

## 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. **No class on November 27.**

Instructor: Tammerlaine Burwell

Ages: 8-18 yrs.

202173-A 9/25-11/13 Th 4:30-6pm \$85 Ceramics

### Crochet 1

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult

203168-A 9/13-10/4 Sa 9-10:30am \$50 Sunfish

### Crochet 2

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

203169-A 10/25-11/15 Sa 9-10:30am \$50 Sunfish

### Knitting 1

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

Instructor: Jodi Pavey

Ages: 9 yrs.-Adult.

203166-A 9/13-10/4 Sa 10:30am-Noon \$50 Sunfish

### 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

203167-A 10/25-11/15 Sa 10:30am-Noon \$50 Sunfish

### Drawing with Young Rembrandts

NEW

Has your preschooler expressed an interest in drawing? If so, they will love Young Rembrandts drawing classes. Learning to draw basic shapes is a critical building block for every young artist. Our lessons will strengthen our students' core drawing skills as we introduce them to wonderful seasonal imagery. Lessons like acorns, fall leaves, and an apple tree will build into their skills and creativity. Playful characters will be our focus as we draw a clown, a scarecrow, and an imaginary monster inspired by a classic children's story. There's no better time than now to enroll your artist into a Young Rembrandts class. They will love it. **No class on November 11.**

Instructor: Young Rembrandts Staff

Ages: 3.5-5 yrs.

205101-A 9/16-11/18 Tu 3-4pm \$200 Spray

## Drawing

The children will learn to draw people, animals, flowers, and scenery. They will learn how to break things down into their basic shapes and how to recognize negative space. We will draw tropical birds in the rain forest, a floral picture with pastels and glitter glue, people skiing and ice skating, and a fall picture with scarecrows and pumpkins. There will be a lab fee of \$9 payable to Joanne Muller at the first class. There will be new projects for continuing students.

Instructor: Joanne Muller

Ages: 7-14 yrs.

202121-A 9/16-10/14 Tu 3:30-5pm \$55 Bluebird

## Drawing and Painting

Drawing and Painting is a continuation of Drawing I but may be taken separately. We will paint a fall picture with autumn leaves and a winter snow scene. We will also do a scratch art picture, draw a still life with a harvest theme, and do a self-portrait. Continuing students may do different projects. There will be a fee of \$10 for supplies payable to Joanne Muller at the first class. **No class on November 11.**

Instructor: Joanne Muller

Ages: 7-14 yrs.

202122-A 10/21-11/25 Tu 3:30-5pm \$55 Bluebird



## 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). Parents are welcome to watch the first and last class.

Instructor: Sheri Alonso

Ages: 4-6 yrs.

201331-A 9/18-11/20 Th 3-3:40pm \$115 Spirit

### Ballet Technique

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

Instructor: Sheri Alonso

Ages: 6-11 yrs.

201331-B 9/18-11/20 Th 3:45-4:45pm \$125 Spirit

### Ballet 1

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

Instructor: Sheri Alonso

Ages: 8-13 yrs.

201331-C 9/18-11/20 Th 4:45-5:45pm \$125 Spirit

## Guitar

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

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

202217-A 9/18-11/20 Th 6:30-7:20pm \$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.

202217-B 9/18-11/20 Th 7:30-8:20pm \$240 Off Site

**Advanced** - All students will begin with Book Three (with CD), which will help them both read at a more advanced level and learn new chords. The goal of this class is to prepare students for playing in a group setting such as the school jazz band, a spiritual group, or even their own band of friends. Students must supply their own guitars.

202217-C 9/18-11/20 Th 5:30-6:20pm \$240 Off Site

## Piano, Beginning

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

Instructor: Music Art Staff

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

Ages: 5-7 yrs.

202207-C 9/17-11/19 W 3:30-4:20pm \$237 Off Site

202207-D 9/17-11/19 W 4:30-5:20pm \$237 Off Site

Ages: 6-9 yrs.

202207-E 9/17-11/19 W 5:30-6:20pm \$237 Off Site

Ages: 6-10 yrs.

202207-A 9/16-11/25 Tu 5-5:50pm \$237 Off Site

202207-B 9/16-11/25 Tu 6-6:50pm \$237 Off Site

Ages: 7-11 yrs.

202207-F 9/17-11/19 W 6:30-7:20pm \$237 Off Site

## 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.

Instructor: Music Art Staff

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

Ages: 8-13 yrs.

202227-A 9/18-11/20 Th 3:30-4:20pm \$230 Off Site



**Foster City Parks & Recreation**  
is now on Facebook!  
LIKE our page for all the latest updates!  
[www.facebook.com/FosterCityRecreation](http://www.facebook.com/FosterCityRecreation)

### Pre-Tap

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

Instructor: Sheri Alonso

Ages: 4-5 yrs.

201332-A 9/17-11/19 W 1-1:40pm \$115 Spirit

### Tap Intro

This class is designed for students with little or no tap experience. This class will focus on the basic tap steps including a variety of shuffles, flaps, slaps and more. Students will work both center and across the floor. Please wear leotard (with no skirt attached as it can be a distraction) and tap shoes. Parents are invited to watch the last class. **No class on November 11.**

Instructor: Sheri Alonso

Ages: 6-10 yrs.

201332-B 9/16-11/18 Tu 5:30-6:15pm \$115 Spirit

### Tap I

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

Instructor: Sheri Alonso

Ages: 7-11 yrs.

201332-C 9/18-11/20 Th 5:45-6:45pm \$125 Spirit

### Tap Dancing for Teens and Adults

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

Instructor: Melissa Cheu

Ages: 12 yrs.-Adult

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

203347-A 9/17-11/19 W 8:20-9:05pm \$80 Spirit

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

203347-B 9/17-11/19 W 6:10-7:10pm \$85 Spirit

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

203347-C 9/17-11/19 W 7:15-8:15pm \$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: 8-13 yrs.

202228-A 9/15-11/17 M 6-6:50pm \$230 Off Site

Ages: 14 yrs.-Adult

202228-B 9/15-11/17 M 7-7:50pm \$230 Off Site

# Hillbarn Theatre Conservatory

In our FUN and exciting programs in theater acting and voice, students will learn many aspects of performing with the highest caliber of faculty at Hillbarn Theatre! Through a combination of classes and a fully-produced musical production, we offers theatrical training to artists of all ages and experience.

## Fallstage "Disney's ALADDIN Jr."



All of your favorite characters from the hit Disney film and Broadway spectacle are here in Disney's ALADDIN JR, a musical adventure filled with magic, mayhem, and flying carpet rides. An ensemble of townspeople, shop owners, harem girls, and princes sing the tuneful, accessible Academy award-winning score, with songs by Alan Menken, Howard Ashman, and Tim Rice, including "A Whole New World" and "Friend Like Me." This glittery musical is perfect for young performers of all ages and experience levels!

Ages: 8 and up

Dates: September 2 – November 9

Time: Tuesdays & Thursdays 3:30-5:30pm

Shows: November 7 & 8 at 7:30pm & November 9 at 2:00pm

Tuition: \$325

## StarTots/StarShiners FallStage – Ages 4-6 and 6-8

Are you looking for an outlet for your child who is always singing and dancing around the house? Our classes are geared for the child who loves to perform, and is ready for some training! In this class, students will learn theater basics by playing confidence-building theater games, doing improvisation, learning choreography, and working on their voices in song. The session will culminate in a recital performance on the mainstage at Hillbarn. With this program, we seek to ignite in each child a love of theater, while also introducing valuable life skills including: team work, public speaking and refined social and emotional skills.

Dates: September 10 – November 12

Time: Wednesdays 2:45-3:45; Ages 4-5 Star Tots

Wednesdays 2:45-3:45; Ages 6-8 Star Shiners

Tuition: \$195



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

For more information, call:

650-349-6411 x304

## Teen Acting

This class provides training for intermediate actors looking to take their acting skills a notch higher. Students will work on voice, diction and character development through posture and language exercises, scene study, monologue, and theater and improv games.

Ages: 13 and up

Dates: September 10 – November 12

Time: Wednesdays 4:00-5:30

Tuition: \$195

**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! 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

203401-A 11/15 Sa 9am-3pm \$25 Off Site

**Emergency Preparedness**

Let the Fire Department teach you how you can prepare your family and home for a disaster. Being prepared can make a big difference in how effectively we can respond to emergencies. 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

203402-A 10/18 Sa 9-11am Free Off Site

**Freshi Animation Creators: 3D Animation**



Use Blender Software to create short 3D Animations using primary objects (cubes, spheres and cylinders). Once you are familiar with the animation process, you will dive into 3D Modeling which includes creating geometric faces, vertices, and edges. Create your own basic 3D creatures in this cutting edge class.

Instructor: Freshi Media Staff

Off Site Location: Barrett Community Center, 1835 Belburn Drive, Belmont

Ages: 10-15 yrs.

202443-A 9/22-11/3 M 4-5:15pm \$137 Off Site

**Jr. Robotics Using LEGO WeDo**



Build and program robots in this introductory Robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs

Instructor: Play-Well Teknologies

Ages: 6-8 yrs.

202430-A 9/25-10/30 Th 3:30-5pm \$200 Bluebird

**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 Olympiad scores. Different topics covered each quarter; courses can be taken in any order. A materials fee of \$25 is due at the first day of class. For information call (408) 777-8876, or visit [www.communication-academy.com](http://www.communication-academy.com). **No class on November 29.**

Instructor: Communication Academy

Ages: 7-8 yrs.

202457-A 10/4-12/13 Sa 10:45-11:45am \$265 Spray

Ages: 9-11 yrs.

202457-B 10/4-12/13 Sa 9:30-10:30am \$265 Spray

## Pre-Public Speaking: Confident Speech

Want your child to be an effective class participant and successful public speaker? Confidence is the key! Confident Speech students learn how to overcome nervousness, speak clearly, use nonverbal communication, and organize ideas. Students build confidence and develop a strong public speaking foundation. 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](http://www.communicationacademy.com). **No class on November 27.**

Instructor: Communication Academy

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

Ages: 5-6 yrs.

202437-A 10/2-12/11 Th 4-5pm \$255 Off Site

Ages: 7-8 yrs.

202437-B 10/2-12/11 Th 5:15-6:15pm \$255 Off Site

## Public Speaking: Persuasive

Based on Common Core standards, Persuasive Speech teaches the oral skills of persuasion. Students will learn how to develop a well-organized and cohesive argument to sway an audience. Detailed feedback, professional coaches. First and final speeches recorded on DVD. A materials fee of \$25 is due at the first day of class. For more information call (408)777-8876, or visit [www.communicationacademy.com](http://www.communicationacademy.com). **No class on November 29.**

Instructor: Communication Academy

Ages: 9-11 yrs.

202447-A 10/4-12/13 Sa 2:15-3:15pm \$265 Spray

Ages: 11-14 yrs.

202447-B 10/4-12/13 Sa 1-2pm \$265 Spray

## Wednesday Enrichment @ Foster City School and Audubon Elementary School

Hey parents, if your child is attending Foster City School or Audubon Elementary School sign them up for our Wednesday Enrichment program. Classes are held directly after lunch and students stay on campus during early dismissal day to participate in our exciting classes offered. That's right you don't have to worry about picking them up early on Wednesdays! All classes are taught by well qualified instructors and range from a variety of activities such as Academic Chess to Jr. Jazzercise. Look in your child's weekly envelope for more information or call (650) 286-3380. *(Wednesday Enrichment is only for students attending Foster City School or Audubon Elementary school grades 1<sup>st</sup> through 5<sup>th</sup>).*

## Chinese Exploration

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

Instructor: Bright Horizon Chinese School teachers



Foster City Parks & Recreation  
is now on Facebook!  
LIKE our page for all the latest updates!  
[www.facebook.com/FosterCityRecreation](http://www.facebook.com/FosterCityRecreation)

**SPORTS & FITNESS**

**Hakua Kai Karate**

Build self-confidence and physical strength as you learn the skill and movements of the traditional art of Japanese Karate-Do. Classes will combine lecture and physical training. You will gain positive spirit, good health, and learn self-defense. A Karate (Gi) uniform is required for all classes, and can be purchased from the instructor. See individual class descriptions below.

Instructor: Master Instructor Sensei Edwards, 7th Degree Black Belt and/or staff

**Karate, Intro/Beginning**

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.

Ages: 5-13 yrs.

202553-A 9/22-11/24 M 5-5:45pm \$116 Mist

202553-B 9/24-11/26 W 5-5:45pm \$116 Mist

**Karate, Advanced Beginner**

This course will combine lecture and physical training in Japanese Karate which will stress more advance basic level of blocking, kicking, punching, and striking. Contents to include skill drills, Kihon, Kata and Kumite. Not for the first time students.

Ages: 7-16 yrs.

202554-A 9/22-11/26 M&W 5:45-6:30pm \$205 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.

202555-A 9/22-11/26 M&W 6:30-7:15pm \$205 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.

Ages: 7 yrs.-Adult

202556-A 9/22-11/24 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.

Ages: 9 yrs.-Adult

202556-B 9/24-11/26 W 7:15-8pm \$45 Mist

## 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 November 27.**

Instructor: Belmont Iceland Staff

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

Ages: 7-12 yrs.

202528-A 9/4-10/9 Th 6:15-6:45pm \$70 Off Site

202528-B 10/23-12/11 Th 6:15-6:45pm \$82 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: 4-6 yrs.

201536-C 9/16-11/25 Tu 2:30-3:25pm \$165 Off Site

201536-D 9/17-11/19 W 2-2:55pm \$165 Off Site

## Indoor Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this fall? At Planet Granite in Belmont your kids will learn to climb, play climbing games, and meet other young climbers. A liability waiver is required to be filled out on the first day of class by a parent or legal guardian only.

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

Instructor: Planet Granite Staff

Age Level: 5-13 yrs.

201540-A 9/9-10/7 Tu 4-6pm \$170 Off Site

201540-B 9/11-10/9 Th 4-6pm \$170 Off Site

201540-C 9/12-10/10 F 4-6pm \$170 Off Site

201540-D 10/14-11/11 Tu 4-6pm \$170 Off Site

201540-E 10/16-11/13 Th 4-6pm \$170 Off Site

201540-F 10/17-11/14 F 4-6pm \$170 Off Site

201540-G 11/18-12/16 Tu 4-6pm \$170 Off Site

201540-H 11/21-12/19 F 4-6pm \$170 Off Site

## Society Skateboarding

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

Instructor: Society Skateboarding Staff

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

Ages: 5-12 yrs.

202545-A 9/13-10/11 Sa 11am-1pm \$125 Off Site

202545-B 10/18-11/15 Sa 11am-1pm \$125 Off Site

202545-C 11/22-12/20 Sa 11am-1pm \$125 Off Site

## 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](http://www.kidzlovesoccer.com) for more information. Shin guards are required after the first meeting. Note: Rainout hotline is 1-888-372-5803. All participants will receive a Kidz Love Soccer jersey!

Instructor: Kidz Love Soccer Staff

Location: Edgewater Park, Foster City

Ages/Description:

### Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids. Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Ages: 3.5-5 yrs.

201592-A 9/19-11/7 F 3:50-4:25pm \$114 Edgewater

### Soccer 1: Techniques & Teamwork

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. All participants will receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5-6 yrs.

201594-A 9/19-11/7 F 4:25-5:10pm \$114 Edgewater

### 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 focus on scrimmages that emphasize application of finer technical points. 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.

201595-A 9/19-10/17 F 6-6:45pm \$79 Edgewater

## 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 lessons November 24-November 27.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

Ages: 4-6 yrs.

202511-A 9/8-10/1 M & W 3:40-4:20pm \$95

202511-D 10/13-11/5 M & W 3:40-4:20pm \$95

Ages: 5-7 yrs.

202511-B 9/8-10/1 M & W 4:20-5pm \$95

202511-C 9/9-10/2 Tu & Th 3:20-4pm \$95

202511-E 10/13-11/5 M & W 4:20-5pm \$95

202511-F 10/14-11/6 Tu & Th 3:20-4pm \$95

202511-G 11/18-12/4 Tu & Th 3:30-4:30pm \$75

## Tennis Skill Level Descriptions

Tennis is the sport for everyone! Enjoy top-flight instruction! Youth (9-14) classes of 3-8 students will consist of six hours of instruction. Classes of two students will be converted into four lessons. Students provide own rackets.

**Youth Quickstart:** Kids 9-10 years old will enhance their skill development with low compression tennis balls on the “60 ft. court”. Play to learn!

**Novice:** 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 medium paced shots but need to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance enhancing skills.

## Tennis, Youth

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

### No lessons November 24-November 27.

Please see the Tennis Skill Levels Descriptions for more details.

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

Instructors: Stanford/Whitlinger & Sarsfield Tennis

### Quickstart Tennis

Ages: 8-10 yrs.

202521-A	9/8-10/1	M & W	5-6pm	\$95
202521-B	9/9-10/2	Tu & Th	4-5pm	\$95
202521-C	10/13-11/5	M & W	5-6pm	\$95
202521-D	10/14-11/6	Tu & Th	4-5pm	\$95
202521-E	11/17-12/3	M & W	4-5:30pm	\$75

### Novice

Ages: 11-14 yrs.

202521-F	9/9-10/2	Tu & Th	5-6pm	\$95
202521-G	10/14-11/6	Tu & Th	5-6pm	\$95
202521-H	11/18-12/4	Tu & Th	4:30-6pm	\$75

### Intermediate

Ages: 11-14 yrs.

202521-I	9/8-10/1	M & W	6:30-7:30pm	\$95
202521-J	10/13-11/5	M & W	6:30-7:30pm	\$95
202521-K	11/17-12/3	M & W	6-7:30pm	\$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.



## Tennis, Teen & Adult

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

### No lessons November 24-27.

Instructors: Stanford/Whitlinger & Sarsfield Tennis

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

Ages: 15 yrs.-Adult

### Novice

203531-A	9/9-10/2	Tu & Th	6:30-7:30pm	\$95
203531-B	10/14-11/6	Tu & Th	6:30-7:30pm	\$95

### Intermediate

203531-C	9/9-10/2	Tu & Th	7:30-8:30pm	\$95
203531-D	10/14-11/6	Tu & Th	7:30-8:30pm	\$95
203531-E	11/18-12/4	Tu & Th	6:30-8pm	\$75

### High Intermediate

203531-F	9/8-10/1	M & W	7:30-8:30pm	\$95
203531-G	10/13-11/5	M & W	7:30-8:30pm	\$95
203531-H	11/17-12/3	M & W	7:30-9pm	\$75

### Individual Tennis Lessons, Stanford Tennis

See page 35 for details.

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

See page 35 for details.

Location: Boothbay Park

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

**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.

Instructor: Clint Steele

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

Ages: 14 yrs.-Adult

203505-A 9/15-12/15 M 7-10pm \$87 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

203506-A 9/17-12/17 W 7-10pm \$87 Off Site

**Support the Youth and Teen Foundation!**

The Foster City Youth and 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 on today's working families.

The Foster City Youth and Teen Foundation's purpose is to provide resources and funding for amenities and supplies for the City's youth and teen programs. With the community's help, we can enhance our facilities and programs for our local youth and teens. Patrons that contribute \$100 or more are eligible to have their name displayed on a recognition wall in the new teen center! For more information on the Youth and Teen Foundation or to make a tax-deductible donation, please contact Tiffany Hall at (650) 286-3395 or email [thall@fostercity.org](mailto:thall@fostercity.org).



## 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. 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 2014-2015 school year:

Wednesday, November 5, 2014

### **Internet Safety**

Presented by: Foster City Police Department

Wednesday, January 14, 2015

### **Learning to Let Go- Freedom with Children and Teens**

Presented by: Cynthia Klein, Certified Parent Educator

Wednesday, March 11, 2015

### **Women's Self Defense Class (13+)**

Presented by: Gold Medal Martial Arts

Wednesday, May 13, 2015

### **Drug Awareness Presentation for Parents**

Presented by: San Mateo County Sheriff's Office

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 above presentations by calling 286-3395 or emailing [thall@fostercity.org](mailto:thall@fostercity.org). The 2014-2015 Family Enrichment Series is sponsored by Gilead Sciences.



# Winter Break Fun

## 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 couple of fun-filled sessions 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.



Activity #	Dates	Day	Time	Fee	Location
<b>Session 1</b>					
305702-A1	12/22-12/23	M-Tu	9am-4pm	\$76	The Vibe
305702-A2	12/22-12/23	M-Tu	Extended Care	\$16	The Vibe
<b>Session 2</b>					
305702-B1	12/29-12/30	M-Tu	9am-4pm	\$76	The Vibe
305702-B2	12/29-12/30	M-Tu	Extended Care	\$16	The Vibe



## Society Skateboarding- Winter Camp

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

Instructor: Society Skateboarding Staff

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

Ages: 5-12 yrs.

205560-A	12/22-12/24	M-W	1-4pm	\$111	Off Site
205560-B	12/29-12/31	M-W	1-4pm	\$111	Off Site
205560-C	01/05-01/09	M-F	1-4pm	\$185	Off Site

## Circus on Stage Gymnastics- Winter Camp

Camp includes gymnastics, tumbling, and “circus art dance,” which combines dance and stage movement. Children will work on the tumble trak, rings, trapeze, balance beam, bars, Olympic size padded floor, a foam filled pit, and two in-ground trampolines. Circus Show every Friday at 2:15pm. Campers, please bring a lunch daily. Free supervision available from 8-9am and after care available for a fee for full day camps from 4-6pm. Full day camp also includes a trip to Trinta Park. For more information, visit [www.peninsulagym.com](http://www.peninsulagym.com) or call (650)571-7555.

Instructor: Peninsula Gymnastics USAG Certified Staff

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

Ages: 3.5-5.5 yrs.

205535-A 1/5-1/9 M-F 8am-4pm \$185 Off Site

Ages 5.5-12 yrs.

205535-B 1/5-1/9 M-F 8am-4pm \$185 Off Site

## Winter Fun Days @ Belmont Iceland

Spend a fun day at Belmont Iceland. Mom and Dad this is your chance to finish your shopping or to recover after the holidays, while your kids have a blast on the ice. Kids will learn to skate, play games, and build snowmen. There will be many different entertaining activities on and off the ice. No skating experience is necessary. Warm, loose clothing and gloves or mittens are necessary.

Instructor: Belmont Iceland Staff

Ages: 4-12

205528-A	12/22	M	10am-4pm	\$70	Off Site
205528-B	12/23	Tu	10am-4pm	\$70	Off Site
205528-C	1/2	F	10am-4pm	\$70	Off Site

