

ARTS & CRAFTS

Ceramics

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

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

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

Ceramics with Studio

Same instruction as Ceramics.

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

Instructor: Tammerlaine Burwell

Ages: 18 yrs.-Up

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



Create treasures galore in Ceramics!

Ceramics Workshop

Ceramics Workshop – Prerequisites:

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

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

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

Students must give time to studio maintenance.

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

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

Instructors: Janet Warner - Monday

Penelope Shepherd - Tuesday

Jane Lim - Wednesday

Terry Hinton – Saturday

Ages: 18 yrs.-Up

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

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

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

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

Japanese Flower Arranging

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

Instructor: Suichiku Suyemasa

Ages: 18 yrs.-Up

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

Crochet 1

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

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

Crochet 2

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

Ages: 9 yrs.-Adult

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

Knitting 1

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

Instructor: Jodi Pavey

Ages: 9-18 yrs.

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

Knitting 2

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

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

MUSIC & DANCE

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

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

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

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

Instructor: Allen Isidro

Ages: 18-Adult

Level Zero

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

Level 1

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

Level Zero & 1

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

Ballroom Dancing - Beginner

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Samba, Waltz

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

East Coast Swing, Rumba

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

Ballroom Dancing – Advanced Beginner

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Foxtrot, Night Club 2 Step

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

Samba, Waltz

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

Night Club Dancing

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

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Hustle

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

Hustle

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

Salsa Dancing – Beg. and Inter.

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

Intermediate- You will incorporate the basic fundamentals learned in the beginner class into more intricate footwork and patterns. This class is for singles as well as couples. Beginner Salsa classes or equivalent experience is required to attend these classes.

No partner is required. Dance shoes are highly recommended. Please bring exact change (cash or check only; no credit card charges for drop in cards; no refunds for drop-in cards). Please note: The \$20 drop in card can be purchased in person on the first night you attend class. **No class on May 26.**

Instructor: Ken Chin

Ages: 18 yrs.-Up

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

Beginner

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

Intermediate

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

Social Dances

Presented by Boogie Woogie Ballroom

Friday Nights, 7:30-11:30pm

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

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

7:30-8:00pm Beginner Dance Lesson

8:00-8:30pm Intermediate Dance Lesson

8:30-11:30pm Dance Party

March 14 - Foxtrot

April 11 - West Coast Swing

May 9 - Night Club 2 Step

June 20 - Waltz

www.boogiewoogieballroom.com

or 650-571-0836 for more information

Peninsula Jewish Community Center (PJCC)

800 Foster City Blvd.

650-212-PJCC or www.PJCC.org

The PJCC is proud of its diverse, multicultural membership

Get More at the PJCC

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

CHORUS GROUPS

Foster City Community Chorus

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

Heart & Soul

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

The Community Singers

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

Viva la Musica

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

ART GALLERY

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

Gallery Hours

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

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

Tap Dancing for Teens and Adults

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

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

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

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

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

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

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

403349-A 4/2-6/4 W 7:05-8:05pm \$85 Spirit

Beginning Ukulele

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

Instructor: Music Art Staff

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

Ages: 14 yrs.-Adult

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



SPECIAL INTEREST

Cardiopulmonary Resuscitation (CPR)

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

Instructor: Fire Department Staff

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

Ages: 12 yrs.-Adult

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

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

Emergency Preparedness for Home and Work

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

Instructor: Fire Department Staff

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

Age Level: 12 yrs.-Adult

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

SPORTS & FITNESS

Fitness Boot Camp

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

Instructor: Pete Hayden, Certified Personal Trainer

Ages: 18 yrs.-Up

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

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

“Shape Up” Boot Camp

My job: Motivate you, challenge you, and help you achieve your fitness goals. Your job: Work hard, stay consistent, and you will see and get the results. Shape Up Boot Camp is a conditioning class that is cardio tough and muscle strong. You will improve your strength, power, agility and balance training with fast paced agility and cardio drills. You will focus on building core strength, abdominal training, and will incorporate various toning and sculpting exercises for the upper and lower body. “Shape Up” Boot Camp is for every fitness level. Please bring a set of 5 or 8 pound dumbbells and mat. Meet at Leo J. Ryan Park (amphitheater). www.shapin-withsunita.com. or (650) 243-1750. **No class on Monday, May 26.**

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

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

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

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

Jazzercise

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

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

Brewer Island School Gymnasium – 1151 Polynesia Drive

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

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

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

For more information please contact:

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

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

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

Golf

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

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

Instructors: The Golf Academy at Mariners Point.

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

Ages: 18 yrs.-Up

Golf Class

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

Short Game

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



Karate (Coed), Beg.

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

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

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

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

Karate (Coed), Int./Adv.

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

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

Instructor: Sensei Edwards and/or staff

Ages: 17 yrs.-Up

403559-A 3/24-5/28 M & W 8-9:15pm \$190 Mist

Kobujutsu (Weapons), Intro/Beg./Coed

For beginners white to blue belt; Kyu levels 0 to 6. All students must be enrolled in the City of Foster City Recreation Center Karate program. **No class on April 14 and May 26. Make up class will be held on Wednesday, May 28.**

Ages: 7 yrs.-Adult

402556-A 3/24-5/19 M 7:15-8pm \$55 Mist

Kobujutsu (Weapons), Inter./Coed

Grade level 5 Kyu and above in Kobujutsu. Must have approval to enroll in this class. For more advanced students, please speak with instructor. **No class on April 14 and 16, and May 26.**

Ages: 9 yrs.-Adult

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

SPORTS LEAGUES AND OPEN GYM

Adult Softball Leagues

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



Open Gym Basketball

Saturdays, 7pm – 10pm
Brewer Island Gymnasium

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

Adult Bocce Ball Leagues

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

NEW and IMPROVED!

The Parks & Recreation Department
is proud to announce a

NEW REGISTRATION SYSTEM!

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

<http://registration.fostercity.org>

Tai Chi Chih, Practice

Relax your mind. Energize your body. Tai Chi Chih uses 20 gentle movements to focus and circulate your "Chih", or Energy. The result is a moving meditation that can give both mental and physical benefits. These are practice sessions for all levels of experience. Prior instruction is helpful but not required. Basic guidelines will be provided on an informal basis as needed. Come and join our Practice! **No class on May 26.**

Instructor: Charlene Landreau

Ages: 18 yrs.-Up

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

Table Tennis Club

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

403561-A - \$35 (Over 18)

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

\$3 Drop-in



Save the Date! May 3-4, 2014

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

FREE family fun for everyone!

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

● Be Active ● Be Healthy ● Be Local ●

Tennis Group Lessons

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

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

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

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

Novice

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

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

Intermediate

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

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

Advanced

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

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

Tennis Rain Policy

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

Individual Tennis Lessons- Stanford Tennis

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

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

Instructor: Stanford/Whitlinger and Sarsfield Tennis

Location: Shell Blvd. Courts #3 and #4

Individual Tennis Lessons- Zalles Racquet Sports

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

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

Location: Edgewater Park

Foster City Tennis Club

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

Volleyball, Beginning – Low Intermediate

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

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

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

Volleyball, High Intermediate – Advanced

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

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

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

Beginning Yoga

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

Instructor: Suzanne Caughlan

Ages: 16 yrs.-Adult

403687-A 4/3-5/22 Th 6:30-7:30pm \$78 Mist

Hatha Yoga

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

Instructor: Larry Caughlan

Ages: 13 yrs.-Adult

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

Let's Zumba with Sunita

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

Instructor: Sunita Goldstein

Ages: 16 yrs.-Up

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

Water Activities with California Windsurfing

(650) 594-0335 or

www.californiawindsurfing.com

Must know how to swim to participate.

Beginning Windsurfing Lessons

Ages 14 and up

Saturday & Sunday 11am-2pm \$110

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

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

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

Windsurf Board, Paddleboat and Stand Up Paddleboard Rentals

Windsurf Boards: \$20 per hour

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

Kayaks: \$10 per half hour.

Includes wetsuit, paddle, and lifejacket

Stand Up Paddleboards: \$10 per half hour

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