Su</b>	<b>9a</b>	<b>Donna</b>	<b>Dance Mixx</b>
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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.

**Strength 60:** All muscle-all the time. A full hour of fat-burning muscle building and balance work. Burn baby, burn!

For more information please contact:  
Debbie Sweeney:  
(650) 570-4349 or [debbiejazz@comcast.net](mailto:debbiejazz@comcast.net).

Donna Jones:  
(650) 345-6617 or [djfitness@mac.com](mailto:djfitness@mac.com)  
Visit [www.Jazzercise.com](http://www.Jazzercise.com) or call 1-800-FIT-IS-IT.

Please do not call the Recreation Center.

## Boot Camp with Gym Rats

Strong is the new Skinny! Achieve your fitness goals with this military inspired circuit workout. Calisthenics and training drills develop strength, stamina and agility. The body hates change. It would much rather do the same thing every minute of every day. Well, we have news for you...when you do the same exercise routine day in and day out, you stop seeing results or "plateau". We utilize the principle of muscle confusion. You will never do the same workout twice in a row. Why is this essential? Because your body will be forced to adapt and you will never plateau. You will get results and they will come quickly and continue to come... month after month after month. Time efficient training is our goal. Our classes are 45 minutes to one hour in length. Get in and get out. We keep you moving, building muscle and burning fat from the first minute to the end. Bring water and a yoga mat.

Instructor: Pete Hayden, Certified Personal Trainer – Gym Rats

Ages: 18 yrs.-Up

**403601-A 4/8-6/3 W 9a-10a \$99 Spirit**

## Golf

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

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

Instructors: The Golf Academy at Mariners Point.

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

Ages: 18 yrs.-Up

Golf Class

**403581-A 4/4-5/2 Sa 9a-10a \$99 Off Site**

**403581-B 4/5-5/3 Su 10a-11a \$99 Off Site**

Short Game

**403581-C 4/4-5/2 Sa 10:15a-11:15a \$99 Off Site**

## Low Impact Cardio for Seniors

This one hour Low Impact class starts with a warm up of the body and then stretching. We will then go into about 20 minutes of easy to follow cardio movement. Following will then be basic strengthening exercises using your own body weight as well as resistance bands that are provided. All exercises are done while standing. We finish with balance, range of motion, and stretching in our cool down.

Instructor: Angela Fonte

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

Ages: 55 yrs.-Up

**408611-A 4/3-6/12 F 10a-11a \$66 Off Site**

# Adult

## Shape Up Bootcamp

Shape Up Bootcamp 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 bod. Shape Up Bootcamp is for every fitness level. Please bring a yoga mat and a set of 5 to 8 pound dumbbells to class. Meet at Leo J. Ryan Park (Amphitheater). Contact instructor at [sunita@shapinwithsunita.com](mailto:sunita@shapinwithsunita.com) or (650) 243-1750. No class on Monday, May 25.

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

<b>403624-A</b>	<b>4/6-6/15</b>	<b>M</b>	<b>6:30p-7:30p</b>	<b>\$119</b>	<b>Ryan Park</b>
<b>403624-B</b>	<b>4/8-6/10</b>	<b>W</b>	<b>6:30p-7:30p</b>	<b>\$119</b>	<b>Ryan Park</b>
<b>403624-C</b>	<b>4/6-6/10</b>	<b>M&amp;W</b>	<b>6:30p-7:30p</b>	<b>\$214</b>	<b>Ryan Park</b>
<b>403624-D</b>	<b>4/4-6/20</b>	<b>Sa</b>	<b>9a-10a</b>	<b>\$149</b>	<b>Ryan Park</b>

## Shapin'

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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

<b>403634-A</b>	<b>4/5-6/14</b>	<b>Su</b>	<b>9a-10a</b>	<b>\$149</b>	<b>Spirit</b>
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## Karate, Beg.

White, orange, and yellow belt. 0 Kyu-7 Kyu level. Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) is required and may be purchased from the instructor. No class on Monday, May 25. Make up on Wednesday, May 27.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

<b>403558-A</b>	<b>3/23-5/27</b>	<b>M&amp;W</b>	<b>8p-9p</b>	<b>\$200</b>	<b>Mist</b>
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## Karate, Adv.

Blue, green, brown, and black belt. 6 Kyu and up. Not for the first time student. Prerequisite: Instructor's approval. Intermediate class until 9:15pm/Blackbelts until 9:30pm. No class on Monday, May 25. Make up on Wednesday, May 27.

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

<b>403558-B</b>	<b>3/23-5/27</b>	<b>M&amp;W</b>	<b>8p-9:15p</b>	<b>\$200</b>	<b>Mist</b>
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## Kobujutsu (Weapons), Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program. No class on May 25. Make up on Wednesday, May 27, at 7:15pm.

Ages: 7 yrs.-Adult

<b>402556-A</b>	<b>3/23-5/27</b>	<b>M</b>	<b>7:15p-8p</b>	<b>\$55</b>	<b>Mist</b>
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## 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

<b>402556-B</b>	<b>3/25-5/27</b>	<b>W</b>	<b>7:15p-8p</b>	<b>\$55</b>	<b>Mist</b>
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## American Line Dancing – The Progressive Series

Line Dancing is for fun and exercise – open to all ages that enjoy dancing. Get lively, move with confidence, and stay fit while having fun. Learn the various forms of American Line Dancing; e.g., country line or contra-dances, flowing waltz, boogie, cha cha, tango, rumba, foxtrot, mambo, samba, salsa, bachata, and more. You will be surprised with the music variety we use in class. This is the progressive approach, mix-levels, learning and growing together – starting with the basic beginners (level 0) to improver (level 1) and ultimately to intermediate phase (level 2). No class on May 15 and May 29. This is an 8-class session.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

**403381-A 4/10-6/12 F 10a-11:30a \$65 Spirit**

## Beginning Mat Pilates

Class will include a variety of mat Pilates exercises to strengthen the abdominals, develop a strong and flexible core, and increase spinal mobility. Exercises will train the core in a number of positions, including the back, stomach, side-lying, sitting, and all fours. Those with no previous Pilates experience are welcome to attend. Instructor is Pilates Mat Certified. Bring a thick mat. No class on Saturday, May 2.

Instructor: Liz Foreman

Ages: 18 yrs.-Up

**403691-B 4/4-6/20 Sa 9a-10a \$95 Spirit**

## Tai Chi Chih, Practice

Relax your mind. Energize your body. Tai Chi Chih uses 20 gentle movements to focus and circulate your “Chih” or Energy. The result is a moving meditation that can give both mental and physical benefits. **This is not a class.** These are practice sessions for all levels of experience. Prior instruction is helpful but not required. Basic guidelines will be provided on an informal basis as needed. Come and join our practice. No class on May 25.

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

**403684-A 4/6-6/15 M 11a-Noon \$25 Spirit**

## Table Tennis Club

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

**403561-A - \$35 (Over 18)**

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

**\$3 Drop-in**

# Adult

## Tennis Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. No classes on Monday, May 25.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

**403531-A 4/7-4/30 Tu&Th 6:30p-7:30p \$95**

**403531-B 5/12-6/4 Tu&Th 6:30p-7:30p \$95**

Low Intermediate

**403531-C 4/7-4/30 Tu&Th 7:30p-8:30p \$95**

**403531-D 5/12-6/4 Tu&Th 7:30p-8:30p \$95**

Intermediate

**403531-E 4/6-4/29 M&W 7:30p-8:30p \$95**

**403531-F 5/11-6/8 M&W 7:30p-8:30p \$95**

## Tennis Rain Policy

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

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

## Foster City Tennis Club

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

## Individual Tennis Lessons

**Stanford Tennis** - Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. To arrange a lesson, please call the Recreation Department at (650) 286-3380 or visit [www.WhitlingerSarsfieldTennis.com](http://www.WhitlingerSarsfieldTennis.com) for more information.

Instructor: Stanford/Whitlinger & Sarsfield Tennis

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

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

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

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

Location: Boothbay Park

## Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. No class on May 25.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

**403505-A 4/6-6/15 M 7p-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

**403506-A 4/8-6/17 W 7p-10p \$66 Off Site**

## Beginning Yoga

This will be a very basic and gentle Yoga class – with special care to the knees, neck, and lower back. Practice Yoga postures for flexibility, strength and muscle tone. Learn relaxation and stress reduction techniques. Leave class feeling fully rejuvenated. Wear comfortable clothing, do not eat before class, and bring a yoga mat and two large towels.

Instructor: Suzanne Caughlan

Ages: 16 yrs.-Adult

**403687-A 4/2-5/21 Th 6:45p-7:45p \$78 Mist**

## Hatha Yoga

Hatha Yoga is an ancient practice which promotes strength, flexibility, and inner tranquility. This class is for healthy beginners and intermediate level students. Learn yoga techniques which lead to a deep sense of balanced integration and rejuvenation.

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beg. & Inter.

**403688-A 4/4-5/23 Sa 9:15p-10:15p \$80 Gull**

**403688-B 4/8-5/27 W 8:30a-9:30a \$80 Crane**

**403688-C 4/7-6/9 Tu 6:30p-7:45p \$100 Mist**

## Zumba

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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

**403644-A 4/7-6/9 Tu 6:30p-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.**

## Senior Express Bus

Let the Senior Express Bus do the driving for you to run errands, go to appointments, and take you wherever else you need to go! The Senior Express program offers door-to-door service for Foster City seniors.

### Territory

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

### Operation

Days	Times	Destination
Tuesdays	9a-3:30p	Foster City/San Mateo
Wednesdays	9a-5p	Specified Territory
Thursdays	9a-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-4p	Bow Room
Friday	Open Play	1p-4p	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.

# 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](http://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:

- April 7 & 10 -- 9a-1:30p
- April 11 -- 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](mailto: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](mailto: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](mailto: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](http://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: East Third Ave.

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

# 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.



# FACILITY RENTALS

Choose from a variety of our beautiful facilities to host your next event.

For more information, contact us at (650) 286-3380 or visit our website at [www.fostercity.org/parksandrecreation](http://www.fostercity.org/parksandrecreation)



**FOSTER  
CITY**  
PARKS AND RECREATION

The Foster City Parks and Recreation Department and its Program Partners present:

# Bike Foster City 2015

**Launch Event: Saturday, April 11, 2015**

**10:30am –2:00pm**

*Please visit [www.fostercity.org/bikefostercity](http://www.fostercity.org/bikefostercity) for more information.*

- ◆ YBike Youth Skills Course
- ◆ YBike Adult Skills Course
- ◆ Bike safety
- ◆ Bike and road etiquette
- ◆ Transportation options
- ◆ Bike Mobile onsite (repair)
- ◆ Bike rides
- ◆ Raffles and giveaways



# Community Directory

## Parks & Recreation Department

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

## City Departments

City Hall <a href="http://www.fostercity.org">www.fostercity.org</a>	286-3200
Community Development/Permits	286-3225
Emergency	9-1-1
Fire Department	286-3350
Police Department	286-3300

## Community Partners

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

## Community Organizations

Foster City Historical Society <a href="mailto:fchistorysoc@yahoo.com">fchistorysoc@yahoo.com</a>	349-3382
Foster City Lions Club <a href="http://www.fostercitylions.com">www.fostercitylions.com</a>	
Foster City Rotary Club <a href="http://www.fostercityrotary.org">www.fostercityrotary.org</a>	
Foster City Parents Club <a href="http://www.fostercityparentsclub.org">www.fostercityparentsclub.org</a>	489-5202
Peninsula Jewish Community Center <a href="http://www.pjcc.org">www.pjcc.org</a>	212-7522

## Athletic Organizations

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

## Cultural Arts

Community Singers <a href="http://www.peninsulamusicalarts.org">www.peninsulamusicalarts.org</a>	268-8345
Community Chorus <a href="http://www.peninsulamusicalarts.org">www.peninsulamusicalarts.org</a>	268-8345
Heart and Soul <a href="http://www.peninsulamusicalarts.org">www.peninsulamusicalarts.org</a>	268-8345
Hillbarn Theatre <a href="http://www.hillbarntheatre.org">www.hillbarntheatre.org</a>	349-6411
Viva la Musica <a href="http://www.vivalamusica.org">www.vivalamusica.org</a>	346-5084

## Resources

HIP Housing <a href="mailto:lfanucchi@hiphousing.org">lfanucchi@hiphousing.org</a>	348-6660
Peninsula Conflict Resolution Center <a href="http://www.prcrweb.org">www.prcrweb.org</a>	513-0330
S.C.O.R.E. <a href="http://www.fostercitychamber.com">www.fostercitychamber.com</a>	573-7600

Foster City Library and  
Foster City Park and Recreation present:

# JAZZ IN THE LIBRARY

**APRIL 2015**

In partnership with Foster City Parks & Recreation, the Foster City Library is hosting a Jazz Festival during the month of April. Let this be the year that you embrace the spirit, insight, and beauty of Jazz, with local musicians blessed with an abundance of talent. The Library will host a pre-concert reception with refreshments.

All performances are free and open to the public.



THURSDAY, APRIL 2 AT 6:30 PM

**Charged Particles**

A trio whose repertoire blends jazz styles with elements from Latin music, classical music, funk, and more.



THURSDAY, APRIL 9 AT 6:30 PM

**Primal Mates**

If you like jazz and if you like poetry, this program is an incredible blend of the two. The lyrics are poems, beautifully rendered into song and music.



THURSDAY, APRIL 16 AT 6:30 PM

**VidyA**

An adventurous new group that merges the virtuosity of Jazz with the melodic and rhythmic nuance of South Indian classical (Carnatic) music.



THURSDAY, APRIL 23 AT 6:30 PM

**Marcus Shelby**

An award winning composer, arranger, educator and bassist working in San Francisco, Marcus Shelby is nationally known for his innovative and collaborative style, using jazz to narrate the rich history of African Americans.



THURSDAY, MAY 14 AT 6:30 PM

**Bowditch Jazz Band**

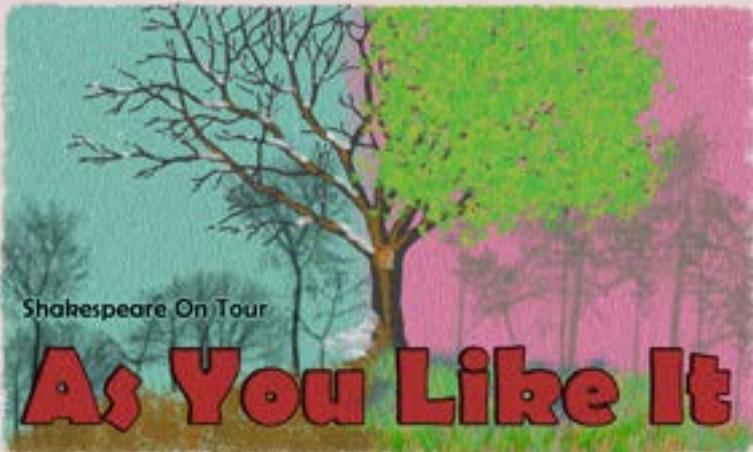
Join us for an evening of jazz songs performed by musicians from our local middle school, conducted by music director Jason McElroy.



Check out these great events hosted by Foster City Library  
in Partnership with  
The Foster City Parks and Recreation Department



SAN MATEO COUNTY LIBRARY  
PRESENTS  
THE SAN FRANCISCO SHAKESPEARE FESTIVAL'S  
SHAKESPEARE ON TOUR PRODUCTION OF



"All the worlds a stage..." Join Rosalind, Orlando, Celia, and Touchstone as they escape to the forest of Arden in Shakespeare's classic comedy of love, loss and redemption. The San Francisco Shakespeare Festival presents scenes from *As You Like It* with a cast of professional actors in costume, props, and music. This engaging show includes a few walk-on roles for audience and a post-show Q&A with the cast.

PERFORMANCES ARE FREE AND WILL BE HELD AT THESE LIBRARY LOCATIONS

Saturday, February 14 at 2:00 PM

BELMONT LIBRARY 1010 ALAMEDA DE LAS PULGAS, BELMONT CA 94002 • 650.591.6298

Saturday, March 7 at 2:00 PM

FOSTER CITY LIBRARY

at Leo J. Ryan Park 650 SHELL BOULEVARD, FOSTER CITY CA 94404 • 650.571.4642

Saturday, March 14 at 2:00 PM

MILLBRAE LIBRARY 1 LIBRARY AVENUE, MILLBRAE CA 94030 • 650.897.7607





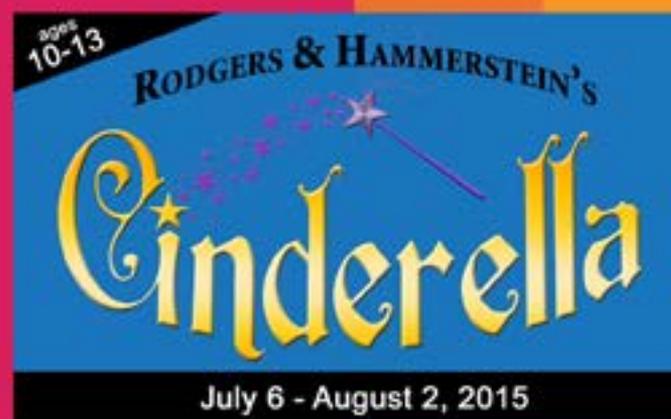
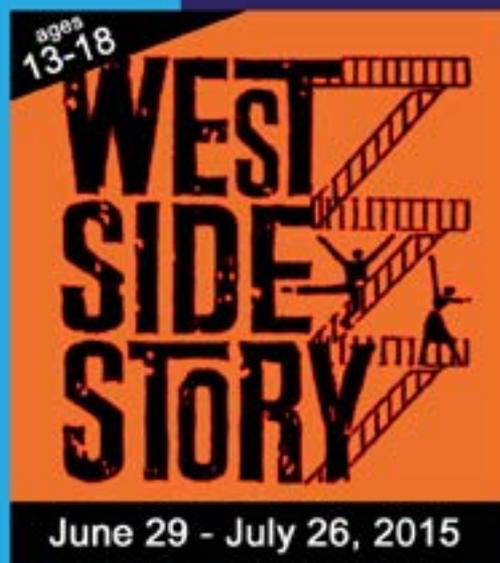
# HILLBARN THEATRE CONSERVATORY

*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



[www.hillbarntheatre.org](http://www.hillbarntheatre.org)

# 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															
BOAT /DOG/3.18															
BOOTHBAY/11.21															
CATAMARAN/5.88															
EDGEWATER/8.53															
ERCKENBRACK/3.48															
FARRAGUT/3.86															
GATESHEAD/.12															
GULL/3.14															
KETCH/1.6															
KILLDEER/2.42															
LEO J. RYAN/20.73															
LEO PARK/0.15															
LEVEE PEDWAY/11.2															
MARLIN/3.13															
POMPANO/.56															
PORT ROYAL/3.98															
SEA CLOUD/23.9															
SHAD/2.16															
SUNFISH/2.41															
TURNSTONE/1.53															

# 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, March 4, 2015

Go to [www.fostercity.org](http://www.fostercity.org), then click on Classes.

### MAIL-IN

Starting Wednesday, March 4, 2015

Foster City Parks and Rec. Dept. – Registration

650 Shell Blvd.

Foster City, CA 94404

### FAX-IN

Starting Wednesday, March 4, 2015

Fax completed form including

all your MasterCard/Visa information

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

### WALK-IN

Starting Monday, March 16, 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 March 16, 2015.

### Refund Policy

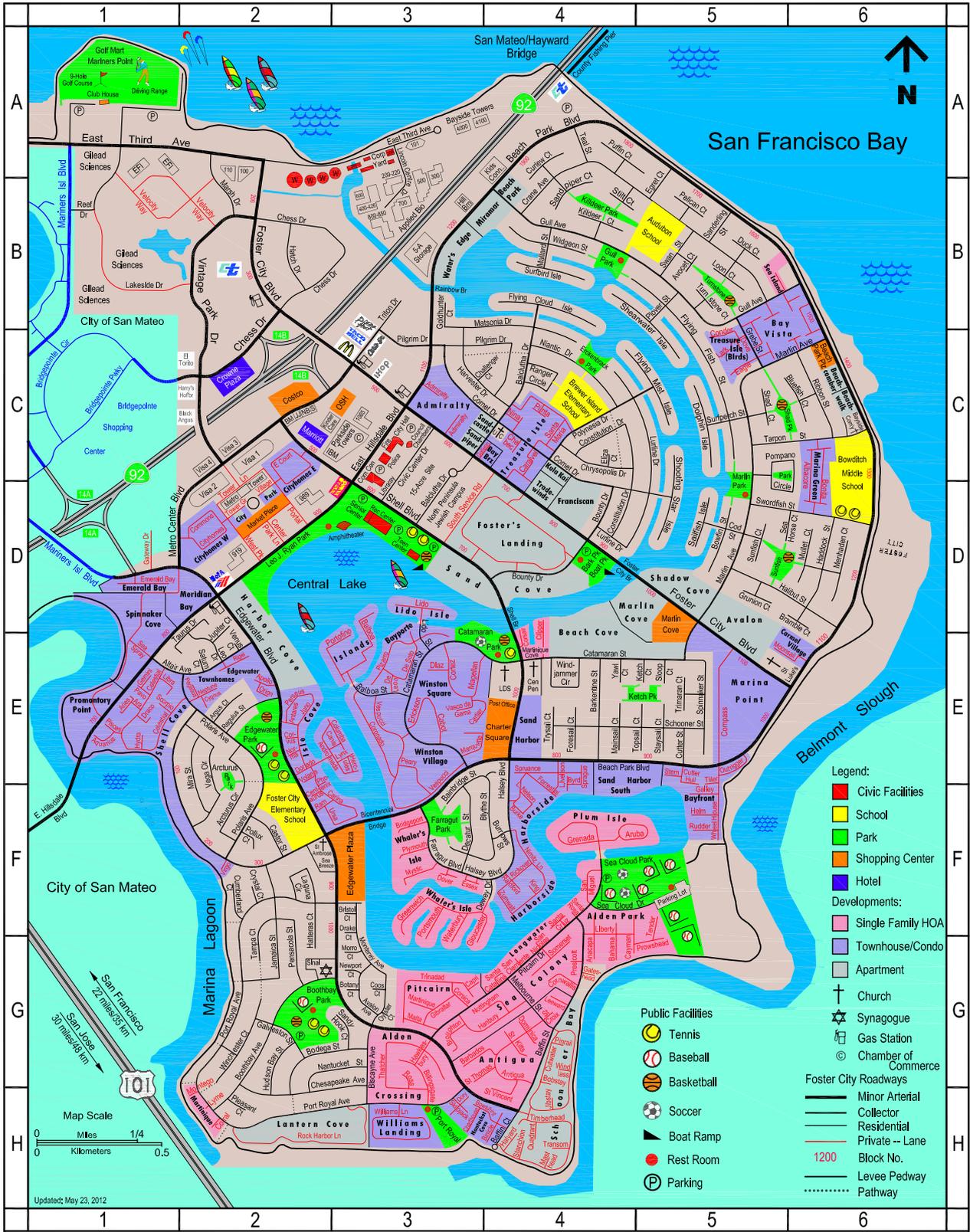
- Requests for refunds received after the start of class and prior to the third class meeting will be prorated based on the number of classes conducted, not attended. Requests for refunds received after the start of the third class meeting will be denied.
- There will be a \$5 administrative fee deducted 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 Hall .....D-5  
 Council Chambers.....D-5  
 Dog Park.....F-7  
 Edgewater Park..... G-H-4  
 Erckenbrack Park ..... C-7  
 Farragut Park .....H-5  
 Fire Department .....D-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  
 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 Wing .....E-5  
 Shad Park ..... D-8  
 Sunfish Park .....E-8  
 Turnstone Park.....C-8  
 VIBE Teen Center.....E-5



650 Shell Blvd  
Foster City, CA 94404

Resident Customer  
Foster City, CA 94404

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

# BUILDING MAINTENANCE

## Energy Savings

Building Maintenance utilizes energy management systems to reduce energy use via computer control when City facilities are not in use.

## Sustainability

Solar paneling at the Community Center and updated waste management bins to promote proper disposal of all waste.

## Building Retrofits

LED lights, automated faucets, paper towel dispensers, toilets and HVAC renovations.

## Did You Know?

The Foster City Corporation Yard and The Vibe Teen Center were once portable facilities.

**225,000 Sq. Ft.**  
of city buildings maintained

## IDENTIFY

Ways to improve efficiencies, safety and aesthetics.

## MODERNIZE

Facilities to reflect current technology and amenity standards.

## PRIORITIZE

Safety throughout city facilities for public and employ use.

# Doing Our Part

A Message from the Foster City Parks and Recreation Department