

The Guide



WINTER 2016

Registration begins November 18th

Excellent Service. Exciting Programs. Exceptional Places.



WHAT'S UP?

New Community Happenings (Pg. 4)



PARKS AND RECREATION CONTINUITY

A Letter to The City of Foster City (Inside Front Cover)



FACILITY RENTALS

New EXTENDED hours! See inside for details (Pg. 18)

Creating Community Through People, Parks and Programs

Welcome

Parks and Recreation Continuity

The end of the year often brings reflection, new hopes, vision for the New Year, and gratitude for where we have been and where we are going. This is particularly true for the Parks and Recreation Department as 2015 comes to a close. While we have experienced numerous changes over the past three years, 2015 was significant in that for the first time in 22 years, the Director became our new City Manager which triggered additional changes at all levels in the Parks and Recreation Department.

In less than two years, nearly 40% of the Parks and Recreation Department staff has changed, either by moving into a new position or becoming a new employee of the organization. While during the course of the past three years, our Department has celebrated the addition of six new recruits to the Foster City family, all less than 3 years of age!

I share this overview of our Department personnel with you to provide context and insight into the dynamics and personality of your Parks and Recreation Department. I can assure you that while the faces may look different, the foundation of providing excellent service, exciting programs, and exceptional places remains the same.

The Parks and Recreation Department is committed to providing unique recreational experiences through our programs and parks to enrich community life. It is our hope that Foster City residents find enhanced quality of life by taking personal or family time to participate in these recreational opportunities. Similarly, you may see Department employees along with their families doing just the same: participating in programs, enjoying our parks and engaging with the community, and sharing family time at events.

The Parks and Recreation Department values excellence, integrity, creativity, service, and leadership. We have an active succession planning strategy to safeguard these values and the tradition of the Parks and Recreation Department which contributes to the quality of life in Foster City.

Your Parks and Recreation Department is committed to serving the residents of Foster City and excited for the New Year and all of its possibilities as we set forth with a new creative spirit and passion for public service. We will try new approaches and solutions, engage in community outreach, and streamline processes to provide the most excellent and efficient service possible. We encourage your feedback as we partner with the community to provide innovative services that promote enriching lifestyles, foster social interaction, and encourage environmental stewardship, which contributes to our healthy community.

Jennifer Liu
Parks and Recreation Director

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

Kayaking Photo: Joe Stack (pg. 22)

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CITY MANAGER

Kevin M. Miller

PARKS AND RECREATION COMMITTEE

Sarah Boydston, Chair
Sam Hindi, Vice Chair
Melissa Spiedel, Secretary
Fred Baer
Richard Biederman
Bill Fullendorf
Nancy Gordon
Susan Lindstrom
Paul Nieberding
Ron Seligman
Charles Tomberg

RECREATION STAFF

Jennifer Liu
Director of Parks & Recreation
Tiffany Hall
Recreation Manager
Ben Dieterle
Recreation Coordinator
Colleen Gotthardt
Recreation Coordinator
Oswald Jimenez
Recreation Coordinator
Bob Koehler
Recreation Coordinator
Dusty Landwehr
Recreation Coordinator
Sandy Castro
Administrative Assistant
Estelle Gobrera
Management Assistant
Barbara Goslin
Administrative Assistant
Julie Smith
Building Services Coordinator

PARKS STAFF

Pete Chiamos
Parks Manager
Dorte Drastrup
Parks Manager
Emely Dela Cruz
Administrative Assistant
Martin Armenta
Jamie Echeverria
Matiu Fa
Todd Haena
Garrett Gotthardt
Richard Harmison
Robin Harmison
Lava Kioa
Genaro Munoz
Matthew Ryan
Raul Salazar
Kurt Schaffer
Naz Schroeder
Wilber Ventura
Danny Weber

VEHICLES & FACILITIES STAFF

Kurt Zander
Building/Vehicles Manager
Clint Collins Vehicles
Rafael Torrez Vehicles
Gerardo Delfin Facilities
Fred Dutto Facilities
Felipe Garcia Facilities
Joseph Tamayo Facilities

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This Season

November

Letters to Santa

The Foster City Parks and Recreation Department has made arrangements with Santa to accept mail for the delivery to the North Pole beginning November 16, 2015. Foster City youngsters are encouraged to write a letter to Santa. Parents may either place the letter in the designated mailbox at the Foster City Recreation Center, The Vibe Teen Center, or mail it to:

Santa Claus
c/o Foster City Parks and Recreation
650 Shell Blvd.
Foster City, CA 94404

All letters should include the child's first and last name, along with a **self-addressed, stamped envelope** so that a response may be mailed. Deadline is December 4, 2015 at 5p. For more information please call (650) 286-3374.

December

Tree Lighting – Free!

Wednesday, December 2, 6p-7p
Foster City Recreation Center

Begin this holiday season with Foster City's Tree Lighting Ceremony. Join us for joyful music and light refreshments, followed by a countdown to light the tree. Kids can enjoy coloring activities and a chance to meet our "Special Visitor" in a red suit. In the spirit of giving, please bring a canned good or non-perishable item to donate to a local charity.

February

Chinese New Year Celebration: Year of the Goat

Sunday February 14, 11a-3p
Foster City Recreation Center

Presented by the City of Foster City Arts & Culture Program Partner, Foster City Parks and Recreation Department, and associated artists and arts and culture groups throughout San Francisco Bay Area, this delightful celebration will be held at 650 Shell Blvd at no cost to attend.

March

Baybasi Inc. and Foster City Parks and Recreation Department Presents: 2016 Holi Festival

Saturday, March 26, 11a-3:30p
Meadow, Leo J. Ryan Park

Holi is one of the largest festivals in India and is celebrated by people throwing colored powder and colored water at each other. Holi is celebrated (in India) at the end of the winter season on the last full moon day of the lunar month. One of Holi's biggest customs is loosening the strictness of social structures and bringing communities together in an exhilarating experience. Holi is significant for commemorating many myths and legends and symbolizes cleansing, a fresh start, and celebrating the coming of spring. In Foster City we will play Holi only with colored powder. The Foster City Parks and Recreation Department and Baybasi, Inc. are excited to be partnering to provide this free cultural community event!

2016 Easter Egg Hunt Hosted by Gold Medal Martial Arts

**Sunday, March 27, 11:30a-2p
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!

April

Annual YAC and VIBE Spaghetti Feed

**Thursday, April 14, 2016, 6-8p
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 Dusty at 286-3374 for more information.

Camps

Wild 'N Wacky Winter Camp

Don't get left out in the cold this winter. Join the staff from our outrageously popular summer camps for a fun-filled session of Wild-N-Wacky Winter Camp. This is your time to reunite with your summer camp buddies and your favorite leaders while having a blast during your winter break. Our camp staff will pack your vacation with tons of fun things to do. Campers should pack a sack lunch and water bottle daily. Don't be shy, sign up for camp early because we are sure to sell out. ***A parent information packet will be mailed out prior to camp!**

Ages: 5-11 yrs.

Session 1 (Regular Care)
305702-A1 12/21-12/23 M-W 9a-4p \$150 The Vibe

Session 1 (Extended Care)**
305702-A2 12/21-12/23 M-W 7:30a-6p \$174 The Vibe

Session 2 (Regular Care)
305702-B1 12/28-12/30 M-W 9a-4p \$150 The Vibe

Session 2 (Extended Care)**
305702-B2 12/28-12/30 M-W 7:30a-6p \$174 The Vibe

Super Duper Spring Break Camps

Adventure is calling your camper to attend this year's Super Duper Spring Break Camps! At Super Duper Spring Break Camps, we have specifically designed a program for K-5th graders, incorporating many of your child's favorite activities to do at camp. This will of course include exciting arts and crafts projects, funny skits, and wild games planned for each week. We provide these children with a safe and fun environment where they are met with age-appropriate challenges, lessons and activities. They'll meet new friends, learn new skills, and most importantly, make memories that will last a lifetime. On Wednesday, March 30 & April 6, children will venture off to an exciting field trip nearby. For more information or questions you might have, please call (650) 286-3387.

Grades: K-5th

Session 1 (Regular Care)
450778-A1 3/28-4/1 M-F 9a-4p \$200 The Vibe

Session 1 (Extended Care)
450778-B1 3/28-4/1 M-F 7:30a-6p \$240 The Vibe

Session 2 (Regular Care)
450778-A2 4/4-4/8 M-F 9a-4p \$200 The Vibe

Session 2 (Extended Care)
450778-B2 4/4-4/8 M-F 7:30a-6p \$200 The Vibe

This Season

“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 2:15p. Campers, please bring a lunch daily. Free supervision available from 8-9a and after care available for a fee for full day camps from 4-6p. For more information, visit www.peninsulagym.com or call (650)571-7555.

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 3.5-5.5 yrs.

Level 1 305536-A 3/28-4/1 M-F 9a-1p \$185

Level 1 305536-B 4/4-4/8 M-F 9a-1p \$185

Ages: 5.5-12 yrs.

Level 1 305536-C 3/28-4/1 M-F 9a-1p \$185

Level 1 305536-D 4/4-4/8 M-F 9a-1p \$185

Ages: 5.5-12 yrs.

Level 2 305536-E 3/28-4/1 M-F 9a-4p \$200

Level 2 305536-F 4/4-4/8 M-F 9a-4p \$200

Communication Academy Pre-Public Speaking: Improv

Improv is a fun and exciting form of Public Speaking which asks students to make-up characters and dramatic scenarios on the spot. Students will learn valuable Public Speaking skills such as quick-thinking, personal magnetism, and self-esteem, all while laughing and having fun. Taught at age-appropriate level. Material fee: \$15 due at first day of class.

**Off Site Location: PAL Computer Lab @ Martin Luther King Jr. Community Center
725 Monte Diablo Ave. San Mateo, CA 94401**

Ages: 9-11 yrs.

305449-A 2/16-2/19 Tu-F 1-3:30p \$255 Off Site

Essay Writing: Focus & Accuracy

Writers use different kinds of writing for different purposes. To achieve specific goals, students will learn to tailor their writing to particular audiences. Various styles of writing will be explored, and students will try their hand at each. Material fee: \$15 due at first day of class.

**Off Site Location: PAL Computer Lab @ Martin Luther King Jr. Community Center
725 Monte Diablo Ave. San Mateo, CA 94401**

Ages: 9-11 yrs.

305449-B 2/16-2/19 Tu-F 9:30a-Noon \$245 Off Site

Full Day Camps

Save \$60 when you enroll in full day camps which combine two fun, back-to-back camps from Communication Academy. Parents maintain peace-of-mind by dropping children off only once for an extended period of time so students can learn two important skills in one sitting. Don't delay on this fantastic opportunity. Students bring own lunch and supervised by teacher. Spaces are limited. Material fee of \$30 is due to the instructor on the first day of camp.

**Off Site Location: PAL Computer Lab @ Martin Luther King Jr. Community Center
725 Monte Diablo Ave. San Mateo, CA 94401**

Ages: 9-11 yrs.

305449-C 2/16-2/19 Tu-F 9:30a-3:30p \$305 Off Site

City Manager's Blog

The City of Foster City's newly appointed City Manager, Kevin Miller has his own blog. Please follow Kevin's Blog at www.kevinmillercm.blogspot.com/ Kevin will be updating his blog regularly with updates of issues surrounding our community.

Foster City Calendar

The City of Foster City has upgraded our City wide Calendar on our website. Please check out the new Calendar and keep up to date on what is happening in Foster City. Check it out here: <http://www.fostercity.org/calendar/index.cfm>

Foster City Forum

The City of Foster City is pleased to announce that it has launched Foster City Forum, an online platform designed to engage citizens in a conversation and garner their input on important City projects and issues.

The Forum is designed to engage the community on issues of importance in Foster City. A variety of questions and surveys will be posted to the site and all members of the Foster City Community are invited to participate by providing feedback and insights. The Foster City Forum can be found at www.fostercity.org/ourcommunity/Foster-City-Forum.cfm.

The Forum will be full of information on important issues to enrich online comments and to provide more opportunities for citizen understanding, interaction and engagement with City government.

Foster City Forum is an Open Town Hall online platform from Peak Democracy, a local company whose mission is to broaden civic engagement and build public trust in government.

For more information about Foster City Forum or other ways to learn about and participate in issues of importance in Foster City, contact Communications Director/City Clerk Doris Palmer at 650-286-3252 or dpalmer@fostercity.org.

Foster City Major Projects

Foster Square

The Foster Square project is a new mixed use neighborhood with senior housing, neighborhood retail/commercial and community amenities that will serve as a focal point and gathering place for the entire Foster City Community. The two main focal points in the project will be the Town Square/Plaza on the Foster City Blvd. side of Foster Square and a gathering space at the Shell Blvd side. For more information contact Community Development Director, Curtis Banks at (650) 286-3232 or cbanks@fostercity.org.

Levee

The Foster City levee system is primarily designed for flood protection but also serves as a main link in the Bay trail that provides recreational uses for the community. In 2014 the Federal Emergency Management Agency (FEMA) conducted a coastal flood hazard study which determined that roughly 85% of Foster City's levee system does not meet FEMA requirements. Therefore, the levee will not retain accreditation status when the Flood Insurance Rate Map is updated in mid-2016. Foster City is embarking on a new project that will have three main goals: to improve the levee to meet the new FEMA standards so property owners can avoid new flood insurance costs; protect residents' homes and businesses from the chance of a natural disaster; and maintain or enhance recreational uses on the levee. If you have any questions please contact Senior Engineer, Allan Shu at (650) 286-3271 or ashu@fostercity.org.

San Mateo Waste Water Treatment Plant

The City of San Mateo and Foster City/Estero Municipal Improvement District are looking on making improvements on the jointly owned San Mateo Wastewater Plant. The 75 year old Wastewater Treatment Plant has received various upgrades over the years, but over half of the system is reaching the end of its useful life. In addition, new and future regulations from the Regional Water Quality Control Board will need to be addressed. The improvements will also add environmental benefits for the San Francisco Bay, production of a new recycled water source to supplement water supplies and alternative fuel sources for city vehicles. If you have any questions please contact Associate Civil Engineer, Laura Galli at (650) 286-3280 or lgalli@fostercity.org.

Arts & Crafts

My First Art Class

Explore five art stations each week where making a mess is part of the process. Glitter, glue, paint, collage, play clay, we do it all. Art projects continue to change all year long. Process rather than product is emphasized. Art experiences are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing and dancing and having too much fun. This is a parental or caregiver participation class. A \$15 materials fee is payable to the instructor at the first class for eight week class and \$5 for three weekclass.

Instructor: Barb Merkel

Ages: 18 mos-3 yrs.

301199-A 1/29-3/18 F 9:30-10:30a \$110 Spray

Ages: 2-4 yrs.

301199-B 1/29-3/18 F 10:45-11:45a \$110 Spray

Preschool Drawing

Relieve winter boredom with Young Rembrandts drawing class! Our students will learn shape recognition as they create a colorful masterpiece using circles, triangles, and squares. Drawing a chilly eskimo will provide a fun lesson on texture and portraits. Aliens, a firetruck and a ton more entertainment awaits your promising artist when they enroll in Young Rembrandts. Register Now!

Instructor: Young Rembrandts Staff

Ages: 3.5-5 yrs.

305101-A 1/8-3/11 F 1-2p \$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.

301214-A 1/14-3/10 Th 10:30-11:30a \$125 Spirit

Pre-Ballet

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

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301331-A 1/7-3/3 Th 3-3:40p \$95 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 programs emphasize social and academic learning through art activities, science, story time and music, as well as indoor/outdoor play. The preschool program runs from September to May each year. **Children must be completely potty trained to enroll.** Tuition is processed through in-class registration. An additional \$40 materials fee is collected per child per session. Tuition and fees will be prorated for midterm session admission- There is no online registration for this program. For more information, please call (650) 286-3399.

No Class Monday, January 18 and February 15.

Instructors: Chris Royce and Pam Sutter

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

**301440-A Tu & Th 9-11:30a Preschool
\$900/15 weeks (Feb-May) plus \$40 Materials fee**

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

**301450-A M,W,F 9a-Noon Preschool
\$1350/15 weeks (Feb-May) plus \$40 Materials fee**

Sports & Fitness

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 Tuesday, April 5.**

Instructor: Belmont Iceland Staff

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

Ages: 2-5 yrs.

301527-A 1/5-2/9 Tu 10:30-11a \$76 Off Site

301527-B 2/23-4/12 Tu 10:30-11a \$89 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 April 7.**

Instructor: Belmont Iceland Staff

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

Ages: 3-6 yrs.

301527-C 1/7-2/11 Th 6:15-6:45p \$76 Off Site

301527-D 2/25-4/14 Th 6:15-6:45p \$89 Off Site

Little Angels Gymnastics

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

No Class Monday, January 18 and February 15.

Instructor: Cherise Mostajo – 10-10:55am, 11-11:55am

Luisa Mikayelyan – 2-2:55pm

Ages: 20 mos.-2.5 yrs.

301535-A 1/4- 3/21 M 10-10:55a \$160 Bluebird

Ages: 4-6 yrs.

301535-B 1/4-3/21 M 11-11:55a \$160 Bluebird

301535-C 1/4-3/21 M 2-3p \$160 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.

301536-A 1/5-3/8 Tu 10-10:55a \$165 Off Site

301536-B 1/6-3/9 W 9-9:55a \$165 Off Site

Ages: 4-6 yrs.

301536-C 1/5-3/8 Tu 2:30-3:25p \$165 Off Site

301536-D 1/5-3/8 Tu 3:30-4:25p \$165 Off Site

301536-E 1/6-3/9 W 2-2:55p \$165 Off Site

301536-F 1/6-3/9 W 3-3:55p \$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!

Location: Edgewater Park

Instructor: Kidz Love Soccer Staff

Ages: 2-3.5 yrs.

301591-A 1/29-3/18 F 5:15-5:45p \$114 Off Site

Foster City Library

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

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

Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids! This class 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.

Location: Edgewater Park

Instructor: Kidz Love Soccer Staff

Ages: 3.5-5 yrs.

301592-A 1/29-3/18 F 3:45-4:20p \$114

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, max of 4 students for 30 minute classes, max of 6 students for 40 minute classes. Students provide their own racket. We recommend the 23" to 25" rackets. **No lessons on Monday, January 18.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-5 yrs.

302511-A 1/11-2/1 M & W 3:30-4p \$81

302511-B 2/22-3/10 M & W 3:30-4p \$81

Ages: 5-7 yrs.

302511-C 1/19-2/4 Tu & Th 3:20-4p \$81

302511-D 2/23-3/11 Tu & Th 3:20-4p \$81

Ages: 6-7 yrs.

302511-E 1/11-2/1 M & W 4-4:30p \$81

302511-F 2/22-3/10 M & W 4-4:30p \$81

Hours:

Monday-Wednesday 10a-9p

Thursday-Friday 10a-6p

Saturday 10a-5p

Sunday 1-5p

Library Storytime Schedule:

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

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

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.

302173-A 1/6-2/24 W 4:15-5:45p \$85 Ceramics

Christina's Art Adventure

Does your child love art? An exciting art adventure awaits every Saturday morning as your child goes on an artistic journey of self-expression utilizing various art mediums such as paint, fabric, clay and more. Your child will learn cartooning, fashion design, jewelry making, abstract art and 3-d painting. Your child will gain new friendships, discover new interests, and further develop their creative passions. Their creativity will come alive and their confidence will soar. A \$60 lab fee will be payable to the instructor the first day of class.

Instructor: Christina Stenstrom

Ages: 7-12 yrs.

302101-A 1/9-3/12 Sa 10:30a-12:30p \$200 Gull

Music & Dance

Pre-Ballet

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

Instructor: Sheri Alonso

Ages: 4-6 yrs.

301331-A 1/7-3/3 Th 3-3:40p \$95 Spirit

Ballet Technique - Updated*

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). Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 6-11 yrs.

301331-B 1/7-3/3* Th 3:45-4:45p \$110 Spirit

Ballet 1 - Updated*

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). Parents are invited to watch the last class.

Instructor: Sheri Alonso

Ages: 8-13 yrs.

301331-C 1/7-3/3 Th 4:45-5:45p \$110* Spirit

Tap Intro. - Updated*

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: 6-10 yrs.

301332-B 1/7-3/3 Th 5:45-6:30p \$95* 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. **No Class on Monday, January 18 and February 15.**

Instructor: Music Art Staff

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

Ages: 14 yrs.-Adult

302228-B 1/4-3/21 M 7-7:50p \$230 Off Site

Kathak Indian Classical Dance New

There are two aspects of the Indian Classical dance - the pure dance and the interpretative dance. India offers a number of classical dance forms, Kathak being one of the most popular ones. Kathak emanates from northern India, it tells a story, and includes intricate fast foot work. The structure of a conventional Kathak performance tends to follow a progression in tempo from slow to fast, ending with a dramatic climax. In the first half hour students will learn the basics and different elements of the dance, namely Tatkar, Hastak, Chaal, Chakra, Tukra (short dance composition). In the second half hour they will learn a choreographed dance piece based on these various elements. Handouts of teachings will be given out in class. If anyone needs ghungroo ('musical anklet'), please contact instructor. Performance opportunities may be given to good performers. For questions, email: romiroy@hotmail.com.

Instructor: Romi Ghosh (Roy)

Ages: 6-11

303319-B 1/9 - 3/19 Sa 11:10a-12:10p \$200 Spirit

Ages 12 - UP

303319-A 1/9 - 3/19 Sa 10:00-11:00a \$200 Spirit

Rock Drums, Beginning

Rock out with us on the drums! Have fun learning to play drums and other percussion instruments. You will learn to play different styles of drum rhythms, read music notation, and write your own rhythms. By the end of this session, you will be able to rock out on a drum set and other percussion instruments. Students will use electronic drum pads in class and will receive a drum pad and drumsticks for practicing at home. **No Class on Monday, January 18 and February 15.**

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

302227-A 1/4-3/21 M 6-6:50p \$230 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.

302207-A 1/6-3/9 W 3:30-4:20p \$237 Off Site

302207-B 1/6-3/9 W 4:30-5:20p \$237 Off Site

Ages: 6-10 yrs.

302207-C 1/6-3/9 W 5:30-6:20p \$237 Off Site

302207-D 1/5-3/8 Tu 6-6:50p \$237 Off Site

Ages: 7-11 yrs.

302207-E 1/6-3/9 W 6:30-7:20p \$237 Off Site

Youth & Teen

Guitar

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

Beginning - Your path to guitar mastery begins here. You'll learn to play guitar with an emphasis on reading music. Music Art will provide guitars for class and home use for the session. All students will receive Book One (with CD) at the first class.

302217-A 1/7-3/10 Th 6:30-7:20p \$240 Off Site

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

302217-B 1/5-3/8 Tu 7-7:50p \$240 Off Site

Happy Harmonica Happening New

Can't carry a tune in a bucket? Can't read music and don't want to? Bill will have you playing a selection from Beethoven's 9th Symphony by the end of the first hour. You'll learn using a new method never seen before. If a 98 year old can learn how to play the harmonica, so can you. **A \$10 materials fee is to be paid to the instructor at the first class meeting for a harmonica.**

Instructor: Bill Fried

Ages: 8-18 yrs.

302222-A 1/26-3/29 Tu 4-5p \$245 Spray

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.

303347-A 1/26-3/29 W 8:20-9:05p \$85 Spirit

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

303347-B 1/26-3/29 W 6:10-7:10p \$90 Spirit

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

303347-C 1/26-3/29 W 7:15-8:15p \$90 Spirit

Special Interest

Animation Creators: Digital Animation with PC!

Working with PC Computers, participants will learn skills that help with computer drawing, character and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories!

Instructor: Freshi Media Staff

Ages: 8-12 yrs.

305439-A 2/19 -3/18 F 3:45-5:45p \$135 Sunfish

Advanced Debates (New)

This class explains various debate formats to the students. They learn how to write full-length constructive and refutation speeches for various debate layouts. They begin to do research and debate on more involved and current affairs topics. It not only improves their speaking and critical thinking skills but also expands their general knowledge on current issues and other matters.

Instructor: Gurus Education

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

305171-A 1/5-3/8 Tu 4:30-5:30p \$200 Off Site

Looking for Cardiopulmonary Resuscitation CPR or Emergency Preparedness for Home and Work Please refer to Focus on Family Section, Pg. 21

Intensive SAT/ACT Math Prep

This course offers students a comprehensive review on SAT/ACT Math and test-taking strategies. It is taught by a professional SAT/ACT tutor who is a graduate of UCLA. She also received honors from graduate programs at USC and UC Davis. Please direct course questions to rscbusiness2010@gmail.com. To see her experiences, please Google Cerise Smart Tutoring, her tutoring business. The search engine will direct you to her website and facebook page. **\$20 material fee is payable to instructor at first class.**

Instructor: Ruby Chen

Ages: 16-18 yrs.

302499-B 2/13-2/27 Sa 10a-1p \$270 Crane

Writing and Vocabulary for College Bound High Schoolers

Building essential writing skills by connecting a robust vocabulary to an organized idea. Establishing basic cause-effect sequences in Standard Written English.

Instructor: Adam Donovan

Ages: 14-17 yrs.

302494-A 1/6-3/9 W 3:30 - 5p \$245 Spray

Personal Finance/Money Management (New)

The goal of these courses is to build financially responsible and smart youth. Students are taught about health, sex from 5th grade but there are no courses about financial literacy in our k-12 school curriculum. It is a very important skill to have. The financial decisions that we take make great impact in shaping our lives. These courses are ideal to sow seeds early on in raising financially responsible and smart youth.

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

Instructor: Gurus Education

Ages: 10-16 yrs.

303410-A 1/5 - 3/8 Tu 5:30-6:30p \$200 Off Site

Common Core Writing/Reading: Narrative

Narrative Writing is specifically designed to strengthen student's writing skills. In this course, students learn how to differentiate between narrative and other types of writing. Practice narrative writing in such styles as the personal narrative, letter, and short story. Discover the importance of prewriting, revision, and editing. Experienced educators, detailed feedback! Material: \$25. (408) 777-8876, www.communicationacademy.com. **No class on February 19.**

Instructor: Communication Academy

Ages: 7-8 yrs.

305444-E 1/8-3/11 F 4-5p \$230 Spray

Ages: 9-11 yrs.

305444-F 1/8-3/11 F 5:15-6:15p \$240 Spray

Youth & Teen

Math Olympiad

Our ongoing Math Olympiad Series is designed to help students strengthen math intuition and master major strategies in creative problem solving. Topics may include sequences, series, principles of divisibility, geometric configurations and logic. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores. Different topics covered each quarter; courses can be taken in any order. 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. **No class on Saturday, February 13.**

Instructor: Communication Academy

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

Ages: 7-8 yrs.

305444-G 1/9-3/12 Sa 10:45-11:45a \$230 Off Site

Ages: 9-11 yrs.

305444-H 1/9-3/12 Sa 9:30-10:30a \$240 Off Site

Pre-Public Speaking: Confident Voice

Enhance your child's public speaking foundation. Students learn in a collaborative environment that fosters confidence, clear speech, proper nonverbal communication, and encourages children to organize their thoughts and exhibit vocal confidence. Ongoing feedback, experienced instructors. Material fee of \$15 is due to instructor the first day of class. For more information: (408)777-8876 or www.communication-academy.com. **No class on Thursday, February 18.**

Instructor: Communication Academy

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

Ages: 5-6 yrs.

305450-A 1/7-3/10 Th 4-5p \$230 Off Site

Ages: 7-8 yrs.

305450-B 1/7-3/10 Th 5:15-6:15p \$230 Off Site

Public Speaking: Impromptu

Impromptu speaking empowers your child to think quickly and fearlessly on their feet. Video recording preserves your child's progress. Material Fee: \$25 (408)777-8876 www.communicationacademy.com **No class on Saturday, February 13.**

Instructor: Communication Academy

Ages: 9-11 yrs.

305450-C 1/9-3/12 Sa 2:15-3:15p \$240 Spray

Ages: 11-14 yrs.

305450-D 1/9-3/12 Sa 1-2p \$240 Spray

Introduction to Video Game Design!

Learn how to create and design an original and interactive video game! Working with PC's beginning Game developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team, including characters, backgrounds and theme. Students use creative and critical thinking to complete their games. No experience needed.

Instructor: Freshi Media Staff

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

Ages: 8-12 yrs.

305438-A 2/22-3/21 W 3:45-5:45p \$135 Off Site

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 12p-3p 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

Bombay Jam

Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam is the ultimate dance fitness total body workout that is effective, safe, easy to follow, and packed with authentic Bollywood flavor. The program has a serious focus on integrating fun and fitness. Bombay Jam incorporates cardio and toning routines into one action packed class with routines that are set to custom music mixes created by Bombay's hottest DJs. The music is a blend of Bollywood and mainstream Top 40 tracks, resulting in one-of-a-kind mixes that are refreshing, energizing and universally appealing. In just an hour-long class, you can burn up to a whopping 800 calories. **No class on Monday, January 18 and February 15. Bring Yoga mat and water. <https://www.bombayjam.com/instructor/priyanka-shinde/> Contact instructor at fitwithpri@hotmail.com or call (650) 918-0774.**

Instructor: Priyanka Shinde

Ages: 13 yrs.-Adult

303313-A 1/4-3/21 M 8-9p \$120 Lagoon

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 April 7.**

Instructor: Belmont Iceland Staff

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

Ages: 7-12 yrs.

302528-A 1/7-2/11 Th 6:15-6:45p \$76 Off Site

302528-B 2/25-4/14 Th 6:15-6:45p \$89 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.

301536-A 1/5-3/8 Tu 10-10:55a \$165 Off Site

301536-B 1/6-3/9 W 9-9:55a \$165 Off Site

Ages: 4-6 yrs.

301536-C 1/5-3/8 Tu 2:30-3:25p \$165 Off Site

301536-D 1/5-3/8 Tu 3:30-4:25p \$165 Off Site

301536-E 1/6-3/9 W 2-2:55p \$165 Off Site

301536-F 1/6-3/9 W 3-3:55p \$165 Off Site

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

Youth & Teen

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, January 18 and February 15.**

Ages: 5-13 yrs.

302553-A 1/6-3/9 M&W 5-5:45p \$216 Mist

Karate, Advanced Beginner

This course will continue 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, January 18 and February 15.**

Ages: 7-16 yrs.

302553-C 1/6-3/9 M&W 5:45-6:30p \$216 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.

Ages 7-16 yrs.

302555-A 1/6-3/9 M & W 6:30-7:15p \$216 Mist

**Looking for Kobujutsu (Weapons),
Intro/Beg./Coed or Kobujutsu
(Weapons), Inter./Coed
Please refer to Adults Section
Pg. 30**

Kidz Love Soccer

Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: "Where the score is always fun to fun." Visit www.kidzlovesoccer.com for more information. Shin guards are required after the first meeting. Note: Rainout hotline is 1-888-372-5803. All participants will receive a Kidz Love Soccer jersey!

Instructor: Kidz Love Soccer Staff

Location: Edgewater Park, Foster City

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. Soccer 1 is well suited to the first time player while still being fun and engaging for kids who already have soccer experience. All participants will receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5-6 yrs.

301594-A 1/29-3/18 F 4:20-5:05p \$114

Soccer 2: Skills & Scrimmages

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

Ages: 7-10 yrs.

301595-A 1/29-3/18 F 5:05-5:50p \$114

Kendo

NEW

Kendo is rooted in the sword fighting techniques of the Samurai. The martial art conditions the body and spirit through exhilarating and rigorous training. Practitioners will learn fundamental body movements and fighting techniques. Participation requires the use of a shinai (bamboo sword), which can be purchased on site. Advanced level students will wear protective gear and engage in actual combat. There is an additional yearly fee not included in the class fee. For more information visit www.sanmateokendo.org.

Instructor: San Mateo Kendo Dojo

Ages: 10yrs. – Up

303611-A 1/9-3/26 Sa 3-5p \$18 Spirit

Indoor Rock Climbing

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

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

Instructor: Planet Granite Staff

Ages: 5-13 yrs.

305545-A 1/5-2/2 Tu 4-6p \$175 Off Site

305545-B 1/7-2/4 Th 4-6p \$175 Off Site

305545-C 1/8-2/5 F 4-6p \$175 Off Site

305545-D 2/9-3/8 Tu 4-6p \$175 Off Site

305545-E 2/11-3/10 Th 4-6p \$175 Off Site

305545-F 2/12-3/11 F 4-6p \$175 Off Site

305545-G 3/15-4/5 Tu 4-6p \$175 Off Site

305545-H 3/17-4/7 Th 4-6p \$137 Off Site

305545-I 13/18-4/8 F 4-6p \$137 Off Site

**Looking for Terrific Tiny Tennis
Please refer to Tots Section Pg. 8**

Tennis, Youth

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. ***No lessons on Monday, January 18.**

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

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

Ages: 8-10 yrs.

302521-A 1/19-2/4 Tu & Th 4-5p \$81

302521-B 2/23-3/11 Tu & Th 4-5p \$81

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.

Ages: 8-10 yrs.

302521-C 1/11-2/1* M & W 4:30-5:30p \$81

302521-D 2/22-3/10 M & W 4:30-5:30p \$81

Junior Novice

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

Ages: 11-14 yrs.

302521-E 1/19-2/4 Tu & Th 5-6p \$81

302521-F 2/23-3/11 Tu & Th 5-6p \$81

Junior 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.

Ages: 11-14 yrs.

302521-G 1/11-2/1 M & W 6:30-7:30p \$81

302521-H 2/22-3/10 M & W 6:30-7:30p \$81

Youth & Teen

Looking for Tennis, Teen & Adult
Please refer to Adult Section Pg. 31

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 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, please contact the recreation center no earlier than one hour before your lesson or check with the instructor at the court. **NO POSTPOSTMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE REC. DEPT.** If at any time the instructor is absent, report to the next scheduled lesson. The makeup date(s) will be listed online at WhitlingerSarsfieldTennis.com. Unless notified to the contrary, makeup lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) will be used when there is a conflict with an incoming class.

Note:if any earlier class is postponed due to rain, following classes may also be postponed that day even if the courts become dry.

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 Monday, January 18 and February 15.**

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

303505-A 1/4-3/28 M 7-10p \$71 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

303506-A 1/63/30 W 7-10p \$82 Off Site



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

New Extended Sunday Hours in the Lagoon Room start 1/10/16



Foster City Youth Advisory Committee

Foster City Youth Advisory Committee

Committee meetings are held the first Wednesdays of each month. Meetings begin at 6:30p and will be held at The VIBE, F.C. Teen Center (670 Shell Blvd.). The public is invited to attend meetings and assist with events.

Katherine Arackaparam, San Mateo -11

Khushi Bhat, San Mateo -11

Alison Coyle, San Mateo -12

Priyanka Goswami, San Mateo -10

Erika Higuchi, Burlingame -11

Sethmi Kachchakaduge, San Mateo -11

Jacqueline Kao, San Mateo -10

Michelle Kwon, San Mateo -12

Arjun Manoj, Bowditch -8

Christine Morino, Notre Dame -12

Disha Srivastava, Hillsdale -10

Kyle Tan, San Mateo -12

Nicole Xu, San Mateo -11

Eilleen Zhang, Hillsdale -9

Anders Zhou, Aragon -11

Middle School Dances

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

February 20, 2016

May 8, 2016

All dances are held from 7-10p at The VIBE. Tickets go on sale two weeks before each dance at The VIBE. Cost is \$6 with a student ID, \$7 without and \$10 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/guardian notify The VIBE at 286-3254 by 4:30p 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.



Support the Youth & Teen Foundation

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

The Foster City Youth & Teen Foundation's purpose is to provide resources and funding for amenities and supplies for the City's Youth & Teen Programs. With the community's help, we can enhance our facilities and programs for our local youth & teens. Patrons that contribute \$100 or more are eligible to have their name displayed on a recognition wall in the teen center! For more information on the Youth & teen Foundation or to make a tax-deductible donation, please contact Dusty Landwehr at (650) 286-3374 or email him at dlandwehr@fostercity.org.

The VIBE Teen Center

The Vibe is a supervised teen center in Foster City, where students 6th-12th grade can hang out with their friends after school. 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. 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 a membership, collected one time with application. Please call the Vibe at (650) 286-3254 for more information.

Hours:

Monday, Tuesday, Thursday	3-6:30p
Wednesday	2-6:30p
Friday	3-10p

Rent The VIBE!!!

Looking for a fun place to hold a birthday party or other special events? The VIBE is available for rent on Saturdays and Sundays. For more information, please call (650) 286-3374.



FOCUS *on* Families

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

Classes

Cardiopulmonary Resuscitation CPR

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

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

303401-A 2/6 Sa 9a-3p \$27 Off Site

Emergency Preparedness for Home and Work

Let the Fire Department teach you how you can prepare your family and home for a disaster. September 11th and, more recently, Hurricane Katrina, taught us that being prepared can make a big difference in how effectively we can respond to emergencies. As Californians, we also face the potential for large earthquakes, floods, and fires. This class will help you prepare for disasters of all kinds. There is plenty of time for questions, so come ready to participate.

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

303402-A 3/12 Sa 9-11a Free Off Site

Couples Kayak & Dine

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 12 yrs.-Adult

Level: Beginner

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

Family Kayaking

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

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

Ages: 4 yrs.-Adult

Level: Beginner

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

Learn to Kayak

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

Instructor: Stacked Adventures

Off Site Location: Boat Park, Foster City

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

Ages: 12 yrs.-Adult

Level: Beginner

303590-I	F	10a-1p	\$200	Off Site
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Focus on Families

Enrichment Programs

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its third year. All workshops will be held at the Foster City Teen Center. 6:30p-8:30p. We encourage you to reserve your spot for any of the above presentations by calling (650) 286-3374 or emailing dlandwehr@fostercity.org. The 2015-2016 Family Enrichment Series is sponsored by Gilead Sciences.

Location: The Vibe, 670 Shell Blvd, Foster City

Keeping Kids Safe on the Internet

Date: Thursday, January 21, 2016

Time: 6:30-8:30p

Did you know that teens spend more time using digital media than spending time at school or with their parents? This free class will give parents tips on social media trends and how to keep their kids safe on the internet.

Presented by: Foster City Police Department

Wednesday Enrichment Program

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

The Wednesday Enrichment Program includes classes such as:

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

... And MORE!!!

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

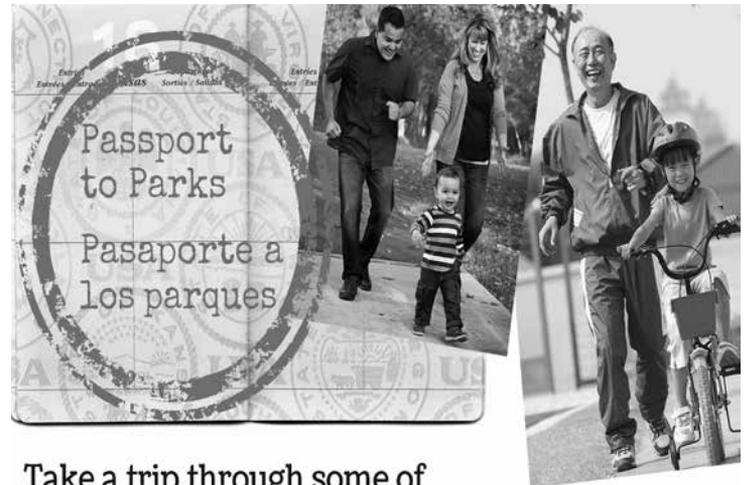
Events

Off The Grid

Wednesday Nights, 5-9p

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

Passport to Parks



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

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

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

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

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

Farragut Park, 1001 Farragut Boulevard, Foster City

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



Resources

Kidfully

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

KidzJet

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

Becoming a Member of The Vibe

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

Bay Area Dragon Boats

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

Ho'okahi Pu'uwai Outrigger Canoe Club

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



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

303174-A 1/7-3/10 Th 7-10p \$130 Ceramics

Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1p-4p 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

303175-A 1/7-3/10 Th 10a-4p \$160 Ceramics

Art Gallery

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

Hours:

Monday-Friday 8a-9:30p

Saturday-Sunday Open Upon Request

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

Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

No classes on Monday, January 18 and February 15.

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

303176-A 1/9-3/12 Sa 10:30a-4p \$55 Ceramics

303176-B 1/4-3/21* M 10:30a-4p \$55 Ceramics

303176-C 1/5-3/8 Tu 7-10p \$25 Ceramics

303176-D 1/6-3/9 W 10:30a-4p \$55 Ceramics

Japanese Flower Arranging

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

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

303188-A 1/7-3/10 Th 9:30a-Noon \$70 Gull

Music & Dance

American Line Dancing – The Progressive Series

Line Dancing is for fun and exercise open to all ages. Get lively, move with confidence, and stay fit while having fun with or without a partner. Learn the various forms of Line Dancing; e.g., country, waltz, cha cha, tango, rumba, foxtrot, salsa, bachata, NC-2 steps, etc. You will be surprised with the music variety we dance to. Progressive lessons are done by using slow-medium-fast music and varying rhythm applications. **No class on February 19.**

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Mix-Levels

303381-A 1/8-3/4 F 10-11:30a \$65 Spirit

Ballroom Dancing - Beginner

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

Ages: 18 yrs.-Up

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

Cha Cha, Tango

303355-A 1/3-1/31 Su 3-4:15p Spirit

Foxtrot, Night Club 2 Step

303355-B 2/7-3/6 Su 3-4:15p Spirit

Ballroom Dancing – Advanced Beginner

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bolero

303356-A 1/3-1/31 Su 4:15-5:30p Spirit

Bolero

303356-B 2/7-3/6 Su 4:15-5:30p Spirit

Night Club Dancing

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bachata

303365-A 1/5-2/2 Tu 8-9p Spirit

West Coast Swing

303365-B 2/9-3/8 Tu 8-9p Spirit

Adult

Salsa Dancing – Beg. and Inter.

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

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

No Class on Monday January 18 and February 15.

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

303375-A 1/4-3/21 M 7-8p Spirit

Intermediate

303375-B 1/4-3/21 M 8-9p Spirit

Happy Harmonica Happening NEW

Can't carry a tune in a bucket? Can't read music and don't want to? Bill will have you playing a selection from Beethoven's 9th Symphony by the end of the first hour. You'll learn using a new method never seen before. If a 98 year old can learn how to play the harmonica, so can you. A \$10 materials fee is to be paid to the instructor at the first class meeting for a harmonica.

Instructor: Bill Fried

Ages: 18 yrs.-Up

303222-A 1/26-3/29 Tu 10-11a \$145 Crane

Kathak Indian Classical Dance New

There are two aspects of the Indian Classical dance - the pure dance and the interpretative dance. India offers a number of classical dance forms, Kathak being one of the most popular ones. Kathak emanates from northern India, it tells a story, and includes intricate fast foot work. The structure of a conventional Kathak performance tends to follow a progression in tempo from slow to fast, ending with a dramatic climax. In the first half hour students will learn the basics and different elements of the dance, namely Tatkar, Hastak, Chaal, Chakra, Tukra (short dance composition). In the second half hour they will learn a choreographed dance piece based on these various elements. Handouts of teachings will be given out in class. If anyone needs ghungroo ('musical ankle'), please contact instructor. Performance opportunities may be given to good performers. For questions, email: romiroy@hotmail.com.

Instructor: Romi Ghosh (Roy)

Ages 12 - UP

303319-A 1/9 – 3/19 Sa 10:00 -11:00a \$200 Spirit

Tap Dancing for Teens and Adults

[Please refer to Youth and Teen Section Pg 11](#)

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

302228-A 1/4-3/21 M 7-7:50p \$230 Off Site

Special Interest

Building Confidence & Credibility in the Workplace for Non-Native English Speakers

The Clarity of the English Language you speak and wrote (email) opens doors and earns immediately credibility. A robust English vocabulary is THE ESSENTIAL muscle of communication in the modern workplace, distinguishing the speaker as knowledgeable, perceptive and articulate. This class will transform the way you speak and listen. **No Class on Monday January 18 and February 15.**

Instructor: Adam Donovan

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

Ages: Adult

302228-A 1/4-3/21 M 6-7p \$325 Off Site

Looking for Cardiopulmonary Resuscitation CPR or Emergency Preparedness for Home and Work Please refer to Focus on Family Section, Pg 21



Speaking with Confidence

Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. We cannot escape from the occasions where we have to speak in front of a large group be it at work, parties or schools. In this course participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. It improves their confidence in public speaking and communication skills.

Instructor: Gurus Education

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

Ages: 18+

303415-A 1/5-3/8 Tu 5:30-7p \$200 Off Site

Chorus Groups

Foster City Community Chorus

This group is a mixed 75-voice adult chorus. Residents of all cities with an ability to match a pitch are welcome. For more information, visit www.peninsulamusicalarts.org, or call (650) 268-8345. Meets every Tuesdays from 7p-930p at Audubon Elementary School.

Heart & Soul

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

The Community Singers

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

Viva La Musica

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

Adult

Sports & Fitness

Jazzercise

Jazzercise is one of the world's leading dance fitness companies with 8,300+ franchisees teaching 32,000+ classes per week in 32 countries around the world. Instructors train every year to master the Jazzercise method, which fuses cardio, resistance training, Pilates, yoga, kickboxing and the demanding forms of dance. Classes include Fusion, Strike, Core, Strength and Dance Mixx. With constantly changing moves, new beats, a variety of workouts and calorie-crushing intensity, customers can expect to feel results after three classes and expect to stick with it.

Stop working out and start working it...with Jazzercise!

Foster City Recreation Center – 650 Shell Blvd.

Day	Time	Instructor	Program
M-F	9a	Debbie	Dance Mixx/Fusion Interval/Strength
M/W	6p	Donna	Dance Mixx
M/W	7p	Donna	Express

Foster City School -

T/Th	6:15p	Debbie	Dance Mixx/Fusion
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Brewer Island School Gymnasium – 1151 Polynesia Drive

Sat.	8:30a	Donna	Dance Mixx
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Audubon Elementary School - 841 Gull Avenue

Sun.	9a	Bobby (Donna)	Dance Mixx
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Dance Mixx: Torch fat, sculpt lean muscle and crush calories with this high intensity 55-60 minute workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy.

Fusion: Supercharge your metabolism and blast fat fast. This circuit-based High Intensity Interval Training (HiIT) class fuses cardio pumping dance moves with muscle work. Rev up your results with this total body workout.

Interval: Don't just burn calories, incinerate them. Interval Dance Mixx adds High Intensity Interval Training (HiIT) cardio bursts to get your heart pumping and push your metabolism into overdrive. This total body cardio plus strength workout is a roller coaster ride and you want to be on it!

Strength: Go for confidence-inspiring contour and definition while you melt fat. It's fat-burning, muscle-sculpting, it-hurts-and-it's-worth-it strength training. This class will transform you!

Express: Cut to the chase with a 30 minute blast of dance-based cardio plus strength training. Rev it up and rock it out in half the time.

For more information call Donna Jones at (650)759-4852 or djfitness@mac.com or Debbie Sweeney at (650) 570-4349 or debbiejazz@comcast.net. Visit www.Jazzercise.com or call 1-800-FIT-IS-IT. Please do not call the Recreation Center.

Bombay Jam

Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam is the ultimate dance fitness total body workout that is effective, safe, easy to follow, and packed with authentic Bollywood flavor. The program has a serious focus on integrating fun and fitness. Bombay Jam incorporates cardio and toning routines into one action packed class with routines that are set to custom music mixes created by Bombay's hottest DJs. The music is a blend of Bollywood and mainstream Top 40 tracks, resulting in one-of-a-kind mixes that are refreshing, energizing and universally appealing. In just an hour-long class, you can burn up to a whopping 800 calories. **No class on January 18 and February 15. Bring Yoga mat and water.** <https://www.bombayjam.com/instructor/priyanka-shinde/> Contact instructor at fitwithpri@hotmail.com or call (650) 918-0774.

Instructor: Priyanka Shinde

Ages: 13 yrs.-Adult

303313-A 1/4-3/21 M 8-9p \$120 Lagoon

Golf

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

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

Instructor: Stuart Brownlee, Mariners Point Golf.

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

Ages: 18 yrs.-Up

Golf Class

303581-A 2/13-3/12 Sa 9-10a \$99 Off Site

Short Game

303582-A 2/13-3/12 Sa 10:15-11:15a \$99 Off Site

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, January 18 and February 15.**

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

303558-A 1/6-3/9 M & W 8-9p \$216 Mist/Spray

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 9:15p/Blackbelts until 9:30p. **No class on Monday, January 18 and February 15.**

Instructor: Sensei Edwards and/or staff

Ages: 16 yrs.-Up

303558-B 1/6-3/9 M & W 8-9:15p \$216 Mist/Spray

Kayaking for Fitness

Start the year 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. 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. This is great way to get back into a regular exercise routine, best part is that you never really feel like your exercising because its so much fun!

Ages: 12 yrs.-Adult

303590-F 1/9 Sa 9-11:30a \$55 Boat Park

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 January 18 and February 15. Make up Class TBD.**

Ages: 16 yrs.-Adult

302556-C 1/11-3/7 M 7:15-8p \$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: 16 yrs.-Adult

302556-D 1/6-3/9 W 7:15-8p \$55 Mist

Adult

Kendo

NEW

Kendo is rooted in the sword fighting techniques of the Samurai. The martial art conditions the body and spirit through exhilarating and rigorous training. Practitioners will learn fundamental body movements and fighting techniques. Participation requires the use of a shinai (bamboo sword), which can be purchased on site. Advanced level students will wear protective gear and engage in actual combat. There is an additional yearly fee not included in the class fee. For more information visit www.sanmateokendo.org.

Instructor: San Mateo Kendo Dojo

Ages: 10yrs. – Up

303611-A 1/9-3/26 Sa 3-5p \$18 Spirit

Guided Meditation

Powerful Guided Meditations can be practiced for mindfulness, sharper memory, increasing focus, improving sleep, peace of mind, lose weight, increasing motivation, self-confidence, forgiveness, emotional and mental stability. We start the class with basic breathing techniques, becoming aware of our breath.

We will learn and practice Chakra Balancing and Strengthening with Sound, Breath and Visualization. We will learn Mindfulness meditations to increase awareness of our daily routine, Manifestation Meditations, experiencing a No-thought state, being an observer. We will also learn breath work (Alternate Nostril, Bee humming, Victorious Breath), Positive affirmations, grounding and centering meditations and much more.

The goal of this class is to build confidence, increase focus, concentration, reduce stress and anxiety.

No Class on Monday, January 18 and February 15.

Instructor: Deepti Jain

Ages: 18 yrs.-Up

303661-B 1/11-2/22 M 10-11a \$150 Spirit

303661-C 1/7-2/4 Th 7-8p \$150 Spirit

303661-A 2/11-3/17 Th 7-8p \$150 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.

Instructor: Kent Ikeda

Ages: 18 yrs.-Up

303684-A 1/4-3/21 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 October-December.

303561-A - \$35 (Over 18)

303561-B - \$25 (18 and under/Over 50)

\$3 Drop-in

Tennis Rain Policy

In case of rain, please contact the recreation center no earlier than one hour before your lesson or check with the instructor at the court. **NO POSTPOSTMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE REC. DEPT.** If at any time the instructor is absent, report to the next scheduled lesson. The makeup date(s) will be listed online at WhitlingerSarsfieldTennis.com. Unless notified to the contrary, makeup lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) will be used when there is a conflict with an incoming class.

Tennis Adult a& Teen Group Lessons

Tennis is the sport for everyone! Enjoy top-flight instruction! Classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons. Students provide own rackets. **No lessons on Monday, January 18..**

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

303531-A 1/19-2/4 Tu & Th 6:30-7:30p \$81

303531-B 2/23-3/11 Tu & Th 6:30-7:30p \$81

Low Intermediate

303531-C 1/19-2/4 Tu & Th 7:30-8:30p \$81

303531-D 2/23-3/11 Tu & Th 7:30-8:30p \$81

Intermediate

303531-E 1/11-2/1 M & W 7:30-8:30p \$81

303531-F 2/22-3/10 M & W 7:30-8:30p \$81

Note:if any earlier class is postponed due to rain, following classes may also be postponed that day even if the courts become dry.

Individual Tennis Lessons: Stanford Tennis

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. To arrange a lesson, please call the Recreation Department at (650) 286-3380 or visit 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 an additional person.

Location: Boothbay Park

Foster City Tennis Club

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

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. **No Class on Monday, January 18 and February 15.**

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

303505-A 1/4-3/28 M 7-10p \$71 Off Site

Adult

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

303506-A 1/6-3/30 W 7-10p \$81 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

303687-A 1/28-3/17 Th 6:45-7:45p \$78 Mist

Hatha Yoga

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

Instructor: Larry Caughlan

Ages: 10 yrs.-Adult

Beg. & Inter.

303688-A 1/12-3/15 Tu 6:30-7:45p \$100 Mist

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.

SHAPIN' Cardio/Fitness Monthly and Quarterly Class Available

SHAPIN' is an exciting fitness program that uniquely mixes boxing and aerobic 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. For all levels. Class is held 2nd and 4th Sunday of the Month.

303635-A	1/10 & 1/24	Su 8:30-9:30a	\$40	Spirit
303635-B	2/14 & 2/28	Su 8:30-9:30a	\$40	Spirit
303635-C	3/13 & 3/27	Su 8:30-9:30a	\$40	Spirit
303635-D	1/10 - 3/27	Su 8:30-9:30a	\$90	Spirit



SHAPIN' with SUNITA Monthly and Quarterly Fitness Packages Packages begin January 4, 2016

Shapin' with Sunita Fitness Package is all about providing you a variety of fitness program that suits YOUR needs! Choose from over 20 classes a month and GET IN SHAPE this NEW YEAR! Our motto: "It's not fitness, it's a lifestyle!" Motivate! Inspire! Achieve! 650-243-1750 sunita@shapinwithsunita.com www.shapinwithsunita.com

Class Description

Total Body Conditioning

Total Body /Core Conditioning is all about getting a great workout in a short amount of time. Get your workout done before work or getting kids ready for school! You will improve your strength and power with fast paced agility and cardio drills. You will also build core and abdominal strength, and will incorporate various toning and sculpting exercises for the upper and lower body. Please bring a yoga mat and a set of 5 to 8 pound dumbbells to class. For all levels!

ZUMBA Dance Fitness

Zumba fuses fun Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that is FUN! Zumba routines feature fast rhythms and interval training combined to tone and sculpt your body while burning calories. Flat bottom shoes with minimum tread recommended. Please bring a yoga mat to class. For all levels.

Class Schedule

Day	Time	Location
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Total Body/Core Conditioning Boot Camp

M	6:30 -7:20p	Leo Ryan Park (outside)
W	6:30 -7:20p	Leo Ryan Park (outside)
Sa	8:30-9:30a	Leo Ryan Park (outside)

ZUMBA (Dance Workout)

Tu	6:30 – 7:30p	Spirit Room
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ZUMBA/SHAPIN' (COMBO CLASS)

Th	7 – 7:50p	Spirit Room
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SHAPIN' PACKAGE Month to Month

Why not make exercise a part of your lifestyle? Sign up for 3 or more classes per week to see overall change in your physique and an improved healthy lifestyle!

I. SHAPIN' Package #2 (8 classes a month) Choose ANY two classes per week: **\$70.00/month.**

303634-A (January)

303634-F (February)

303634-K (March)

II. SHAPIN' Package #3 (12 classes a month) Choose ANY three classes per week: **\$80.00/month.**

303634-B (January)

303634-G (February)

303634-L (March)

III. SHAPIN' Package #4 (16 classes a month) Choose ANY four classes per week: **\$90.00/month.**

303634-C (January)

303634-H (February)

303634-M (March)

IV. SHAPIN' Package #5 (20 unlimited classes a month) Choose ANY five classes per week: **\$100.00/month.**

303634-D (January)

303634-I (February)

303634-N (March)

TRANSFORMATION PACKAGE Quarterly Jan - March

For those who are serious and want a daily dose of exercise a part of their lifestyle...THIS is a program for YOU! Sign up Quarterly. **Attend all 5 classes and pay only \$4.50 per class!**

I. TRANSFORMATION Package #2 - 24 classes (8 classes a month) Choose ANY two classes per week:

\$150 (\$50.00/month)

303624-A

II. TRANSFORMATION Package #3 – 36 classes (12 classes a month) Choose ANY three classes per week:

\$210 (\$70.00/month)

303624-B

III. TRANSFORMATION Package #4 – 48 classes (16 classes a month) Choose ANY four classes per week:

\$240 (\$80.00/month)

303624-C

IV. TRANSFORMATION Package #5 – 60 classes (20 classes a month) Choose ANY five classes per week:

\$270 (\$90.00/month)

303624-D

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.

Senior Game Schedule

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

Supply own materials; No money exchanged

Walk for Health

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

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: \$43
50-64 years old: \$63
Under 50 years old: \$85

Knitting, Painting & Drawing, or Sewing Fees:

65+ years old: \$70
50-64 years old: \$90
Under 50 years old: \$100

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

Enrollment:

To register 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. Enrollment fees are paid directly to the San Mateo Adult School. Please be sure to sign in with the class instructor and in the Senior Wing binder. Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Class Schedule

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

Day	Class	Time	Room
Mon	Drawing & Watercolor	9:30a & 12:30p	Sunfish Room
Tues	Painting & Multimedia	9:30a & 12:30p	Sunfish Room
Tues	Yoga	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	9a & 1p	Spirit Room
Thurs	Yoga for Health	12p	Bluebird Room
Fri	Sewing & Pattern Making	9:30a	Sunfish Room

Driver Safety 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:

- February 17 & 19 -- 9a-1:30p
- February 20 -- 8:30a-5:30p

Parks & Recreation Department

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

City Departments

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

Community Partners

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

Community Organizations

Foster City Historical Society fchistorysoc@yahoo.com	349-3382
Foster City Lions Club www.fostercitylions.com	
Foster City Rotary Club www.fostercityrotary.org	
Foster City Mothers Club www.fostercitymothersclub.org	489-5202
Peninsula Jewish Community Center www.pjcc.org	212-7522
Foster City Village www.fostercityvillage.org	378-8541

Athletic Organizations

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

Cultural Arts

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

Resources

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

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

Welcome to the Rotary Club of Foster City. We meet weekly on Wednesdays at 12:15 p in the Foster City Crowne Plaza Hotel, and welcome you to participate in our gathering. Our members experience personal and professional growth, and Rotary is a tremendous vehicle for the modeling of positive values. Our focus is to "Be a Gift to the World" through a variety of vocational service opportunities both locally and internationally. Please visit www.fostercityrotary.org to learn more.

For questions please contact Madlen Saddik, Rotary Membership Director at 650-954-0848 or email saddiktravel@gmail.com.

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 7p at the Recreation Center.*

Mothers Club

Providing community support and friendship to mothers of young children. *Meets: 2nd Wednesday of the month at 7:15p 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/ped-way. 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!

Foster City Village

Foster City Village is a volunteer nonprofit organization committed to supporting older adults as they age in our community. We provide social connections, transportation, access to services, educational opportunities, light home/yard maintenance and more.

Interested as a volunteer or as a member, call 650-378-8541 or visit us at www.fostercityvillage.org

Smoke-Free Parks

To support park cleanliness, comfort, and health, the Foster City parks system has been designated a "smoke-free" zone. Your cooperation is appreciated.

Foster City Dog Park & 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) 5-8a 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

(5-8a Mon-Sat, 5-9a 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.

Adult Softball Leagues

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

Adult Bocce Ball Leagues

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

Open Gym Basketball

Saturdays, 7-10p
Brewer Island Gymnasium

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

PJCC

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

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

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

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

The PJCC is proud of our diverse, multicultural community.

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

Kiteboard Lessons & Rentals

Take lessons or rent equipment and kiteboard at a premiere location! Additional water sports available. Location: East 3rd 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



650 Shell Blvd
Foster City, CA 94404

Resident Customer
Foster City, CA 94404

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

PARKS

Maintenance

160 acres of parks and open space,
24 total parks and 14 restroom
facilities maintained daily.

Did You Know?

Baywinds, Bridgeview and Shorebird
are the newest parks to the Foster City
Parks system since the renovation of
Leo J. Ryan Park in 2005.

Maintenance Staff

Foster City has **17** full-time and **1**
part-time maintenance staff, **11** of
which have certifications.

Sportsfields Maintenance

8 Baseball Fields, **11** Soccer Fields,
2 Softball Fields, **1** Multi-Purpose
field with field lights.

IDENTIFY

High maintenance areas

MODERNIZE

Water irrigation and equipment

PRIORITIZE

Everyday maintenance and big projects

Doing Our Part

A Message from the Foster City Parks and Recreation Department