

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. No class on July 10.

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

103174-A 6/26-9/4 Th 7-10pm \$125 Ceramics

Ceramics with Studio

Same instruction as Ceramics.

Class is 10am-4pm with studio open from 1-4pm for students to work on projects. Students are encouraged to bring a lunch. Please note: A mandatory lab fee of \$15 cash is payable to the instructor the FIRST day of class. **No class on July 10.**

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

103175-A 6/26-9/4 Th 10am-4pm \$155 Ceramics

Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

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

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

Students must give time to studio maintenance.

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

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

103176-A	6/21-8/23	Sa	10:30am-4pm	\$55	Ceramics
103176-B	6/16-8/18	M	10:30am-4pm	\$55	Ceramics
103176-C	6/17-8/19	Tu	7-10pm	\$25	Ceramics
103176-D	6/18-8/20	W	10:30am-4pm	\$55	Ceramics

Crochet, Beginning

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

103168-A 6/21-7/12 Sa 1:30-3pm \$55 Sunfish

Crochet, Advanced Beginning



Take your crochet skills to the next level. Once you have learned the basics of crochet (single crochet, double crochet, chaining, and slip stitch), join me as we learn to read patterns, learn new stitches, new techniques, and work a project. Bring a variety of crochet hooks and a practice yarn (worsted weight #4). More details on your class project will be discussed the first night. Children 12 years and younger must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

103169-A 7/19-8/9 Sa 1:30-3pm \$55 Sunfish

Japanese Flower Arranging

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

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

103188-A 6/19-8/21 Th 9:30am-Noon \$70 Gull

Knitting, Beginning

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult.

103166-A 6/18-7/9 W 6:30-8pm \$55 Spray

Knitting Adv. Beg.

Take what you have learned in the Beginning Knitting class to the next level. Learn increasing, decreasing, ribbing and more. Students will learn to read and work from a pattern. You will start your first project so you will need to bring 2-3 balls of yarn and a variety of needles. Children 12 and under must be accompanied by an adult.

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

103167-A 7/16-8/6 W 6:30-8pm \$55 Spray



SUMMER CONCERT SERIES
Friday Nights, 6-8pm
Leo Ryan Park

MUSIC & DANCE

Ballroom Dancing, Beginner

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Cha Cha, Tango

103355-A 6/15-7/13 Su 3-4:15pm Spirit

Foxtrot, Night Club 2 Step

103355-B 7/20-8/17 Su 3-4:15pm Spirit

Ballroom Dancing, Advanced Beginner

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bolero

103356-A 6/15-7/13 Su 4:15-5:30pm Spirit

Bolero

103356-B 7/20-8/17 Su 4:15-5:30pm Spirit

Night Club Dancing

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Bachata

103365-A 6/17-7/15 Tu 8-9pm Spirit

West Coast Swing

103365-B 7/22-8/19 Tu 8-9pm Spirit

Salsa Dancing – Beg. and Inter.

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

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

103375-A 6/16-8/18 M 7-8pm Spirit

Intermediate

103375-B 6/16-8/18 M 8-9pm Spirit

Beginning Ukulele

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

Instructor: Music Art Staff

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

Ages: 14 yrs.-Adult

102228-B 6/16-8/18 M 7-7:50pm \$230 Off Site

Social Dances

Presented by Boogie Woogie Ballroom

Friday Nights, 7:30-11:30pm

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

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

7:30-8:00pm Beginner Dance Lesson

8:00-8:30pm Intermediate Dance Lesson

8:30-11:30pm Dance Party

May 9 - Night Club 2 Step

June 20 - Waltz

www.boogiewoogieballroom.com

or 650-571-0836 for more information

CHORUS GROUPS

Foster City Community Chorus

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

Heart & Soul

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

The Community Singers

An adult chorus of singers who wish to sing well known popular music, unaccompanied, at local hospitals, Senior Centers, etc. There are no long term commitments, nor set rehearsals, and performances are as arranged. Information at www.PeninsulaMusicalArts.org or call (650) 513-5522.

Viva la Musica

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

ART GALLERY

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

Gallery Hours

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

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

SPECIAL INTEREST

Cardiopulmonary Resuscitation (CPR)

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

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

403401-B	6/7	Sa	9am-3pm	\$25	Off Site
103401-A	8/9	Sa	9am-3pm	\$25	Off Site

SPORTS & FITNESS

Basic Training - Boot Camp

Core, strength, balance. We will work the entire body with resistance exercises, body weights, and military techniques too. Yoga will be employed to give you a complete and balanced physique. Burn fat, build muscle, and shape your body. Bring water and a yoga mat, and a desire to be better, stronger, and healthier.

Instructor: Pete Hayden, Certified Personal Trainer -Gym Rats

Ages: 18 yrs.-Up

103601-A	6/18-7/9	W	9-10am	\$59	Spirit
103601-B	7/30-8/20	W	9-10am	\$59	Spirit

Shape Up Boot Camp

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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103624-A	6/16-8/18	M	6:30-7:30pm	\$99	Ryan Park
103624-B	6/18-8/20	W	6:30-7:30pm	\$99	Ryan Park
103624-C	6/16-8/20	M & W	6:30-7:30pm	\$179	Ryan Park



American Line Dancing as a Low-Impact Exercise For Fun and Excitement

Do you want to get lively and move with confidence while getting fit and having fun? Line dancing isn't just country or western anymore! Both levels are a good form of low-impact exercise for everyone, and you will be surprised with the music variety being danced to. Free class preview on June 27 at regular class meeting time.

Level Zero – An easy, progressive and fun approach to staying fit while having fun with or without a partner. Level Zero as the introductory or beginner level has the slow pace and movements of the dance selections that involve minimal or no turning at all.

Level 1 – For those who would like to learn the basics and more various forms of line dances, typically described as having slower tempo, fewer steps, and easy turns.

Level 2 – This is the logical and methodological progression from Level 1 into intermediate dance steps and rhythm, typically described as having fancy steps and/or faster rhythms and more steps in some cases.

Instructor: Allen Isidro

Ages: 18 yrs.-Up

Level Zero

103381-A 7/11-8/29 F 9:30-10:25am \$55 Spirit

Level 1

103381-B 7/11-8/29 F 10:35-11:30am \$55 Spirit

Level 2

103381-C 7/11-8/29 F 1-2pm \$55 Spirit

*Registrar for any 2 Levels- \$90
(Discount applied automatically at registration)



Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

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

Brewer Island School Gymnasium – 1151 Polynesia Drive

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

Sun.	9am	Bobby (Donna)	Jazzercise
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Jazzercise: Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

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

For more information please contact:

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

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

Visit www.Jazzercise.com or call 1-800-FIT-IS-IT.
Please do not call the Recreation Center.

SPORTS LEAGUES AND OPEN GYM

Adult Softball Leagues

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

Open Gym Basketball

**Saturdays, 7pm – 10pm
Brewer Island Gymnasium**

The Parks and Recreation Department invites you to join us Saturday nights for non-competitive pickup games or free play basketball! Players 16 years old and up welcome! \$5 per night or \$15 per month. For more information, please contact Matt Taylor at mtaylor@fostercity.org or (650)286-3386.

Adult Bocce Ball Leagues

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

WATER ACTIVITIES & CONCESSIONS

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..... 650-344-2711

Snack Shack

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

Location: Sea Cloud Park

AYSO 650-286-3380

FCYSA..... 650-286-3380

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, 2401 3rd Avenue, Foster City

Ages: 18 yrs.-Up

Golf Class

103581-A	6/21-7/19	Sa	9-10am	\$99	Off Site
103581-B	6/22-7/20	Su	10-11am	\$99	Off Site
103581-C	7/26-8/23	Sa	9-10am	\$99	Off Site
103581-D	7/27-8/24	Su	10-11am	\$99	Off Site

Short Game

103582-A	6/21-7/19	Sa	10:15-11:15am	\$99	Off Site
103582-B	7/26-8/23	Sa	10:15-11:15am	\$99	Off Site

High Energy Shapin' Cardio



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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103634-A	6/22-8/24	Su	9-10am	\$99	Spirit
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Karate (Coed), Beg.

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

Use your positive energy to explore the physical and mental world of Karate! Don't miss this chance to be taught by an outstanding instructor in the martial arts field. Class will combine lecture and physical training to learn basic blocks, kicks, and strikes. Karate Gi (uniform) is required and may be purchased from the instructor.

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

103558-A	6/23-8/6	M & W	8-9pm	\$165	Mist
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Karate (Coed), Int./Adv.

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

Not for the first time student. Prerequisite: Instructor's approval. Intermediate class until 9:15pm/Blackbelts until 9:30pm.

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

103558-B	6/23-8/6	M & W	8-9:15pm	\$165	Mist
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Kobujutsu (Weapons)

Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program.

Ages: 7 yrs.-Adult

102556-A	6/23-8/4	M	7:15-8pm	\$45	Mist
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Kobujutsu (Weapons), Inter./Coed

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

Ages: 9 yrs.-Adult

102556-B	6/25-8/6	W	7:15-8pm	\$45	Mist
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Hula Hooping for Fitness and Fun

Whoop Hoo!! Hula hoop your cares away and get in shape while having fun! Enjoy six hooping classes this session where you will learn a variety of upper and lower body moves using the hula hoop. Hoops are provided and also for sale.

Instructor: Brenda Major

Ages: 18 yrs.-Up

103675-A 6/19-7/24 Th 7-8pm \$79 Spirit

Pilates Mat Class

NEW

Class will include a variety of mat pilates exercises to strengthen the abdominals, increase spinal mobility, and develop a strong and flexible core and upper body; The exercises will include work to train the core in a number of functional positions, including the back, stomach, side-lying, sitting, and all fours. Beginners and Intermediate level students welcome. Instructor is Pilates Mat Certified. Bring a mat. **No class on August 9.**

Instructor: Liz Foreman

Ages: 18 yrs.-Up

103690-A 6/24-7/19 Sa 9-10am \$49 Spirit

103690-B 7/26-8/23 Sa 9-10am \$39 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. 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: Charlene Landreau

Ages: 18 yrs.-Up

103684-A 6/16-8/18 M 11am-Noon \$25 Spirit

Tennis Group Lessons

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

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

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

High Intermediate - For High Intermediate to Advanced players (i.e. NTRP 3.0-3.5). Focus on skill refinement and competitive drills.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Location: Shell Blvd. Courts #3 and #4

Ages: 15 yrs.-Adult

Novice

103531-A 6/17-7/3 Tu & Th 7-8pm \$75

103531-B 7/8-7/24 Tu & Th 7-8pm \$75

103531-C 7/29-8/7 Tu & Th 6-7:30pm \$75

Intermediate

103531-D 6/17-7/3 Tu & Th 8-9pm \$75

103531-E 7/8-7/24 Tu & Th 8-9pm \$75

103531-F 7/29-8/7 Tu & Th 7:30-9pm \$75

High Intermediate

103531-G 6/16-7/2 M & W 7:30-8:30pm \$75

103531-H 7/7-7/23 M & W 7:30-8:30pm \$75

103531-I 7/28-8/6 M & W 7:30-9pm \$75

Tennis Rain Policy

In case of rain at any point during the day of your lesson, contact the Recreation Center before coming to class. Report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation Department. Note: If an earlier class is postponed due to rain, following classes may also be postponed even if the courts become dry.

Individual Tennis Lessons, Stanford Tennis

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

Fee: \$65 per hour or \$180 for three 1-hour lessons.

Instructor: Stanford/Whitlinger and Sarsfield Tennis

Location: Shell Blvd. Courts #3 and #4

Individual Tennis Lessons, Zalles Racquet Sports

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

Fee: \$65 per hour or \$180 for three 1-hour lessons (add \$5 per hour for an additional person).

Location: Edgewater Park

Foster City Tennis Club

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

Volleyball, Beginning – Low Intermediate

Learn how to play organized volleyball and improve your volleyball skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, 6-0 and 6-2 offenses, perimeter defense, set calling, and teamwork. Two courts, lots of playing time. Attendance on first night is required for new participants. A \$3 lab fee is due at the first class. **No class on June 23.**

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

103505-A 6/30-8/25 M 7-10pm \$60 Off Site

Volleyball, High Intermediate – Advanced

For the experienced volleyball player. This class is intended for those players that already possess the basic individual and team skills. The ability to serve, pass, set, spike, run a 6-2 offense, and a perimeter defense are prerequisites. This class emphasizes specialization, multiple offenses, multiple defenses, play calling, strategies, and other finer points of the game. You are expected to already know rules and volleyball protocols and to have demonstrable, consistently good fundamental skills. Two courts, lots of playing time. Attendance on the first night is required for new participants. A \$3 lab fee is due at the first class.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

103506-A 6/18-8/27 W 7-10pm \$71 Off Site

Table Tennis Club

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

103561-A - \$35 (Over 18)

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

\$3 Drop-in

Beginning Yoga

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

Instructor: Suzanne Caughlan

Ages: 16 yrs.-Adult

103687-A 6/19-8/7 Th 6:30-7:30pm \$78 Mist

Hatha Yoga

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

Instructor: Larry Caughlan

Ages: 12 yrs.-Adult

Beginning

103688-A 6/21-8/16 Sa 9-10am \$80 Crane

Beginning & Intermediate

103688-B 6/17-8/19 Tu 6:30-7:45pm \$111 Mist

Zumba

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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

103644-A 6/17-8/19 Tu 6:30-7:30pm \$99 Spirit

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, 8am-5pm.