

MUSIC & DANCE

Pre-Ballet

This class will introduce your child to the fundamentals of Ballet. They will learn plié, tendue and sauté and more. We will have fun skipping and twirling like a ballerina. Please wear leotard, tights and ballet shoes (no skirts during class please as they can be distracting). **No class on April 3.**

Instructor: Sheri Alonso

Ages: 4-6 yrs.

401331-A 3/27-6/5 Th 3-3:40pm \$115 Spirit



Dancers love learning the fundamentals of ballet!

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. **No class on April 17.**

Instructor: Ella Bazarsky

Ages: 2-4.5 yrs.

401214-A 4/3-6/5 Th 10:30-11:30am \$112 Spirit



Children have fun playing instruments and learning basic music concepts in Do-Re-Mi.

Foster City Library

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

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

Hours: Monday-Thursday 10am-9pm
Friday 10am-6pm
Saturday 10am-5pm
Sunday 1pm-5pm

Library Storytime Schedule

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

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

Fun Dance Time

This movement-oriented class teaches children the beginning elements of dance in a creative and comfortable learning environment. We will use different props (shakers, streamers, ribbons, hula hoops, etc.) during listening and moving activities. Kids will explore dances from around the world and simple rhythm patterns. Parents' participation is not required, but they are welcome to stay and observe the class. **No class on April 16.**

Instructor: Ella Bazarsky

Ages: 2.5-4 yrs.

401234-A 4/2-6/4 W 10:30-11:30am \$110 Spirit



Fun Dance Time allows children to be creative and learn an appreciation for music!

Piano, Beginning

Learn to play the piano in a special group setting. Students will each sit at an electric piano with headphones as the instructor rotates through the students. This is a great method for a beginning through intermediate student. The method has several levels that encourage students to excel and move up to the next level. Books are given at the first class and are covered in the class fee. Maximum of six students per class.

Instructor: Music Art Staff

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

Ages: 5-7 yrs.

402207-A 4/2-6/4 W 3:30-4:20pm \$237 Off Site

402207-B 4/2-6/4 W 4:30-5:20pm \$237 Off Site

Tap and Ballet for Tiny Tots

This class is for your little dancer and their adult helper. Helpers are expected to participate during the entire class. We will have fun while building skills in large motor development, following directions, and basic tap and ballet technique. This class is perfect for a shy toddler and/or preschooler. You may sign up more than one child/adult. Everyone should wear clothes they can dance in, and tap/ballet shoes are allowed but not required. Adult friends and family along with older and quiet siblings are welcome to watch.

Instructor: Amy Floro

Ages: 2-4 yrs.

401312-A 4/1-5/27 Tu 9:30-10:15am \$85 Spirit

Tap for Tots

This class is for the little tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please have your child wear clothes they can dance in, and tap shoes are required. Parents are welcome to watch.

Instructor: Amy Floro

Ages: 3-5 yrs.

401313-A 3/31-5/19 M 4:10-4:40pm \$72 Spirit

Tap 1

This class is for the young tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please have your child wear clothes they can dance in, and tap shoes are required. Dancers ages 4.5-5 years old need teacher's approval for this class. Parents are welcome to watch. We will also be getting ready for a performance at the end of the session. Our last class will be a dress rehearsal on Wednesday, May 28th at Audubon School (time TBA). The show will be on Friday, May 30th. (Rehearsal and Show dates are tentative and may need be be changed). To participate in the show, please bring \$35.00 for a costume on the first day of class.

Instructor: Amy Floro

Ages: 4.5-7yrs.

402314-A 3/31-5/19 M 4:40-5:20pm \$75 Spirit

PRESCHOOL

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 June each year. Tuition is continuous and is processed through in-class registration. An additional \$10 materials fee is collected monthly. There is no online registration for this program.

Registration for the 2014 - 2015 school year will begin in May. A photocopy of the child's birth certificate and a \$50 deposit must be included with the registration form. Children must be completely potty trained to enroll. For more information about the program, please call (650) 286 - 3399.

Instructors: Chris Royce and Pam Sutter

Ages: 3 years by 9/1/13

401440-A Tu & Th 9-11:30am \$230/Month Preschool

Ages: 4 years by 9/1/13

401450-A M,W,F 9am-Noon \$355/Month Preschool



SPECIAL INTEREST

Pre-Public Speaking: Confident Communication

Want your child to be an effective class participant and successful public speaker? Confident Communication emphasizes skills critical to communicating with others. Students learn how to engage an audience, become better listeners, and build confidence. Detailed feedback, professional coaches! There will be a materials fee of \$15 payable to the instructor at the first class. For more information call (408) 777-8876, or visit www.communicationacademy.com. **No class on April 17.**

Instructor: Communication Academy

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

Ages: 5-6 yrs.

402437-A 4/3-6/5 Th 4-5pm \$245 Off Site

SPORTS & FITNESS

Mini Sports Stars Basketball

This class is a great way to introduce your child to the game of basketball. Kids will be taught dribbling, shooting, passing and defensive skills. All coaches shall adhere to the principles of the Positive Coaching Alliance. An adjustable basket is used to enhance enjoyment and skill development. Boosting children's self-esteem through sports is the #1 priority of this class. For more information please visit: www.minisportsstars.com. **No class on May 24.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive

Ages: 3-4 yrs.

402599-A 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-D 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-G 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Ages: 5-7 yrs.

402599-B 3/22-4/12 Sa 12:30-1:15pm \$75 Off Site

402599-E 4/19-5/10 Sa 12:30-1:15pm \$75 Off Site

402599-H 5/17-6/14 Sa 12:30-1:15pm \$75 Off Site

Little Angels Gymnastics

Welcome to the beautiful and exciting world of pre-school gymnastics. Peninsula Gymnastics provides preschool gymnastics for students from 20 months to 3 ½ years old in a safe, adaptable environment with trustworthy and experienced instructors. During these classes our little students develop their locomotor skills, elemental gymnastics, sensory motor skills, large and small muscle groups, their rhythms and music skills, and have fun too! **No class on May 26.**

Instructor: Jessica Webb

Ages: 20 mos.-2.5 yrs.

401535-A 3/31-6/9 M 10-10:55am \$140 Bluebird

Ages: 2.5-3.5 yrs.

401535-B 3/31-6/9 M 11-11:55am \$140 Bluebird

Gymnastics with Peninsula Gymnastics



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

Off Site Location: Peninsula Gymnastics, 1740 Leslie St. San Mateo

Ages: 2-4 years

401536-A 4/1-6/3 Tu 10-10:55am \$165 Off Site

401536-B 4/2-6/4 W 9-9:55am \$165 Off Site

Ages: 4-6 years

401536-C 4/1-6/3 Tu 2:30-3:25pm \$165 Off Site

401536-D 4/2-6/4 W 2-2:55pm \$165 Off Site



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 ready to be alone, but old enough to walk and talk. The adult must be able to skate unassisted. Please arrive 15 minutes early for this class. Warm, unrestrictive clothing, ankle high socks, and gloves or mittens are necessary. Helmets are encouraged. **No class on May 27.**

Instructor: Belmont Iceland Staff

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

Ages: 2-5 yrs. with a parent/guardian

401526-A 4/29-6/17 Tu 10:30-11:30am \$82 Off Site

Tot Intro. to Ice Skating

Make your little one's first ice skating experience a good one. Learn the basics of ice skating in our safe and nurturing environment. Skaters will gain skills and confidence to progress into our skating program. Please arrive 15 minutes early for class. Warm, nonrestrictive clothing, ankle high socks, and gloves or mittens are necessary. Helmets are encouraged. **No class on May 22.**

Instructor: Belmont Iceland Staff

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

Ages: 3-6 yrs.

401527-A 5/1-6/19 Th 6:15-6:45pm \$82 Off Site



Was your little one inspired by the Olympics? Ice skating is a fun way for kids to be active and practice coordination.

Pre-Karate 1 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and May 26.**

Instructor: Master Instructor Sensei Edwards and/or staff

Ages: 4.5-7 yrs.

401551-A 3/24-5/28 M 5-5:45pm \$106 Mist

Pre-Karate 2 – Pee Wee

Prerequisite of 2 or 3 sessions before moving on to a more advanced class. Karate uniform (Gi) is required. **No class on April 14 and 16, and May 26.**

Instructor: Master Instructor Sensei Edwards and/or staff

Ages: 5-8 yrs.

401552-A 3/24-5/28 M/W 5-5:45pm \$178 Mist

Mommy/Daddy & Me Soccer

Introduce yourself and 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. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won’t have to watch from the sidelines.

Instructor: Kidz Love Soccer Staff

Location: Leo Ryan Park Meadow

Ages: 2-3.5 yrs.

401591-A 4/11-5/23 F 6:15-6:45pm \$100 Leo Ryan

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: Leo Ryan Park Meadow

Ages/Description:

Tot Soccer – Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids.

Ages: 3.5-4 yrs.

401592-A 4/11-5/23 F 5:35-6:05pm \$100 Leo Ryan

Pre-Soccer – Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment.

Ages: 4-5 yrs.

401593-A 4/11-5/23 F 5-5:35pm \$100 Leo Ryan

Soccer 1 – Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually.

Ages: 5-6 yrs.

401594-A 4/11-5/23 F 4:15-5pm \$100 Leo Ryan

NEW and IMPROVED!

The Parks & Recreation Department is proud to announce a

NEW REGISTRATION SYSTEM!

Set up your new online account today!

<http://registration.fostercity.org>

Mini Sports Stars T-Ball

Your child will build self-esteem, coordination, and social skills while learning the basics of baseball/softball using special equipment as safety is a top priority. We will teach the basics of hitting, fielding, running the bases, and throwing. Dan Hibson and the Mini Sports Stars staff have been conducting t-ball classes on the Peninsula for over five years and the program has been a huge success. Please contact Dan Hibson at minisportsstars@gmail.com if you have any questions. Please meet in the grassy meadow of Leo Ryan Park. **No class on May 24. Class on April 5 and May 31 will be held at Farragut Park.**

Instructor: Dan Hibson

Off Site Location: Brewer Island Gym, 1151 Polynesia Drive

Ages: 3-5 yrs.

401589-A	3/22-4/12	Sa	11:30am-Noon	\$75	Leo Ryan
401589-B	4/19-5/10	Sa	11:30am-Noon	\$75	Leo Ryan
401589-C	5/17-6/14	Sa	11:30am-Noon	\$75	Leo Ryan

Terrific Tiny Tennis

Children, 4-7 years of age, play fun activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons, only 2-6 students. Students provide their own racket. We recommend the 23" to 25" rackets. **No classes the week of April 14-17 and no classes on Monday, May 26.**

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

402511-A	3/31-4/30	M & W	3:10-3:50pm	\$92
402511-D	5/12-6/9	M & W	3:10-3:50pm	\$92

Ages: 5-7 yrs.

402511-B	3/31-4/30	M & W	3:50-4:30pm	\$92
402511-C	4/1-5/1	Tu & Th	3:20-4pm	\$92
402511-E	5/12-6/9	M & W	3:50-4:30pm	\$92
402511-F	5/13-6/5	Tu & Th	3:20-4pm	\$92

Foster City Family Enrichment Series

Committed to strengthening families and communities through family education, the Foster City Family Enrichment Series is back for its second year. The Foster City Teen Center, the Foster City Police Department and the Foster City Library are pleased to present the following FREE family workshops for the 2013-2014 school year:

Wednesday, March 12, 2014

Drug Awareness Presentation for Parents

Presented by: Sgt. Leo Capovilla,
San Mateo County Sheriff's Office

This presentation will inform parents, teachers, school administrators, and youth workers on how to recognize substance use and abuse.

Wednesday, May 14, 2014

Basic Family First Aid and Disaster Preparedness

Presented by: Foster City Fire Department
Prepare your family and home for an emergency. Learn how to apply basic first aid to common injuries and how to formulate a family disaster preparedness plan.

All workshops will be held at the Foster City Teen Center (670 Shell Blvd.) from 6:30pm-8:30pm. We encourage you to reserve your spot for any of the presentations by calling 650.286.3395 or emailing thall@fostercity.org. The 2013-2014 Family Enrichment Series is sponsored by Gilead Sciences.

