

CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES

SPECIAL EVENTS

Special Events At-A-Glance



FALL PLANT EXCHANGE SEPT 26 10am-12pm Hillview Parking Lot FREE! (Rain or shine!) Must bring plants to exchange. More info? 947-2790

52ND ANNUAL HALLOWEEN WINDOW PAINTING CONTEST

Ост 22-24 Downtown Los Altos More info? 947-2790

ACTERRA'S FALL WORK DAYS

Redwood Grove Weekend work days are held 1-2 times each month. Info? Acterra.org/stewardship



Los Altos Recreation & **Community Services Department**

> LosAltosRecreation.org 947-2790

FRIDAYS / PG 41: MORE DEETS 7-9PM

We've added a few new twists to this Los Altos tradition. LAYC Dances are for all 7th and 8th graders living in Los Altos or attending a school located in Los Altos. Your teen can join in on the fun! Check us out!

Rental Space for Holiday Fun

Holiday gatherings are around the corner. And we have just the space for you!

Take a look at our inside back cover to see the options available here within the City of Los Altos, including:

- Garden House at Shoup Park (with kitchen facilities)
- San Antonio Club for the younger set (with kitchen facilities)
- Two Multi-Purpose Rooms (with kitchen facilities)
- The Underground Teen Center for youth 11-18 yrs
- Hillview Social Hall
- Classrooms + more!

Volunteer ogram

Come volunteer with us! We have many opportunities for you to do great things with good people! Page 42 has the info you could just be looking for!

52ND ANNUAL HALLOWEEN WINDOW PAINTING CONTEST OCTOBER 22-24 PAINT A DOWNTOWN STORE WINDOW!



• Open to all 4th-12th grade students in the Los Altos area. Spaces are limited! REGISTER NOW!

• Register on-line OR come to the Recreation & Community Services office.

• Registration must be completed on or before Thursday, 10/15, at 5pm.

• Window assignments are made by the Recreation & Community Services Dept and will be posted online at LosAltosRecreation.org and emailed to contestants on or before Tuesday, 10/20.

- *Painting times are Th/F: 2-5pm; Sat: 8am-5pm.
- Full set of painting times, rules & regulations available online.
- Special requests? Email gmilano@losaltosca.gov. Sponsored by Los Altos Recreation & Community Services in cooperation with the Los Altos Village Association.

| Downtowr | I LOS AITOS | WINDOW IBA |
|------------------------------|-------------|-------------|
| 210810-04 | | 4th graders |
| Thu-Sat | 10/22-10/24 | times vary* |
| 210810-05 | | 5th graders |
| Thu-Sat | 10/22-10/24 | times vary* |
| 210810-06 | | 6th graders |
| Thu-Sat | 10/22-10/24 | times vary* |
| 210810-07 | | 7th graders |
| Thu-Sat | 10/22-10/24 | times vary* |
| 210810-08 | | 8th graders |
| Thu-Sat | 10/22-10/24 | times vary* |
| 210810-09 | | high school |
| Thu-Sat | 10/22-10/24 | times vary* |
| Residents & All Others FREE! | | |
| *As posted to left | | |

WELCOME



Los Altos Recreation & Community Services Department

97 Hillview Avenue Los Altos, California 94022 Tel: 947-2790 Fax: 947-2738 LosAltosRecreation.org Office hours: Monday-Friday, 8am-5pm

Recreation Commissions

Parks & Recreation

Jack Tooley *Chair* William James Vice *Chair* Larry Baron Elizabeth Engle Neysa Fligor Pradeep Parmar

Library

Cindy Hill Chair Kishen Bhagavan Vice Chair Mukesh Agarwal Richard Liu Cathie Perga Judie Suelzle

Senior Frank Martin *Chair* Ashish Mathur *Vice Chair* Jim Basiji Bart Nelson Sue Russell Arnie Testa

Youth

Vikram Bharati Cole Brinsfield Ryan Chandra Diego Ibarra Annie Iverson Drishaan Jain Devika Kumar Anooshka Shetty Rahul Shukla Elizabeth Small Vignesh Suresh

Commissions serve as advisory bodies to the Los Altos City Council. Find more information about these commissions at losaltosca.gov/cc

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ABOUT THE COVER...

Grant Park now hosts the Senior Program each Wednesday in the multi-purpose room! From 10am-2pm, seniors (50+yrs) can enjoy an array of activities or simply visit with friends. Page 39 has full details.

Unless otherwise stated, all telephone numbers herein are area code (650). Cover photo: maltphoto@comcast.net

Finy Tots Programs Preschool & Kinder Prep

Enrolling for 2015-2016 School Year



Teriffic 3s 9:30am-12pm Tuesday/Thursday

Fabulous 4s

9:30am-12pm Monday/Wednesday/Friday

Kinder Prep 8:45-11:45am Monday-Friday

For more information please visit losAltosRecreation.org or call 947-2890 to schedule your tour today!



SUPER BIG



WITH THE GENEROUS SUPPORT OF THESE SPONSORS, WE WERE ABLE TO SING ALONG AND DANCE ALL SUMMER!

PLATINUM SPONSORS







TO OUR

SPONSORS

GOLD SPONSORS





ORTHODONTICS

Edward Jones INVESTMENTS Cynthia A Wemyss CFP









IKB

ADULT Classes

ART & CRAFTS

ARTVENTURES

Visual artists of all genres and levels are welcome to bring your current project to work amongst others in a supportive environment.

Registration Note: Register for the quarter outlined below or drop ins also welcome: \$1 for Senior Program members; \$3 for all others.

| Hillview Rm 12 | Various | |
|--------------------------------------|-------------|--|
| 645514-04 | 50+yrs | |
| Wed 9/9-12/23 | 9:30am-12pm | |
| Senior Program Members \$16 | | |
| All Others \$48* | | |
| *For Senior Program membership info, | | |

plus all our Senior Program offerings, please see pg 38.

RONA FOSTER ART ronafoster.com

NEW! Loving Who You Are: An Afternoon Art Retreat

Connect with your Creative Self! Take time to appreciate the special person that you are in this reflective art experience! A guided process to awaken self-love through ART, JOURNALING, AND GUIDED VISUALIZATION. No art experience necessary. Bring a journal and a pen!

| Hillview Rm 13 | 5 | Foster |
|-------------------|-------------|------------------|
| 230530-01 | | 18+yrs |
| Sat | 10/17 | <u>1-4pm</u> |
| Residents \$57* | | All Others \$66* |
| *Materials fee of | \$10 due fi | rst day. |

Collage & Mixed Media

Come learn a variety of collage techniques. The use of acrylic paint, gels, mediums, colorful paper, creating texture and stenciling will all be included. Come for a fun time of art making. Artists of all levels (including beginners) are welcome.

| Hillview Rm 13 | | Foster |
|----------------|-------|------------------|
| 230523-01 | | 18+yrs |
| Tue | 10/27 | 6-8:30pm |
| 230523-02 | | 18+yrs |
| Tue | 11/10 | 6-8:30pm |
| Residents \$57 | 7* | All Others \$66* |
| | (| <i>a</i> |

*Materials fee of \$20 due first day.



iPAD[®] ART

Learn how to use your iPad to draw, paint and make exciting photo collages. You can learn to make cards and even illustrate your own books, as well as create artistic masterpieces.

Equipment Note: Must bring own iPad with IOS 7 or higher and download two apps: Paper 53 and Procreate.

Note: Printing fees charged for 3D printing as prearranged with student.

| Hillview Room 18 | | | Mustard |
|------------------|------------|-------|--------------|
| 230525-01 | Interme | diate | 18+yrs |
| Fri | 9/18-10/23 | | 9:30-11am |
| Residents \$ | 102 | All | Others \$120 |
| HV RM 18 | | | Mustard |

| 230525-02 | Beginners | 18+yrs |
|--------------|------------|------------------|
| Fri | 10/30-12/4 | 10am-12:30pm |
| No class 11 | /27 | |
| Residents \$ | 92 | All Others \$108 |

MACHINE SEWING FOR KIDS & ADULTS

Certified Sewing Instructor Debbie Nelson supplies everything, including computerized machines. This class info is listed in the Youth Class section, although appropriate for adults, too. Contact instructor with any questions: dnelson6@gmail.com

WATERCOLOR FOR ALL LEVELS

This watercolor class is suitable for all students: beginning, intermediate and experienced. There will be a short demonstration at the beginning of each class. Students will then have the remainder of the class to practice and apply what they have learned.

Equipment Note: A materials list will be provided in advance and students will be expected to bring their materials the first day of class. If the instructor provides the photos from which we paint, there will be a \$5 lab fee per student to cover the copies.

| Hillview Rm 13 | | Oliver |
|-----------------|--|------------------|
| 230514-01 | | 18+yrs |
| Fri 10/16-12/11 | | 9am-12pm |
| No class 11/27 | | |
| Residents \$142 | | All Others \$168 |

DANCE & FITNESS

BABY BOOT CAMP

Baby Boot Camp is a 75-minute stroller fitness class. Get an all-body workout including cardiovascular drills, strength training and exercises designed to restore your core... all while being with your baby! For moms and caretakers.

Required: Prenatal women must have a doctor's note and postpartum women (6-8 weeks) must have their doctor's verbal consent to participate.

Equipment Notes: 1. Exercise kits are required for first-time participants and can be purchased from the instructor for \$49. 2. Make sure to bring a yoga mat or towel, water, toys and snacks for your baby and a stroller. (A jogging type stroller is recommended.)

New Student Note: Try Baby Boot Camp on us! Contact the instructor at samantha.bartholomew@babybootcamp. com to set up your first class free. BABY BOOT CAMP IS AN ON-GOING

PROGRAM. REGISTER AT CLASS OR BY CONTACTING THE INSTRUCTOR ANYTIME!

Registration Note: Register at class. Classes range from \$10-\$13 depending on number of classes purchased.

In case of rain, please contact the instructor at (408) 412-1080.

Rancho San Antonio Open Space Preserve*

Bartholomew

No code required 18+yrs Mon/Wed/Fri on-going 9:30-10:45am No class 9/7, 9/16, 9/18, 11/27, 12/21, 12/23, 12/25, 12/28, 12/30 *Meet at the information booth near restrooms.

BALLROOM DANCE

Ballroom dancing produces significant mental and physical health benefits: it relieves stress, stimulates the brain, builds confidence, all while toning the whole body! For this session, we'll concentrate on the waltz, tango, rumba, cha cha, and East Coast swing.

Equipment Note: Please wear non-stick shoes.

| Shoup Park Garden Hou | ise Minev |
|------------------------------|-------------------|
| 230202-01 | 18+yrs |
| Thu 9/10-12/10 | 7-8pm |
| <u>No class 11/12, 11/26</u> | |
| Residents \$192* | All Others \$228* |
| *Fee is per person. | |



BELLY DANCE WITH RAWIYAH

Beginning Belly Dance

An introduction of classic movements, music and rhythms of the Middle East. Have fun dancing while learning to identify and isolate muscle groups and use finger cymbals (zills). This low-impact workout welcomes all abilities and body types.

Required: 1. Wear comfortable clothing, a hip wrap and dance slippers. 2. Finger cymbals (zills) required; information regarding purchase given at first class.

| Hillview Rm 4 | | Rawiyah |
|----------------|-----------|-----------------|
| 230208-01 | | 12+yrs |
| Wed | 9/9-10/14 | 7-8pm |
| Residents \$57 | | All Others \$66 |

Belly Dance Intermediate/Advanced

This class prepares dancers to perform for an audience, focusing on precision, musicality, and expression, as well as performer etiquette. The last class serves as a recital where students demonstrate their new skills. It's a hafla – a belly dance party!

Prerequisite: Beginning Belly Dance

| Hillview Rm 4 | | Rawiyah |
|----------------|-----------|-----------------|
| 230236-01 | | 12+yrs |
| Wed | 9/9-10/14 | 8-9pm |
| Residents \$57 | | All Others \$66 |

CONTEMPORARY CREATIVE DANCE

This is an all-inclusive course exploring the artistic mind and movement through a series of inquiry-based creative workshops, developing contemporary techniques and ideas, led by London-based dance artist Rachel Silveria.

Required: Dancers are required to be barefoot and to wear comfortable clothing.

| Hillview MPR | | Silveria |
|----------------|------------|-----------------|
| 230213-01 | | 18+yrs |
| Mon | 9/21-10/26 | 6-7pm |
| 230213-02 | | 18+yrs |
| Mon | 11/2-12/14 | 6-7pm |
| No class 11/23 | | |
| Residents \$68 | | All Others \$79 |

HALPER'S FITNESS

fitnesshalpers.com 479-5955

Bodyweight Boot Camp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends: our Bodyweight Boot Camps are perfect for you. For more information contact Adam Halper.

Equipment Note: Please bring yoga mat.

Los Altos Hills Council Chambers Halper

| 645105-03 | | 50+yrs |
|-----------------------------------|------------------------|--------------|
| Mon/Wed | 9/21-10/14 | <u>6-7am</u> |
| 645105-05 | | 18+yrs |
| Mon/Wed | 10/19-11/11 | 6-7am |
| 645105-07 | | 18+yrs |
| Mon/Wed | 11/16-12/9 | 6-7am |
| Senior Prograr All Others \$17 | n Members \$160 '0* | |

Hillview MPR

| 645105-04 | | 50+yrs |
|----------------|-----------------|-------------|
| Mon/Wed | 9/21-10/14 | 8:45-9:45am |
| 645105-06 | | 18+yrs |
| Mon/Wed | 10/19-11/11 | 8:45-9:45am |
| 645105-08 | | 18+yrs |
| Mon/Wed | 11/16-12/9 | 8:45-9:45am |
| Senior Progr | am Members \$16 | 50 |
| All Others \$1 | 170* | |

Halper

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

Fun + Fitness

(formerly Fitness 4 Seniors)

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance.

Equipment Note: Resistance band, Pilate's ball, and your choice of dumbbell weight between 1-10lbs required.

For more information contact Adam Halper.

Los Altos Hills Council Chambers Halper

645106-02 50+yrs Mon/Wed 9/21-10/14 11:45am-12:45pm 645106-03 50+yrs Mon/Wed 10/19-11/11 11:45am-12:45pm 645106-04 50+yrs Mon/Wed 11/16-12/9 11:45am-12:45pm 645106-05 50+yrs Mon/Wed 12/14-1/6 11:45am-12:45pm Senior Program Members \$160 All Others \$170* *For Senior Program membership info, plus all our Senior Program offerings,

please see pg 38.

JACKI SORENSEN'S FITNESS CLASSES

StrongStep

Jacki's StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, ab work, and stretching. Participate at your own level. Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Equipment Note: Bring mat or towel for floor work. Steps provided.

| Hillview Social Hall | | Franich |
|---|----------|-------------|
| No code requ | uired | 18+yrs |
| Mon/Wed | on-going | 8:30-9:30am |
| Register at class; 10 classes for \$60. | | |
| First week FR | EE! | |



JAZZERCISE®

Jazzercise®

JAZZERCISE is a 60-minute class incorporating cardio, strength and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, kickboxing, and resistance training and bundled them into one hour. All ages, levels and sizes welcome.

New Student Note: Try Jazzercise on us! Come in and receive a free week pass!

| Georgi Shea | 941-3141 |
|--|----------------|
| Jerome Flowers | (408) 279-5277 |
| Nicole Brekke | (408) 773-8660 |
| Nisa Leone | (408) 505-2048 |
| JAZZERCISE IS AN ON-C REGISTER AT CLASS, AN | |

| LAYC | | Brekke |
|----------------------------|--------------------|--------------------------|
| No code rec | quired | 18+yrs |
| Mon/Wed/F | ri on-going | 9:15-10:15am |
| | | |
| LAYC | | Flowers |
| LAYC No code rec | quired | Flowers 18+yrs |
| | quired on-going | |

| Sat | on-going | <u>9-10am</u> |
|------------------|----------|---------------|
| Blach Gym | | Shea |
| No code requ | uired | 18+yrs |
| Mon/Wed | on-going | 6-7pm |
| No code requ | uired | 18+yrs |
| Tue/Thu | on-going | 6:30-7:30pm |
| No code required | | 18+yrs |
| Sat | on-going | 8:30-9:30am |

| Grant Park MF | PR | Leone |
|-----------------|----------|-------------|
| No code require | d | 18+yrs |
| Mon/Tue/Thu | on-going | 9-10am |
| No code require | d | 18+yrs |
| Sun | on-going | 8:30-9:30am |

Jazzercise[®] Personal Touch

Jazzercise Personal Touch is a training program designed by Jazzercise to improve strength training and learn proper alignment and technique. These small group sessions will focus on different muscle groups using weights, tubes and balls. Call (408) 505-2048 for more information.

| Grant Park MPR | | Leone |
|------------------|----------|------------|
| No code required | | 18+yrs |
| Tue/Thu | on-going | 10:15-11am |
| Register at c | lass. | |

LINE DANCING

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music and good workout will keep you high stepping all week. Call Richard Campbell at (408) 377-6978 with questions.

Registration Note: Register for the month or drop ins welcome: \$6 for Senior Program members; \$8 for all others. Register for drop ins before each class at the Senior Center.

| Hillview Rı | n 4 | Campbell |
|-------------------------------|--------------------------|--------------------|
| 645511-09 | | 50+yrs |
| Tue | 9/1-9/29 | <u>1-2pm</u> |
| Senior Progi All Others \$ | ram Members \$30 40* | |
| | | |
| Hillview R | n 4 | Campbell |
| Hillview Ri 645511-10 | n 4 | Campbell 50+yrs |
| | n 4 10/6-10/27 | • |

| 100 | 10/010/2/ | |
|----------------|-----------------|--------------|
| 645511-11 | | 50+yrs |
| Tue | 11/3-11/24 | <u>1-2pm</u> |
| 645511-12 | | 50+yrs |
| Tue | 12/1-12/22 | <u>1-2pm</u> |
| Senior Progr | am Members \$24 | · |
| All Others \$. | 32* | |

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

NORA'S EXERCISE CLASSES

Strength & Balance

Join group leader Nora Beltran and enjoy exercises that strengthen the body and improve balance. Exercise from a seated or standing position. Let's hear it for wellness!

Note: Chairs available if needed for standing support or sitting.

Hillview MPR Beltran

645107-04 50+vrs Tue/Thu beginning 9/8 11:30am-12:15pm No class 9/15, 9/17, 11/24, 11/26 Senior Program Members \$20^Δ All Others \$60*△

^ΔFee includes 20 classes in Fall '15.

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

Stretch & Flex

Lengthen and strengthen in this class. Tone your muscles and improve range of motion in your joints.

Note: Bring a mat to each class.

| Hillview Social Hall | Beltran |
|--|-------------|
| 645108-06 | 50+yrs |
| Tue/Thu beginning 9/8 | 8:50-9:50am |
| No class 9/15, 9/17, 11/24, 11/ | 26 |
| 645108-07 | 50+yrs |
| Tue/Thu beginning 9/8 | 10-11am |
| No class 9/15, 9/17, 11/24, 11/ | 26 |
| Senior Program Members \$54 ^Δ | |
| All Others \$60*△ | |
| △Fee includes 20 classes in Fall ' | 15. |

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.



ADULT Classes

TEAM FITNESS

teamfitness.com

Cross Training with Team Fitness

Geared for beginner to well-conditioned athletes, each one-hour class varies training elements for complete fitness. Indoors and outdoors, we integrate weights, agilities, sprints, power walking, flexibility, ropes, sports, and lots of fun. Join us for a free trial week.

New Student Note: For new members, September through December: get your first two months at 50% off. Registration Note: To set up your first visit, call or email Team Fitness staff at (877) 751-5100, x3 or tomgordon@teamfitness.com.

| Blach Gym | Team F | it Staff |
|------------------|------------------|--------------|
| No code required | coed class | 18+yrs |
| Mon/Wed/Fri or | n-going | <u>6-7am</u> |
| No code required | coed class | 18+yrs |
| Tue/Thu or | n-going | <u>6-7am</u> |
| No code required | men's basketball | 18+yrs |
| Sat or | n-going | 6-7am |
| No code required | coed class | 18+yrs |
| Sat or | n-going | <u>7-8am</u> |
| Egan Gym | Team F | it Staff |

| Egan Gym | Team | Fit Staff |
|------------------|--------------|--------------|
| No code required | d coed class | 18+yrs |
| Mon/Wed/Fri | on-going | <u>6-7am</u> |

Personal Training by Team Fitness

With over 40 years of collective coaching, our two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. Can also form a small personal training group of two to three friends.

Registration Note: By appointment only. To register, email or call Tom Gordon at tomgordon@teamfitness.com or call (877) 751-5100, x3.

| By appointment only | Team Fit Staff |
|----------------------------|-----------------------|
| \$35 per hour – 3 people | |
| \$45 per hour – 2 people | |
| \$75 per hour – Individual | |

YMCA LOW-IMPACT AEROBICS

Condition your heart and burn calories without excessive jumping, jogging or bouncing. This class consists of a warm-up, then low-impact aerobic movement and muscular endurance work, followed by a cool down.

Required: Participants must sign a YMCA waiver prior to start of first class.

Phillips

Hillview Social Hall

Mon/Wed on-going 5:30-6:30pm No class on observed holidays. Register at class; 10 classes for \$50.

YOGA FOR ADULTS

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It also promotes strength and flexibility. These beginning and intermediate classes offer instruction based on the teaching of BKS lyengar in asana practice, breathing techniques and end with deep relaxation.

Equipment Note: Yoga sticky mat, thick towel or blanket required. Wear comfortable clothes.

| Hillview Rr | n 4 | Graul |
|---------------|------------|------------------|
| 231702-01 | Beginners | |
| Thu | 9/10-12/17 | 6-7:15pm |
| No class 11/ | 26 | |
| 231702-02 | Continuir | ig 18+yrs |
| Mon | 9/14-12/14 | 6-7:30pm |
| Residents \$1 | 68 | All Others \$199 |





YOGA BY MIKI

Certified Yoga Therapist yogawithmiki.co.nf

Gentle Yoga for Healthy Spine

This class focuses on increasing flexibility, mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners.

Equipment Note: Yoga mat, towel, and loose clothing.

| Shoup Pa | ark Garden Ho | use Bousso |
|------------------------------|-----------------|----------------------|
| 231707-0 | 1 | 18+yrs |
| Wed | 9/9-12/16 | 9:30-10:30am |
| No class 1 | 1/25 | |
| Residents | \$162 | All Others \$192 |
| | | |
| | | |
| Shoup Pa | ark Garden Ho | use Bousso |
| Shoup Pa 231707-02 | | use Bousso 18+yrs |
| • | 2 | |
| 231707-02 | 2 9/14-12/14 | 18+yrs |

NIA Dance – Yogalates

Enjoy this fun workout: 25 minutes low-impact dance based on yoga, tai chi, tae kwon do, jazz, and world dance. (No dance experience necessary.) Then to the mat for yoga-Pilates to strengthen the abs, build core stability, and improve posture.

Equipment Note: Bring a yoga mat and towel.

| Shoup Park Garden House | Bousso |
|-------------------------|------------------|
| 231716-01 | 18+yrs |
| Fri 9/11-12/11 | 9:15-10:40am |
| No class 11/27 | |
| Residents \$167 | All Others \$198 |

Yoga-Pilates Combo

Through a series of Pilates and yoga exercises, students will strengthen their abdominals, build core stability, improve posture and alignment, increase flexibility, mobilize the spine, stretch, and release tension throughout the body. Equipment Note: Yoga mat, towel and loose clothing.

| Shoup | Park Garden H | louse | Bousso |
|---------------------|------------------------------------|-----------|-------------------------|
| 231706 | -01 | | 18+yrs |
| Wed | 9/9-12/16 | 10:45am-1 | 1:50pm |
| No clas | s 11/25 | | |
| Residen | ts \$162 | All Othe | ers \$192 |
| nesiden | | | |
| nesiden | | | |
| | Park Garden H | louse | Bousso |
| | Park Garden H | louse | Bousso 18+yrs |
| Shoup | Park Garden H | | |
| Shoup 231706 | Park Garden H -02 9/11-12/11 | | 18+yrs |

MARTIAL ARTS

JUDO JUJITSU

For beginning and advanced students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world, practical self-defense techniques. Join this exciting class and improve your self confidence, condition your physical self and develop a positive self-image.

| Grant Park MPR | | Gearhart |
|-----------------|------------|------------------|
| 231101-01 | | 16+yrs |
| Mon/Thu | 9/10-12/17 | 7:30-9pm |
| No class 11/26 | | |
| Residents \$158 | | All Others \$187 |

CHANG TAI DO KARATE changtaido.com

Introduction to the history, culture, terminology and etiquette of Chang Tai Do Karate. Learn proper stretching, basic blocks, punches, kicks and strikes, self-defense, forms (kata), and sparring (kumite). Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance, and skills to defend oneself.

Equipment Note: Materials fee covers uniform and target pad. These items are mandatory and must be purchased directly from the instructor at first class by all firsttime participants.

Notes: 1. Hitting or striking another student is not permitted. 2. Testing and private lesson's available for additional fees.

| Hillview Soci | al Hall | Chang/I | Huey/Do |
|----------------------|------------|--------------|------------|
| 231102-01 | | | 18+yrs |
| Tue/Thu | 10/6-12 | /17 | 7-8pm |
| No class 11/26 | , , | | |
| Residents \$17 | 9* | All Othe | ers \$212* |
| *Materials fee | of \$245 d | ue first day | ' for |
| first-time parti | cipants. | | |

TAI CHI FOR LIFE!

Learn new ways to RELAX, REVITALIZE, and HAVE FUN. Tai chi is a mindful, internal martial art that flows in gentle and slow whole body movements. It promotes health, balance, flexibility, strength, and clarity.

Registration Note: Register for the quarter or drop ins welcome: \$10 for Senior Program members; \$12 for all others. Register for drop ins before each class at the Senior Center.

| Hillview | MPR | Scheer |
|--------------------------------------|-------------------|--------------|
| 645534- | 04 | 18+yrs |
| Tue | 9/8-12/8 | 12:45-1:45pm |
| No class | 9/29, 10/6, 11/24 | |
| Senior Pr | ogram Members \$ | 93 |
| All Other | rs \$102* | |
| *For Senior Program membership info, | | |

plus all our Senior Program offerings, please see pg 38.

SPECIAL INTEREST FAMILY FRIENDS

Pet First Aid & CPR

Learn how to save a pet's life during an emergency, minimize trauma after injury, and safely transport an injured pet to the vet. This program covers wounds, fractures, choking, cardiac emergencies, and more. Booklet and certificate included in fee.

Registration Note: Youth participants (12-17yrs) must be accompanied by a registered adult participant.

Hillview Rm 13

| 250835-01 | | 12+yrs |
|----------------|-------|-----------------|
| Sat | 10/10 | 9am-1pm |
| Residents \$47 | | All Others \$54 |

Pay





ADOBE DOG TRAINING

Dog Training: Beginner & Advanced

For dogs five months of age or older. Introduces basic and intermediate dogtraining skills. Content includes discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval is received from instructor.

Equipment Notes: 1. Flat buckle collar. (Other collar choices may be approved by instructor.) 2. Six-foot lead/leash of fabric or leather. No retractable leashes.

Prerequisite for Advanced Class: Must have successfully completed the beginner class.

Beginning Classes Hillview Baseball Field Adobe Dog Training

| 230837-01 | | 18+yrs |
|--------------|-------------|-----------------|
| Wed | 9/9-10/14 | 10:15-11:15am |
| 230837-02 | | 18+yrs |
| Thu | 9/10-10/15 | <u>9-10am</u> |
| 230837-03 | | 18+yrs |
| Wed | 10/21-11/25 | 10:15-11:15am |
| 230837-04 | | 18+yrs |
| Thu | 10/22-12/3 | 9-10am |
| No class 11/ | /26 | |
| 230837-05 | | 18+yrs |
| Wed | 12/2-1/20 | 10:15-11:15am |
| No class 12/ | /23 | |
| 230837-06 | | 18+yrs |
| Thu | 12/10-1/21 | 9-10am |
| No class 12/ | /24 | |
| Residents \$ | 65 | All Others \$76 |

Advanced Classes Hillview Baseball Field Adobe Dog Training

| 230801-01 | | 18+yrs |
|--------------|------------|-----------------|
| Thu | 9/10-10/15 | <u>8-9am</u> |
| 230801-02 | | 18+yrs |
| Thu | 10/22-12/3 | 8-9am |
| No class 11 | /26 | |
| 230801-03 | | 18+yrs |
| Thu | 12/10-1/21 | 8-9am |
| No class 12 | /24 | |
| Residents \$ | 65 | All Others \$76 |



FINANCIAL

EVANS FINANCIAL

Passport to Retirement

Learn how to calculate how much money you'll need, make the most of your current resources, select the appropriate pension options, get a higher return on your investments, and "inflation-proof" your income. Other topics include Social Security, long-term care and lifestyle issues.

| Hillview Rm 16 | | Evans |
|----------------|---------------|------------------|
| 231801-01 | | 40+yrs |
| Tue | 9/15-9/29 | <u>6:30-9pm</u> |
| 231801-02 | | 40+yrs |
| Thu | 9/24-10/8 | <u>6:30-9pm</u> |
| Residents \$6 | i3* | All Others \$73* |
| *Spouso/aux | st may attend | at no charao |

*Spouse/guest may attend at no charge.

Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to retirees. In straightforward language, explained are financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection, and providing a legacy. Includes 143-page workbook.

| Hillview Rm 2 | | Evans |
|--|-----------|------------------|
| 230824-01 | | 60+yrs |
| Mon | 9/21-9/28 | 10am-12:30pm |
| 230824-02 | | 60+yrs |
| Wed | 9/30-10/7 | <u>1-3:30pm</u> |
| Residents \$4 | 12* | All Others \$48* |
| *Spouse/guest may attend at no charge. | | |

FINANCES WITH LO

Got Employee Stock?

This one-evening workshop will help you make the most of your employee stock by teaching you the fundamentals of incentive and non-qualified stock options, RSUs and ESPPs. Learn how to use your employee stock to make your financial life more secure.

| Hillview Rm 17 | 7 | Lo |
|-----------------|------------|------------------|
| 230823-01 | | 21+yrs |
| Wed | 10/14 | 7-8:30pm |
| Residents \$32* | | All Others \$36* |
| *Spouse/guest n | nay attena | l at no charge. |

GAMES WE PLAY!

TEN WEEKS TO PLAY BRIDGE

Learn to play bridge in a pleasant social setting. In ten weeks we will develop our playing skills, learn to communicate with our partners and, most importantly, have fun.

| Hillview Rm | 12 | Robinson |
|---------------------------------|--|----------|
| 645510-01 | | 18+yrs |
| Mon | 9/14-12/14 | 9-11am |
| | 0, <u>11/16, 11/23, 11/3</u> | 50 |
| Senior Progra All Others \$1 | am Members \$110 20* | |
| | rogram membership enior Program offerir 138. | |

INTERMEDIATE BRIDGE

This year-round class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

Registration Note: Register for the quarter or drop ins also welcome: \$5 for Senior Program members; \$7 for all others. Register for drop ins before each class at the Senior Center.

| Hillview Rm 12 | Plutynski |
|---------------------------|-------------|
| 645530-04 | 18+yrs |
| Thu 9/17-12/17 | 9:15am-12pm |
| <u>No class 11/26</u> | |
| Senior Program Members \$ | \$65 |
| All Others \$91* | |

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

MAH-JONGG

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, please join us!

Registration Note: Register by month or drop ins also welcome: \$1 for Senior Program members; \$3 for all others. Register for drop ins before each class at the Senior Center.

| Hillview Rm 12 | | Metz |
|----------------|--------------------|-----------------|
| 645515-0 | 4 | 50+yrs |
| Thu | 9/10-12/17 | <u>1-3:30pm</u> |
| Senior Pro | ogram Members \$12 | |
| All Others | | |

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.





HEALTH

MINDFULNESS MEDITATION

Mindfulness Meditation: Beginners

As proven by neuroscientists, Mindfulness Meditation rewires our neural pathways so we relate to ourselves and others calmly, nonjudgmentally, compassionately. Result? A life of balance, peace, happiness, contentment. Increased concentration and productivity. Greater stress resilience, empathy, sense of wellbeing. Come and see!

Notes: Chairs are available but if you feel comfortable sitting on the floor, please bring a cushion. Wear comfortable clothing.

| Hillview Rm | 2 | Welaratna |
|---------------------------------------|-----------|-------------------|
| 250822-01 | | 18+yrs |
| Tue | 9/8-10/27 | 9-11am |
| Residents \$1 | 74* | All Others \$206* |
| *Materials fee of \$30 due first day. | | |

Mindfulness Meditation: Advanced

In this class, we will continue to develop our mindfulness and powers of concentration with in-class meditation practice; analyze mindfull behaviors of other real-life people and literary characters; deepen our understanding of beneficial impacts of Mindfulness Meditation on our minds, brains, and general wellbeing.

Prerequisites: Students should have completed the Beginner's Mindfulness Meditation class.

Equipment Note: Please bring a copy of Nelson Mandela's "Long Walk to Freedom" on first day of class.

| Hillview Rm 13 | | Welaratna | |
|----------------|-----------|------------------|--|
| 230826-01 | | 18+yrs | |
| Tue | 9/8-10/27 | 6-8pm | |
| Residents \$17 | 4 | All Others \$206 | |

PERSONAL EMERGENCY PREPAREDNESS

Personal Emergency Preparedness is a 3-hour class designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Note: You may want to bring a light snack to class.

| Hillview Rm 16 | | Hurst |
|----------------|------------------|----------|
| 230813-01 | | 18+yrs |
| Sat | 9/26 | 9am-12pm |
| 230813-03 | | 18+yrs |
| Mon | 11/9 | 6-9pm |
| Residents & | All Others FREE! | |

| Grant Rm | 3 | Hurst |
|-------------|--------------------|--------|
| 230813-02 | | 18+yrs |
| Wed | 10/21 | 6-9pm |
| Residents & | a All Others FREE! | |

LANGUAGES

INTRO TO CHINESE: MANDARIN

This Chinese immersion class will be taught in Mandarin. Basic speaking, listening, reading, and writing will all be taught in this simplified class.

Hillview Rm 16 Los Altos Chinese School Staff

231928-01 18+yrs Wed 9/23-10/28 6:30-7:30pm Residents \$162* All Others \$192* *Materials fee of \$20 due first day.



MUSIC

TERRIBLE ADULT CHAMBER ORCHESTRA (TACO)

Terrible Adult Chamber Orchestra is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

Equipment Note: Must bring own instrument and stand.

Required: Please contact the director before the first class at tacosv.com.

| LAYC | Humph | ers/McNulty |
|---------------|-----------------|--------------|
| 230111-01 | | 18+yrs |
| Sun | 9/27 | <u>2-5pm</u> |
| 230111-02 | | 18+yrs |
| Sun | 10/25 | 2-5pm |
| 230111-03 | | 18+yrs |
| Sun | 11/29 | <u>2-5pm</u> |
| Residents & . | All Others \$10 | |

| LAYC | Humphers | /McNulty |
|---------|-----------------------|----------|
| 230111 | 1-04 | 18+yrs |
| Sun | 9/27, 10/25, 11/29 | 2-5pm |
| Resider | nts & All Others \$25 | |

NEW! FAMILY HOLIDAY SING-A-LONG

This gathering precedes the Festival of Lights Parade. The orchestra plays Christmas songs, Hanukkah tunes and Beethoven's Ode to Joy! We provide lyric sheets for the families and individuals who join us. It is really a festive get together for all!

| LAYC | Humph | ers/McNulty |
|------------------------------|--------|-------------|
| No code re | quired | 0-99yrs |
| Sun 11/29 | | 4-5pm |
| Residents & All Others FREE! | | · |

PARENTING

STITT PARENTING

Note for ALL Stitt Parenting classes: Babes in arms welcome; please provide childcare for crawlers and walkers.

Transition to Parenthood Series: Creating a Family Vision

New parents! Come create your long term vision for your family. What will your family motto be? Explore the rules and attitudes you learned in your childhood to help you prioritize your parenting choices for each of your child's developmental stages.

Prerequisite: You must be pregnant or have child(ren) under two.

| Hillview Room 17 | | Stitt |
|------------------|------|-----------------|
| 230854-01 | | 18+yrs |
| Sat | 9/12 | 2:30-5pm |
| Residents \$50 | | All Others \$58 |

Transition to Parenthood Series: Communicating as a Couple

New parents! This class is ideally paired with Creating a Family Vision, but it works as a stand-alone class, too. Positive communication skills and being able to resolve conflict peacefully are keys to being good parents.

| Hillview Rm 17 | | Stitt |
|----------------|--|-----------------|
| 230836-01 | | 18+yrs |
| Sat 9/19 | | 2:30-5pm |
| Residents \$50 | | All Others \$58 |

Growing into Parenthood Series: Becoming a Consistent Parent

You hear it all the time: "Consistency is key to raising kids." It's true, but it is also one of the hardest habits to form. Come learn a sure-fire method of building your consistency muscle. Best to sign up as a couple.

| Hillview Rm 17 230838-01 | | Stitt |
|-----------------------------|--|-----------------|
| | | 18+yrs |
| Sat 10/17 | | 2:30-5pm |
| Residents \$50 | | All Others \$58 |

Growing into Parenthood Series: Creating Effective Consequences

You know how important it is to provide clear boundaries for your kids: that's what keeps them safe and makes them feel secure. This workshop helps you create consequences that will train your child to make better choices.

| Hillview Rm 17 | | Stitt |
|----------------|--|-----------------|
| 230839-01 | | 18+yrs |
| Sat 11/14 | | 2:30-5pm |
| Residents \$50 | | All Others \$58 |

PUBLIC SPEAKING

PUBLIC SPEAKING WITH CONFIDENCE

Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. In this course, participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language.

Hillview Rm 18 Bay Area Debate Club Staff

| buy Area Debate Club Starr | | |
|----------------------------|-------------------------------|--|
| l | 18+yrs | |
| 9/16-12/2 | 6:30-8pm | |
| 1/11, 11/25 | | |
| \$211 | All Others \$251 | |
| | l 9/16-12/2 1/11, 11/25 | |

SPORTS

EQUESTRIAN

ZURAEK STABLES

(408) 460-7226 11854 Page Mill Rd, Los Altos Hills

Western Horseback Riding Lessons

Passionate about horses? Come fulfill your dreams! Scheduled visit includes grooming, tacking and riding lesson. Trail rides and arena work available. All level riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Registration Note: To set up your session, call instructor Kristen Zuraek at (408) 460-7226. Equipment Notes: Boots and long pants required. Helmets provided. (Boots may possibly be supplied depending on size: inquire at registration.)

| Zuraek Stables | Zuraek |
|--------------------------------------|------------|
| No code required | 18+yrs |
| By appointment only: call to set up. | |
| Residents \$81 All O | thers \$95 |



GOLF

DEEP CLIFF GOLF

Equipment Note for all golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408)253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Adult Golf

This class emphasizes building good fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start your golf career or move your golf game forward.

Deep Cliff Golf Course Deep Cliff Staff

| Deep ci | in Juin | |
|----------|-------------|------------------|
| 230914- | 01 | 18+yrs |
| Sat | 9/12-10/3 | <u>1-2:30pm</u> |
| 230914- | 02 | 18+yrs |
| Sat | 10/10-10/31 | 1-2:30pm |
| Resident | s \$145 | All Others \$172 |

Golf for Women

Ladies, come join a class of all women to learn the skills of putting, chipping, pitching, and full swing. This is a really fun class for new golfers, as well as for those who want to improve their skills. Meet new friends as you play. Rules and etiquette are also covered.

Deep Cliff Golf Course Deep Cliff Staff

| 230915-01 | | 18+yrs |
|-----------------------|-------------|------------------|
| Sat | 9/12-10/10 | 10-11:30am |
| No class 10 | /3 | |
| 230915-02 | | 18+yrs |
| Sat | 10/24-11/14 | 10-11:30am |
| 230915-03 | | 18+yrs |
| Sat | 11/21-12/19 | 10-11:30am |
| <u>No class 11/28</u> | | |
| Residents \$ | 145 | All Others \$172 |



ICE SKATING

NAZARETH ICE OASIS

Beginning Ice Skating

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Note: Skate rental and 30-minute practice time available on the lesson day included in fee.

Required: 1. Please arrive 15 minutes before class begins. 2. Warm clothing, mittens/gloves.

| Nazareth Ice Oasis | | NIO Staff |
|--------------------|------------|--------------------|
| 230903-01 | | 15+yrs |
| Wed | 9/9-10/14 | <u>6:20-6:50pm</u> |
| 230903-02 | | 15+yrs |
| Sat | 9/12-10/17 | 10:45am-11:15pm |
| Residents \$99 | | All Others \$116 |
| | | |

SOCCER

COACH KEN'S WOMEN'S SOCCER

We provide an innovative way for women to learn and play the game of soccer while achieving their fitness goals in a fun and social environment, among friends. Beginners and former players who are looking to rejoin and enjoy the game are welcome.

Equipment Note: Shin guards and water are mandatory.

| Heritage Oaks Park | | Coach Ken's Staff |
|-----------------------|-----------|-------------------|
| 230929- | 01 | 18+yrs |
| Thu | 9/10-12/3 | 9:15-10:30am |
| No class 11/26 | | |
| 230929-02 | | 18+yrs |
| Sat | 9/12-12/5 | 8-9:15am |
| <u>No class 11/28</u> | | |
| Resident | s \$192 | All Others \$228 |
| | | |

TENNIS

WHITLINGER/SARSFIELD TENNIS

whitlingersarsfield.com Enjoy group lessons with top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and USPTA Pro Tom Sarsfield. Adult classes of 3-8 students will consist of six or eight hours of instruction. Classes of two students will be converted into four lessons.

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes! Make-up Policy: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make-up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact the Recreation & Community Services Department at 947-2790

Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation & Community Services Department.

Adult Novice Tennis

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

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

| 230948-01 | | 15+yrs |
|-----------------|-----------|------------------|
| Sat | 9/19-11/7 | 9-10am |
| Residents \$102 | | All Others \$120 |

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 230948-02 | | 15+yrs |
|-----------------|-----------|------------------|
| Wed | 9/16-11/4 | <u>10-11am</u> |
| Residents \$102 | | All Others \$120 |

Adult Low Intermediate Tennis

For players who are consistent on a slow paced rally but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

| 230963-0 | 1 | 15+yrs |
|-----------------|-----------|------------------|
| Sat | 9/19-11/7 | 10-11am |
| Residents \$102 | | All Others \$120 |

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| - | | |
|-----------|-----------|------------------|
| 230963-0 | 2 | 15+yrs |
| Wed | 9/16-11/4 | 11am-12pm |
| Residents | \$102 | All Others \$120 |

Adult Intermediate Tennis

For players (National Tennis Rating Program/ NTRP 2.5-3.0) 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.

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 230949-01 | | 15+yrs |
|-----------------|-----------|------------------|
| Tue/Thu | 9/15-10/8 | 7-8pm |
| Residents \$102 | | All Others \$120 |

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 230949-02 | | 15+yrs |
|----------------|------------|-----------------|
| <u>Tue/Thu</u> | 10/20-11/5 | 7-8pm |
| 230949-03 | | 15+yrs |
| Tue/Thu | 11/17-12/3 | 6:30-8pm |
| No class 11/2 | 4, 11/26 | |
| Residents \$83 | 3 | All Others \$97 |

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:

David Sharon

lames

| Francois Chan | 345-8768 |
|---------------|----------------|
| James Knofler | (408) 410-0434 |

For lessons at Rosita & McKenzie Parks, Court 1:

| Panconi | (408) 893-1405 |
|----------|----------------|
| n Lamond | (408) 712-7361 |
| Knofler | (408) 410-0434 |
| | |

For lessons at Montclaire Park, Court 1: loe Bassi 576-0988

Hourly Rate & Payment for one player: \$75 per hour for two players: \$40 per hour each for three players: \$30 per hour each for four players: \$25 per hour each* *Possible \$5 discount per hour for group of four people, at instructor's discretion. Payment by check only; payable to Tom Sarsfield.

Visit whitlingersarsfieldtennis.com for more information.





TRIPS

ADVENTURE TRIPS WITH GREG MEYER

gregmeyernaturalist@gmail.com (831)345-1973

Greg Meyer has been a professional naturalist since 1985 and has visited all seven continents! He has a Master's degree in Environmental Studies and teaches Outdoor Education courses at California State University, Monterey Bay. His expertise and humor will ensure that you have an interesting and informative day outside!

Note: 1. Youth ages 12-17 are welcome to register for trips when accompanied by a paying adult. 2. Greg will contact all participants prior to trip regarding location to meet on day of trip.



Did you know that the Senior Program also hosts a variety of trips? Check in at the Senior Center or look in The Spotlight newsletter for information on upcoming trips. upcoming with

Elkhorn Kayak

Elkhorn Slough is one of the best places on the West Coast to paddle and watch wildlife. Otters, seals, sea lions and many species of birds live here and allow close approach by kayak without being disturbed. The calm waters of this protected inlet make for a perfect fall outing.

Equipment Note: Please bring 1. poly or nylon pants and shirt, 2. lightweight shoes that can get wet, 3. windbreaker or lightweight parka, 4. hat, sunscreen and sunglasses, 5. binoculars and camera, 6. picnic lunch and water, 7. spare warm clothes and towel for the car.

Note: This is a relaxed kayak trip on flat water and no prior experience is necessary but participants should be fit. Instruction will be given before starting and we will be using stable double sea kayaks for beginning paddlers. Single kayaks are available for participants that have taken prior classes.

| Watsonville* | | Meyer |
|-------------------------------------|-------|-------------------|
| 230827-01 | | 18+yrs |
| Sun | 10/25 | 9:30am-2pm |
| Residents \$44** | | All Others \$50** |
| *Crea will contact all participants | | |

Greg will contact all participants prior to trip regarding location to meet on day of trip.

**A kayak equipment fee of \$50 per person for boat rental, safety equipment and paddling gear is required for this course.

Birdwatching Fundamentals

This class will introduce you to the exciting hobby of birding. Our evening class will discuss optics, field guides, and the classification of major bird groups. We will follow that with two field trips to watch land birds and waterfowl.

Class Thu, Nov 12, 7-9:30pm at Los Gatos Recreation Dept

Field Trip 1 Sun, Nov 15, 9am-4pm location TBD

Field Trip 2 Sat, Nov 21, 8am-4pm location TBD

Los Gatos Recreation Dept Meyer 230829-01 18+yrs

Thu,11/12; Sun,11/15; Sat,11/21 8am-4pm Residents \$29 All Others \$32

Fall Winery Hike

Our 5 miles round-trip hike will climb up to the Picchetti Preserve, with great views of the South Bay and the historic old ranch. At noon we will stop for lunch and participants can pay to have a small tasting before we walk back downhill.

Equipment Note: Please bring 1. comfortable shoes, 2. hat, sunglasses, and sunscreen, 3. lunch and water bottle, 4. binoculars, 5. warm outdoor clothes in layers, 6. cash for wine tasting and purchases. Note: Rain will NOT cancel our hike.

Stephens Canyon Rd Trailhead* Meyer

| 230847-01 | | 21+yrs |
|----------------|------|-----------------|
| Sun | 11/1 | 9am-3pm |
| Residents \$29 | | All Others \$32 |

*Greg will contact all participants prior to trip regarding location to meet on day of trip.

Chalk Mountain Hike

Overlooking the coast above Año Nuevo, this hike is a steep but short workout with rare plants, quiet trails and scenic vistas featured. We will hike 5.5 miles in the northwestern corner of Big Basin State Park, talking about the interesting natural history of the area and recent changes on the landscape.

Equipment Note: Please bring 1. comfortable shoes for walking, 2. hat, sunglasses and sunscreen, 3. lunch and water bottle, 4. binoculars, 5. warm outdoor clothing in layers.

Note: Rain will NOT cancel our hike.

Hwy 1 at Whitehouse Canyon Rd, North of Santa Cruz* Meyer 230848-01 18+yrs 9am-3pm <u>Sat</u> <u>11/14</u> Residents \$29 All Others \$32

*Greg will contact all participants prior to trip regarding location to meet on day of trip.

YOUTH Classes

ACADEMIC FUN

ECONOMIC DRIVING SCHOOL

Economic Driving School

This course meets the State of California requirement to obtain a driver's instruction permit. Upon completion, each student will receive a Certificate of Completion of Classroom Driver Education. Students must attend all sessions in order to receive the DMV certificate.

Required: Please bring a lunch!

Sunnyvale Community Center Economic Driving School Staff

| 251802-01 | | 15+yrs |
|----------------|----------------|------------------|
| <u>Sat/Sun</u> | 10/3,4,10,11 | 8:30am-4pm |
| 251802-02 | | 15+yrs |
| Mon/Tue | 12/21,22,28,29 | 8:30am-4pm |
| Residents \$ | 162 | All Others \$192 |

Online Driver's Ed

This online class is approved by the DMV. Reading, flash graphics, videos, and quizzes prepare the reader to pass the DMV test.

To register, visit

economicdrivingschool.com/online. Complete the question "How did you hear <u>about us?" by choosing activity code 2790.</u> Residents & All Others \$68.50

YOUTHSTARTUP

StartupK12: Math Olympiad

This fun class challenges students of all abilities to think creatively and flex their problem-solving muscles which results in improved contest scores! The class teaches math concepts for Division E Math Olympiad to students using engaging methods and exceptional instructors.

| Hillview Rm 17 | | Nixon |
|---------------------------------------|-----------|-------------------|
| 210850-01 | | 9-11yrs |
| Wed | 9/9-11/25 | 5-6pm |
| Residents \$261* | | All Others \$311* |
| *Materials fee of \$20 due first day. | | |

StartupK12: Intro Web Design – HTML, CSS

This is the first class in the web design series: it demystifies web pages and shows how to design them with an introduction to CSS and HTML. Learn to create webpages and how to make them look cool!

Equipment Note: One computer provided for every two students.

| Hillview Rm | 18 Yo | uthStartup Staff |
|----------------|------------|------------------|
| 250852-01 | | 10-17yrs |
| Wed | 9/16-11/25 | 3:45-4:45pm |
| No class 11/1 | 1 | |
| Residents \$25 | 57 | All Others \$306 |

StartupK12: SAT+ACT Boot Camp

Take one class that covers strategies for both SAT and ACT. Find which test is the best fit for you. Effective lesson and practice modules give students a solid understanding of different types of questions, as well as methods to analyze and answer each question type.

| Hillview Rm 18 | | Henderson |
|---------------------------------------|-----------|-------------------|
| 220851-01 | | 13-18yrs |
| <u>Sat/Sun</u> | 10/3-10/4 | <u>9am-1pm</u> |
| Residents \$225* | | All Others \$268* |
| *Materials fee of \$20 due first day. | | |

BAY AREA DEBATE CLUB

bayareadebateclub.com

Public Speaking: Building Confidence

Students learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group.

| Hillview Rm 18 | | BADC Staff |
|------------------------------|-----------|------------------|
| 211814-01 | | 6-9yrs |
| Wed | 9/16-12/2 | 4:30-5:30pm |
| <u>No class 11/11, 11/25</u> | | |
| Residents \$211 | | All Others \$251 |

Debate and Public Speaking: Level 1

This class focuses on delivery and presentation skills, but also provides a foundation of critical thinking and essentials of debating. Through writing and speaking activities, students learn how to improve their confidence and communication skills, and manage public-speaking anxiety.

| Hillview Rm 18 | | BADC Staff |
|-----------------------|--|------------------|
| 221813-01 | | 10-14yrs |
| Wed 9/16-12/2 | | 5:30-6:30pm |
| No class 11/11, 11/25 | | |
| Residents \$211 | | All Others \$251 |



GREEN BEAN KIDZ

Green Bean Kidz is an outdoor education program for children. Participants experience nature in many fun ways including hiking and observing their surroundings. The program incorporates music, art, science, games, and movement – all focused on ecology and environmental awareness.

Required: Parent must accompany child.

Note: Program takes place at various local parks and open spaces. First class meets at Redwood Grove. (Must park on University Ave and walk into park.)

Local Parks & Open Spaces Green Bean Kidz Staff

| 261808-01 | | 2-6yrs |
|--------------|------------|-------------------|
| Tue | 9/8-10/13 | 9:30-11am |
| 261808-02 | | 2-6yrs |
| Wed | 9/9-10/14 | 9:30-11am |
| 261808-03 | | 2-6yrs |
| Tue | 10/20-12/1 | 9:30-11am |
| No class 11 | /24 | |
| 261808-04 | | 2-6yrs |
| Wed | 10/21-12/2 | 9:30-11am |
| No class 11 | /25 | |
| Residents \$ | 152* | All Others \$180* |

Residents \$132* All Others \$180 *Materials fee of \$15 due first day.





PLAY-WELL TEKNOLOGIES

Required for ALL Play-Well TEK classes: Please bring a nut-free snack daily.

Pre-Engineering Minecraft®

This project-based class combines the basic format of our core engineering-themed programs with the world of Minecraft. Students will explore real-world concepts of physics, engineering and architecture while building their favorite Minecraft objects. Students will have a blast!

| Hillview MPR | | Play-Well Staff |
|----------------|-------|-----------------|
| 211230-01 | | 5-8yrs |
| Sat | 12/12 | 9:30am-12:30pm |
| Residents \$45 | | All Others \$52 |

Jedi[®] Engineering

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create fun motorized and architectural projects.

| Hillview MPR | | Play-Well Staff |
|----------------|-------|-----------------|
| 211286-01 | | 5-8yrs |
| Sat | 12/19 | 9:30am-12:30pm |
| Residents \$45 | | All Others \$52 |

STEM-CAMP

Electronics with Minecraft®

Greetings, Minecraft engineers and Redstone® enthusiasts. Over the coming weeks, we will learn basic electronics skills using Minecraft. Students will learn how to make logic gates, timers, sensors and memory devices – and use these skills to build fantastic machines!

NOTE: Minecraft and Redstone are trademarks of Mojang AB; this camp is not affiliated with or endorsed by Mojang AB.

| Hillview F | lm 2 | Stem-Camp Staff |
|-----------------|-----------|------------------|
| 210825-01 | | 6-10yrs |
| Thu | 9/17-11/5 | <u>3:30-5pm</u> |
| Residents \$239 | | All Others \$284 |

ARTS & CRAFTS

CHINESE CALLIGRAPHY

Calligraphy is the art of writing Chinese characters. Students learn and practice basic brush strokes and characters.

Hillview Rm 13 Los Altos Chinese School Staff

| 210529- | 01 | 6-12yrs |
|---------------------------------------|------------|-------------------|
| Thu | 9/24-10/29 | 4:30-5:30pm |
| Resident | s \$102* | All Others \$120* |
| *Materials fee of \$15 due first day. | | first day. |

COMMUNITY SCHOOL OF MUSIC & ARTS (CSMA)

230 San Antonio Cir, MV

NEW! Little Artists 1

This process-oriented, fun family program is designed as a first classroom experience in a nurturing and creative environment. Children will explore colors, shapes and textures while using paint, glue, clay, and other fun, messy materials. Classes consist of 4-5 different hands-on activities.

Required: Parent/caregiver attendance is required.

| CSMA | | Lugo |
|-----------------|------------|------------------|
| 250531 | I-01 | 1.5-3yrs |
| Mon | 9/14-11/30 | <u>9:15-10am</u> |
| Residents \$227 | | All Others \$270 |
| CSMA | | Steinmann |
| 250531 | 1-02 | 1.5-3yrs |

 250531-02
 1.5-3yrs

 Wed
 9/16-12/16
 11:30am-12:15pm

 No class 11/11, 11/25
 All Others \$227

NEW! Little Artists 2

2

1

This interactive art program is designed for children who enjoy exploring, can follow directions, and are ready for an art challenge. Students will explore mixing colors, geometric/natural shapes, line, form, space, and texture while using colored pencils, watercolors, clay/glaze, etc.

Required: Parent/caregiver attendance is required.

| CSMA | Steinmann |
|-----------------------|------------------|
| 250532-01 | 3-4yrs |
| Wed 9/16-12/16 | 10:30-11:15am |
| No class 11/11, 11/25 | |
| Residents \$227 | All Others \$270 |
| CSMA | Lugo |
| 250532-02 | 3-4yrs |
| Mon 9/14-11/30 | <u>1-1:45pm</u> |
| Residents \$227 | All Others \$270 |

KIDS' CARPENTRY

Kids learn to safely use hand woodworking tools to build an ever-increasing range of projects as their skills increase. Instructor will show kids how to build an age-appropriate project, then let them do it, helping as necessary.

Hillview Rm 16

| 211293- | 01 | 5-12yrs |
|----------|---------------------|-------------------|
| Sat | 9/12-11/7 | <u>10am-12pm</u> |
| Resident | s \$152* | All Others \$180* |
| *Materic | als fee of \$40 due | e first day. |

Tust



MY FIRST ART CLASS

Spend quality time with your young child. Each week features a new theme with five art stations. Art projects continue to change all year long! Process rather than product is emphasized. Each class ends on a musical note with singing and dancing.

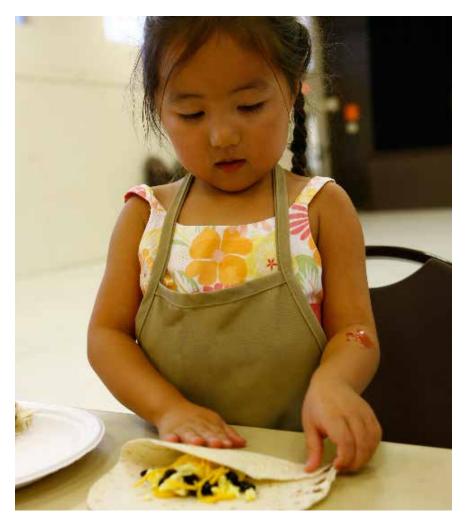
Required: 1. Parent/caregiver must attend class with child. 2. Wear your grubbies! 3. Aprons provided.

| Hillview Rm 15 | | My First Art Staff |
|---------------------------------------|------------|--------------------|
| 250501-0 | 1 | 1.5-3yrs |
| Wed | 9/23-11/18 | 9:30-10:30am |
| <u>No class 1</u> | 1/11 | |
| 250501-0 | 2 | 2-4yrs |
| Wed | 9/23-11/18 | 10:45-11:45am |
| No class 11/11 | | |
| Residents | \$117* | All Others \$138* |
| *Materials fee of \$15 due first day. | | |

| Hillview Rm 15 | | My First Art Staff |
|--------------------------------------|------------|--------------------|
| 250501 | -03 | 1.5-3yrs |
| Wed | 12/1-12/15 | 9:30-10:30am |
| 250501-04 | | 2-4yrs |
| Wed | 12/1-12/15 | 10:45-11:45am |
| Residents \$52* | | All Others \$60* |
| *Materials fee of \$6 due first day. | | |



Los Altos Recreation & Community Services



MACHINE SEWING

Machine Sewing for Kids & Adults

Learn machine sewing techniques by creating a sample notebook to keep. Students decide on specific projects. With only 2-6 students, there's lots of individual attention. Certified Sewing Instructor Debbie Nelson supplies everything, including computerized machines.

Contact for details: dnelson6@gmail.com

| Hillview Rm 2 | | Nelson |
|---------------|-----------------|---------------------------------------|
| 250604-01 | | 8+yrs |
| Wed | 9/23-11/18 | 4:30-6:30pm |
| No class 11 | /11 | |
| 250605-01 | | 12+yrs |
| Wed | 9/23-11/18 | 6:45-8:45pm |
| No class 11 | /11 | · · · · · · · · · · · · · · · · · · · |
| Residents \$ | 211* | All Others \$251* |
| *Materials | fee of \$25 due | first day. |

Machine Sewing: Holiday Projects for Kids & Adults

Learn machine sewing while making fun holiday projects like placemats, napkins, zipper bags, ornaments, and... Students choose projects at first class. Instructor brings everything, including computerized machines. Contact Certified Sewing Instructor Debbie Nelson for details: dnelson6@gmail.com

| Hillview Rm 2 | | Nelson |
|---------------------------------------|------------|-------------------|
| 250604-02 | 2 | 8+yrs |
| Wed | 12/2-12/16 | 4:30-6:30pm |
| 250606-01 | | 12+yrs |
| Wed | 12/2-12/16 | 6:45-8:45pm |
| Residents \$111* | | All Others \$131* |
| *Materials fee of \$25 due first day. | | |

COOKING

YOUNG CHEFS ACADEMY

Note for ALL Young Chefs Academy classes: Vegetarians and special diets are welcome. Please inform Young Chefs' staff before first day of class.

Big Chef Lil Chef

Learn to cook delicious and simple recipes with Mom, Dad, Grandpa, or Grandma! This class incorporates monthly-themed recipes, age-appropriate culinary skills, basic nutrition, story time, and circle time. At the end of each class, everyone gets to eat what they cook!

| Young Chefs Academy | | YCA Staff |
|---------------------|----------------|-------------------|
| 260706-01 | | 2.5-4.5yrs |
| Wed | 9/9-12/16 | 6-7pm |
| <u>No class 11/</u> | 25 | |
| 260706-02 | | 2.5-4.5yrs |
| Thu | 9/10-12/17 | 9:30-10:30am |
| No class 11/ | 26 | |
| 260706-03 | | 2.5-4.5yrs |
| Fri | 9/11-12/18 | 10:30-11:30am |
| No class 11/ | 27 | |
| 260706-04 | | 2.5-4.5yrs |
| Sat | 9/12-12/19 | 9-10am |
| No class 11/ | 28 | |
| 260706-05 | | 2.5-4.5yrs |
| Sun | 9/13-12/20 | 9:30-10:30am |
| No class 11/ | 29 | |
| Residents \$1 | 185* | All Others \$220* |
| *Materials f | ee of \$90 due | first day. |

Kinder Chefs

In this class, your little Kinder Chef will cook up their very own kind of fun, with curriculum and recipes geared for Pre-K and K students. Participants will make two recipes, eat what they've made, read a story, and play a cooking-related game.

| Young Chefs Academy | | YCA Staff |
|--|------------|------------------|
| 210706-01 | | 4.5-6yrs |
| Wed | 9/9-12/16 | 4-5:30pm |
| No class 11 | /25 | |
| 210706-02 | | 4.5-6yrs |
| Thu | 9/10-12/17 | 4-5:30pm |
| <u>No class 11</u> | /26 | |
| 210706-03 | | 4.5-6yrs |
| Fri | 9/11-12/18 | 4-5:30pm |
| No class 11 | /27 | |
| Residents \$ | 240 | All Others \$286 |
| *Materials fee of \$115 due first day. | | |

| Young Chefs Academy | | YCA Staff |
|--|------------|-------------------|
| 210706-04 | | 4.5-5yrs |
| Sun | 9/13-12/20 | 9-10:30am |
| No class 11 | 29 | |
| Residents \$220* | | All Others \$262* |
| *Materials fee of \$115 due first day. | | |

Young Chefs Calling all budding chefs! Learn to cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included.

| Young Chefs Academy | | YCA Staff |
|--|------------|-------------------|
| 260701-01 | | 7-10yrs |
| Wed | 9/9-12/16 | 4-5:30pm |
| <u>No class 11/</u> | 25 | |
| 260701-02 | | 7-10yrs |
| Thu | 9/10-12/17 | 4-5:30pm |
| No class 11/ | 26 | · |
| 260701-03 | | 7-10yrs |
| Fri | 9/11-12/18 | 4-5:30pm |
| No class 11/27 | | |
| Residents \$240* | | All Others \$286* |
| *Materials fee of \$115 due first day. | | |

| Young Chefs Academy | | YCA Staff |
|--|------------|-------------------|
| 260701-0 |)4 | 8-11yrs |
| Sat | 9/12-12/19 | 9-10:30am |
| No class | 11/28 | |
| Residents \$220* | | All Others \$262* |
| *Materials fee of \$115 due first day. | | |

Tween Chefs

Calling all budding tween chefs! Our experienced chef instructors will inspire our tween chefs to master the fundamentals and kev techniques of cooking and baking skills.

| Young Chefs Academy | | YCA Staff |
|--|------------|-------------------|
| 260702-01 | | 11-14yrs |
| Thu | 9/10-12/17 | 6-7:30pm |
| No class 11/2 | 26 | |
| Residents \$240* | | All Others \$286* |
| *Materials fee of \$115 due first day. | | |

DANCE & PERFORMING ARTS

BALLROOM DANCE

Now's the time to start learning to dance like the stars! Learn the basics of ballroom dancing. Don't miss out on the fun in this dance class!

Equipment note: Please wear non-stick shoes.

| Shoup Park Garden Hou | | se Minev |
|-----------------------|------------|------------------|
| 210202-01 | | 7-13yrs |
| Thu | 9/10-12/10 | 6-7pm |
| No class 11/12, 11/26 | | |
| Residents \$1 | 92 | All Others \$228 |

CONTEMPORARY **CREATIVE DANCE**

This is an all-inclusive course exploring the artistic mind and movement through a series of inquiry-based creative workshops, developing contemporary techniques and ideas, by London-based dance artist Rachel Silveria.

Required: Dancers are required to be barefoot and wear comfortable clothing.

| Shoup Parl | Garden Hous | e Silveria |
|---------------|-------------|-----------------|
| 220313-01 | | 13+yrs |
| Mon | 9/21-10/26 | 5-6pm |
| 220313-02 | | 13+yrs |
| Mon | 11/2-12/14 | 5-6pm |
| No class 11/ | 23 | |
| Residents \$6 | 8 | All Others \$79 |

IEAN LEE BALLET CLASSES

Equipment Note for ALL of Jean Lee's classes: Leotards and soft ballet shoes required.

Note: ALL of Jean Lee's students will be eligible to participate in the spring 2016 dance program!

Pre-Ballet Beginners

ł 5

A joyful introduction to ballet. This class is specifically geared toward the young dancer. Students will learn simple ballet positions, steps, combinations, movements, and activities.

| Hillview Rm 4 | | Lee |
|-----------------|------------|------------------|
| 210213-01 | | 5-7yrs |
| Thu | 9/17-12/10 | 3:45-4:30pm |
| No class 11/26 | | |
| Residents \$178 | | All Others \$211 |
| | | |

Ballet Beginners

Basic ballet emphasizing correct technique in barre work and center work. Technique will be taught enabling the student to perform on stage for the annual dance recital.

| Hillview Rm 4 | | Lee | |
|-----------------|--|------------------|--|
| 210214-01 | | 6-8yrs | |
| Wed 9/16-12/9 | | 3:45-4:30pm | |
| No class 11/25 | | | |
| Residents \$178 | | All Others \$211 | |

Ballet & Musical Theater: Intermediate/Advanced

In this class, the student will learn the dance steps and body positioning of Broadway stage dance.

| Hillview Rm 4 | | Lee |
|-----------------|-----------|------------------|
| 210204-01 | | 8-16yrs |
| Wed | 9/16-12/9 | 5:30-6:30pm |
| No class 11/25 | | |
| Residents \$178 | | All Others \$211 |

Classical Ballet: Intermediate/Advanced

This is a basic technique class emphasizing barre work and proper techniques for turns and leaps – serious work – but also fun for the student!

| Lee |
|-----------------|
| 6-12yrs |
| 4:30-5:30pm |
| |
| 6-12yrs |
| 4:30-5:30pm |
| |
| All Others \$21 |
| |



FIVE & UNDER DANCE

Tiny Tutus

This class is an introduction to ballet and creative movement using many props and activities aimed toward your child's development. Parents are welcome to observe their little dancers from the back of the classroom.

Equipment Note: Leotards and soft ballet shoes required.

| Hillview R | m 4 Vail | lancourt-Tipton |
|--------------|------------|------------------|
| 260209-01 | | 2.5-3.5yrs |
| Wed | 10/7-12/16 | 10-10:30am |
| No class 11/ | /11, 11/25 | |
| 260209-02 | | 2.5-3.5yrs |
| Thu | 10/8-12/17 | 10-10:30am |
| No class 11/ | /12, 11/26 | |
| Residents \$ | 111 | All Others \$131 |

Ballet

A beginning dance class designed for your little dancer. This is an introduction to positions, barre work, across-the-floor fundamentals, and dance routines. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Ballet shoes and attire required.

| Hillview R | m 4 Va | illancourt-Tipton |
|------------------|------------|-------------------|
| 260203-01 | | 3.5-5yrs |
| Wed | 10/7-12/16 | 10:45-11:15am |
| No class 11 | /11, 11/25 | |
| 260203-02 | | 3.5-5yrs |
| Thu ² | 10/8-12/17 | 10:45-11:15am |
| No class 11 | /12, 11/26 | |
| Residents \$ | | All Others \$131 |

Tap/Ballet

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Ballet and tap shoes required.

| Hillview Rm 4 | Vaillancourt-Tipton |
|----------------------|---------------------|
| 260205-01 | 3.5-5yrs |
| Wed 10/7-12/1 | 6 12:30-1:15pm |
| No class 11/11, 11/2 | 5 |
| 260205-02 | 3.5-5yrs |
| Thu 10/8-12/1 | 7 12:30-1:15pm |
| No class 11/12, 11/2 | 6 |
| Residents \$129 | All Others \$152 |

MARTIAL ARTS

JUDO JUJITSU

For beginning students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world practical self defense techniques. Join this exciting class and improve your self-confidence, condition your physical self and develop a positive self-image.

| Grant Park MI | PR . | Gearhart |
|-----------------|------------|--------------|
| 211101-01 | | 7-16yrs |
| Mon/Thu | 9/10-12/17 | 6-7pm |
| No class 11/26 | | |
| Residents \$158 | All | Others \$187 |

CHANG TAI DO KARATE & FITNESS

changtaido.com

Equipment Note for ALL Chang Tai Do classes: Materials fee stated below covers uniform and target pad. These items are mandatory and must be purchased directly from the instructor at first class by all first-time participants.

Notes: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.

CTD Karate for Tots

Introduction to proper stretching, basic blocks, kicks, punches, strikes, body part awareness, and what to do to fend off an attacker. Children's natural curiosity and playfulness, combined with basic karate drills, help develop coordination, mental focus and alertness.

| Hillview So | cial Hall | Chang/l | Huey/Do |
|--|-------------|---------|------------|
| 211104-01 | | | 4-7yrs |
| Thu | 10/8-12/1 | 17 | 5-6pm |
| No class 11/ | 26 | | |
| Residents \$1 | 60* | All Oth | ers \$190* |
| *Materials fee of \$75 due first day for | | | |
| first-time pa | rticipants. | | |

CTD Karate for Families

Introduction to the history, culture, terminology and etiquette of Chang Tai Do Karate. Learn proper stretching, basic blocks, punches, kicks and strikes, self defense, forms (kata), and sparring (kumite). Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance, and skills to defend oneself.

*Returning students younger than 8 yrs old can register with instructor approval.

| Hillview So | cial Hall | Chang | /Huey/Do |
|---------------|---------------|----------|-------------|
| 211102-01 | | | 8+yrs |
| Tue/Thu | 10/6-12/ | 17 | 6-7pm |
| No class 11/ | 26 | | |
| Residents \$1 | | | hers \$212* |
| *Materials fe | ee of \$245 d | ue first | day for |
| first-time pa | rticipants. | | |





MUSIC

MELODY ACADEMY OF MUSIC (MAM)

New location:

4000 Middlefield Rd, Rm V, Palo Alto (inside the Cubberley Community Center) Required for ALL MAM classes: During classes, only registered student with their parent permitted in classroom.

Todd-O-Piano Basic

A new approach to lead toddlers into the musical world. A pre-piano/keyboard lesson with introduction to music terminology, keyboard playing and rhythm training using a fun story-telling method. The class prepares students for future piano lessons by helping students develop musical character.

Note: Parent participation is required.

Melody Academy of Music MAM Staff

| 260114-01 | | 3-4yrs |
|---------------------------------------|------------|-------------------|
| Tue | 10/6-11/10 | 10:30-11:15am |
| 260114- | 02 | 3-4yrs |
| Fri | 11/6-12/11 | 10:30-11:15am |
| 260114- | 03 | 3-4yrs |
| Mon | 9/14-10/19 | 10:30-11:15am |
| 260114-04 | | 3-4yrs |
| Wed | 10/28-12/9 | 10:30-11:15am |
| Resident | s \$168* | All Others \$199* |
| *Materials fee of \$45 due first day. | | |

Melody's Piano: 4-5yrs

This course will enrich children who have never studied music through a variety of fun activities. It provides students with the opportunity to learn various music skills such as singing, ear-training, keyboard playing, rhythm ensemble, and reading music.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class; no need to bring own keyboard. Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

| 210104-01 | | 4-5yrs |
|--------------|-----------------|-------------------|
| Sun | 9/13-10/18 | <u>11-11:45am</u> |
| 210104-02 | | 4-5yrs |
| Tue | 10/6-11/10 | 4-4:45pm |
| 210104-03 | | 4-5yrs |
| Fri | 11/6-12/11 | 5:30-6:15pm |
| 210104-04 | | 4-5yrs |
| Sat | 12/5-1/9 | <u>11-11:45am</u> |
| Residents \$ | 168* | All Others \$199* |
| * Antoniala | foo of \$15 due | first day |

*Materials fee of \$45 due first day.

Melody's Piano: 5-7yrs

Music theory, keyboard skills and techniques are included in this class. Ear-training and sight-singing skills will be emphasized. Children will also receive instruction in performing keyboard and rhythm instruments.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class; no need to bring own keyboard. Required: Parents must attend with their children.

| Melody Academy | of Music | MAM Staff |
|----------------|----------|-----------|
|----------------|----------|-----------|

| 210115 | -01 | 5-7yrs |
|--------------------------------|------------|-------------------|
| Sun | 9/13-10/18 | 10-10:45am |
| 210115 | -02 | 5-7yrs |
| Tue | 10/6-11/10 | 5-5:45pm |
| 210115-03 | | 5-7yrs |
| <u>Fri</u> | 11/6-12/11 | 6:30-7:15pm |
| 210115-04 | | 5-7yrs |
| Sat | 12/5-1/9 | <u>12-12:45pm</u> |
| Residents \$168* | | All Others \$199* |
| *Materials fee of \$45 due fil | | e first day. |

Group Flute Lessons

This class is a group flute class for beginner students. The students will learn music fundamentals such as note reading, rhythm, music theory, and basic flute playing.

Equipment Note: Must bring own flute.

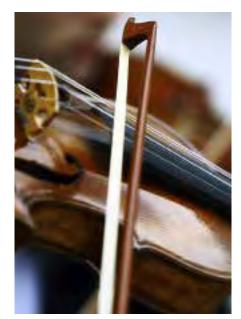
| Melody Ac | ademy of Mus | ic MAM Staff |
|--------------|-------------------|-------------------|
| 210110-01 | | 7-12yrs |
| Tue | 10/6-11/10 | <u>3-3:45pm</u> |
| 210110-02 | | 7-12yrs |
| Thu | 11/5-12/10 | 3-3:45pm |
| Residents \$ | 168* | All Others \$199* |
| *Materials f | ee of \$25 due fi | rst day and does |
| not include | flute rental. | |

Group Violin Lessons

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

| Melody | Academy | of Music | MAM Staff |
|--------|---------|----------|-----------|
| | | | |

| 210105-01 | | 6-10yrs |
|--|-------------|-------------------|
| Sun | 9/13-10/18 | <u>12-12:45pm</u> |
| 210105-02 | | 6-10yrs |
| Tue | 10/6-11/10 | <u>6-6:45pm</u> |
| Residents \$ | 168* | All Others \$199* |
| *Materials fee of \$45 due first day and | | |
| includes 6-week violin rental OR \$25 if | | |
| student has | own violin. | |





Group Guitar Beginners: 7-10yrs

This is a beginner's class for kids. Focus will be on learning basic skills and techniques for the instrument. No former musical knowledge required.

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff

| 210112-01 | | 7-10yrs |
|---|------------|-------------------|
| Sun | 11/8-12/13 | 4-4:45pm |
| Residents \$ | 168* | All Others \$199* |
| *Materials fee of \$25 due first day and does | | |
| not include guitar rental. | | |

Group Guitar Beginners: 10-13yrs

This class is designed to facilitate self discovery through the instrument. Group setting helps create environment for expression and communication through music.

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff 220112-01 10-13yrs

Sun11/8-12/135-5:45pmResidents\$168*All Others\$199**Materials fee of\$25 due first day and doesnot include guitar rental.

Group Ukulele

Try the ukulele! This group class is designed for young beginners to help them learn basic ukulele skills which include, but is not limited to, chords, strum patterns, scales, and music reading.

Equipment Note: Please bring own ukulele or contact us to purchase one.

| Melody Academy of Music | | ic MAM Staff |
|---|------------|-------------------|
| 220113- | 01 | 8-12yrs |
| Sun | 11/8-12/13 | 6-6:45pm |
| Residents \$168* All | | All Others \$199* |
| *Materials fee of \$25 due first day and does not include ukulele rental. | | |

MUSIC AROUND THE WORLD

joyfulnoise@aya.yale.edu (415) 242-1956

Music Around the World: Free Preview

Take a sample class! No previous target language experience necessary – learn along with your child! Can't make the preview date? Contact Julie NEELED above) to arrange as CANCELED above) to

Note: A **Sec** Credit on the materials fee for new students who register for the preview!

| Hillview Rm 4 | | Wong |
|---------------|--------------|---------------|
| 260109-01 | | 0-4yrs |
| Thu | 9/17 | 9:30-10:20am |
| 260109-02 | | 0-4yrs |
| Thu | 9/17 | 10:30-11:20am |
| Residents & | All Others I | REE! |

Music Around the World: Multicultural English

This unique 50-minute, parent-child immersion language and music class is taught in English but includes songs from around the world! Rhytherene on al play with age-approximative improvisation provide wonderful foundation for musical, linguistic and intellectual growth!

| Hillview Rm 4 | | Wong |
|--|------------|-------------------|
| 260101 | -01 | 0-4yrs |
| Tue | 9/22-12/1 | 9:30-10:20am |
| <u>No clas</u> | s 11/24 | |
| 260101 | -02 | 0-4yrs |
| Tue | 9/22-12/1 | 11:30am-12:20pm |
| No class 11/24 | | |
| Residen | nts \$162* | All Others \$192* |
| *Materials fee of \$25 first day of class. | | rst day of class. |

Music Around the World: Spanish

Introduce your child to another language and culture through the language of music! Taught exclusively in the target language using traditional Spanish children is songs; no previous language of your child's amazing complete to absorb music and language!

| Hillview Rm 4 | | Wong |
|---------------------------------------|-----------|-------------------|
| 260102 | -01 | 0-4yrs |
| Tue | 9/22-12/1 | 10:30-11:20am |
| No class | s 11/24 | |
| Residents \$162* | | All Others \$192* |
| *Materials fee of \$25 due first day. | | |

SPECIAL INTEREST

NEW! HIDDEN VILLA FARM TOURS

Awaken your senses with a hands-on exploration of our working farm! Children meet farm animals face-to-face and experience the flavors, scepper olors of the organic Educe Elevation. Here children the children the importance of the false and garden in their daily lives.

Note: Parents welcome to explore Hidden Villa's trails on their own while class is in progress.

| Hidden Villa | | Hidden Villa Staff |
|----------------|-------|--------------------|
| 210845-01 | | 6-8yrs |
| Thu | 10/8 | 4-5:30pm |
| 210845-02 | | 8-10yrs |
| Thu | 10/15 | 4-5:30pm |
| Residents \$36 | | All Others \$42 |

CAMP SHOUP: THANKSGIVING BREAK

The popular Los Altos Recreation camp debuts its fall session! Camp will be filled with Thanksgiving-themed crafts and games, as well as the summer favorites. All supplies and snacks provided, and all activities are tailored for the appropriate age groups.

San Antonio Club Los Altos Recreation Staff

| 211301-01 | 5-6yrs |
|---------------------|------------------|
| Mon-Wed 11/23-11/25 | 9am-2pm |
| 211301-02 | 7-9yrs |
| Mon-Wed 11/23-11/25 | 9am-2pm |
| Residents \$159 | All Others \$177 |

SPORTS ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 30 years and has been teaching for more than 25 years.

Equipment Note for ALL archery classes: Basic archery equipment will be provided for students of all archery classes.

Archery 1

Participants will learn the technique of shooting a bow, as well as the names for each of the parts of the bow and arrow. This safe and fun class allows each individual to focus on their accomplishments.

| RWG Field | | Roan |
|-----------------|-----------|------------------|
| 210918-01 | | 7-18yrs |
| Thu | 9/17-11/5 | 3:30-4:30pm |
| 210918-02 | | 7-18yrs |
| Fri | 9/18-11/6 | 3:30-4:30pm |
| Residents \$251 | | All Others \$299 |

Archery 2

This class is a continuation for those who are ready to move on to the next level (contact Ray Roan via the Recreation & Community Services Office to see if you qualify), or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

| RWG Field | | Roan |
|-----------------|-----------|------------------|
| 210938-01 | | 8+yrs |
| Thu | 9/17-11/5 | 4:30-5:30pm |
| Residents \$251 | | All Others \$299 |

Archery 3

This class is for those who have been taking archery classes for at least four years and want to further refine their shooting skills.

| RWG Field | | Roan |
|-----------------|-----------|------------------|
| 210939-01 | | 9+yrs |
| Fri | 9/18-11/6 | 4:30-5:30pm |
| Residents \$251 | | All Others \$299 |

BADMINTON

BADMINTON DROP IN

We love badminton and want you to join us! Come in for up to two hours of open play. All levels welcome. Please bring your racket and birdies.

| Egan Gym | | Huyhn |
|----------------------------|--|----------|
| No code required | | 12-17yrs |
| Wed 9/2-12/16 | | 6-8pm |
| Residents & All Others \$5 | | |

EQUESTRIAN

SPRINGDOWN EQUESTRIAN CENTER

springdown.com

Required: 1. Must download the liability form at springdown.com prior to class. 2. Due to the physical limitations of our horses, riders' weight should not exceed 225 pounds.

Horseback Riding: Mommy & Me

Designed to introduce child and parent on how to "be" around horses. You'll be introduced to safety, ground manners and become comfortable around horses. Learn about special equipment, grooming, tack, and ride as your favorite parent tags along!

Spring Down Equestrian Center SDEC Staff

| 250401-01 | | 2.5-5yrs |
|---|------------|-------------------|
| Tue | 11/3-11/17 | <u>10-11:30am</u> |
| Residents \$237* | | All Others \$282* |
| *Fee includes child and accompanying of | | companying adult. |

Crazy About Horses

Spend a day with horses, see a live demonstration, and learn to tack up your own horse and ride! You will learn safety, horse handling and care through grooming and experience on the ground and on the horse. The perfect introduction to horses!

Spring Down Equestrian Center SDEC Staff

| 250403-01 | | б+yrs |
|--------------|-------|------------------|
| Sat | 10/17 | 10am-2pm |
| Residents \$ | 137 | All Others \$162 |

ZURAEK STABLES (408) 460-7226

11854 Page Mill Rd, Los Altos Hills

Western Horseback Riding Lessons

These lessons are also appropriate for youth ages 10+ years. Look in our Adult Classes section for all the details. Or call instructor Kristen Zuraek at (408) 460-7226 for more info.

FENCING

SABERCOMBAT.COM

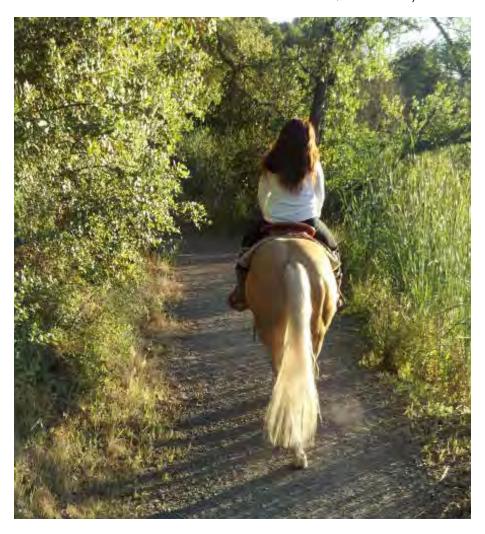
Equipment Notes for ALL SaberCombat.com classes: 1. All equipment provided by instructor. You need not purchase ANYTHING to begin! 2. Please wear athletic clothing and non-skid, white-soled shoes. 3. Bring a water bottle.

LED Light SaberCombat Heroes

Ever wanted to TRULY learn to be a "Jedi[®]"? Or a "Sith[®]"? NOW IS YOUR CHANCE!! Learn the ways of ancient heroes! Come learn how to wield a light saber in the true spirit of a knight! Join the new training classes, presented by SaberCombat.com.

Grant Park MPR SaberCombat.com Staff

| Suber con | insucceonin scu | |
|------------------|-----------------|-------------------|
| 250940-0 | 1 | 9+yrs |
| Thu | 9/10-10/29 | 6-7:15pm |
| 250940-02 | 2 | 9+yrs |
| Thu | 11/5-12/17 | 6-7:15pm |
| Residents \$162* | | All Others \$192* |
| *Materials | fee of \$15 due | first day. |





GOLF

DEEP CLIFF GOLF

Equipment Note for ALL Deep Cliff golf classes: Golf clubs provided; if you have your own clubs, please bring them!

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Parent/Child Golf

Parents and children, come spend quality time together learning the game that may be enjoyed for a lifetime! You will receive instruction in skills, etiquette and some rules.

Deep Cliff Golf Course Deep Cliff Staff

| Deep en | Juli | |
|---------------------|-------------|-------------------|
| 250914-0 |)1 | 7+yrs |
| Sat | 9/12-10/3 | 8:30-10am |
| 250914-0 |)2 | 7+yrs |
| Sat | 10/10-10/31 | 8:30-10am |
| 250914-03 | | 7+yrs |
| Sat | 11/7-12/5 | 8:30-10am |
| No class 11/28 | | |
| Residents \$140* | | All Others \$166* |
| *Fee is per person. | | |
| | | |

Junior Golf

Young golfers, come learn and develop the basic skills of golf, including the proper etiquette and the most common rules of golf. You will learn and strengthen your abilities and knowledge of the game to prepare yourself for the next level, Intermediate Junior Golf.

Deep Cliff Golf Course Deep Cliff Staff

| 210936-01 | | 7-17yrs |
|-----------------|-------------|------------------|
| 210/5 | 0-01 | |
| Sat | 9/12-10/3 | 10:30am-12pm |
| 21093 | 6-02 | 7-1 Żyrs |
| Sat | 10/10-10/31 | 10:30am-12pm |
| 210936-03 | | 7-17yrs |
| Sat | 11/7-12/5 | 10:30am-12pm |
| No class 11/28 | | |
| Residents \$145 | | All Others \$172 |
| | | |

Intermediate Junior Golf

For players who have fully acquired the basic skills and knowledge of the game. It is designed in a "practice-and-play" format, to give you a place to build your skills. Then, we take it all onto the course and play!

Prerequisite: Junior Golf or Golf Camp 1

| Deep Cliff Golf Course Deep Cliff Staff | | |
|--|-------------|------------------|
| 210934-0 |)1 | 7-17yrs |
| Sat | 9/12-10/10 | 2:30-5:30pm |
| No class | 10/3 | |
| 210934-0 |)2 | 7-17yrs |
| Sat | 10/24-11/14 | 2:30-5:30pm |
| 210934-0 |)3 | 7-17yrs |
| Sat | 11/21-12/19 | 2-5pm |
| No class 11/28 | | |
| Residents | \$252 | All Others \$300 |

The Player's Academy

If you have completed Intermediate Junior Golf and have gained instructor approval to advance to the next level, this class is for YOU. We'll emphasize playing skills, helping you to develop a more complete game (and shoot lower scores).

Prerequisite: Previous experience is required. If you haven't been in the class before, you must have instructor approval to enter. Call (408)253-5357, x36.

Deep Cliff Golf Course Deep Cliff Staff

| | •••• | |
|-----------------|------------|------------------|
| 210914-01 | | 10-17yrs |
| Thu/Sat | 9/10-10/3 | 4:30-6:30pm |
| 210914-02 | | 10-17yrs |
| <u>Thu/Sat</u> | 10/8-10/31 | 4-6pm |
| 210914-03 | | 10-17yrs |
| Sat | 11/7-12/5 | 1-5pm |
| No class 11/28 | | |
| Residents \$300 | | All Others \$358 |
| | | |



GYMNASTICS

TWISTERS SPORTS

New location: 1165 N Fair Oaks Ave, Sunnyvale

Leaping Lions

(formerly Walking Wonders) This class is designed to enhance motor development and encourage a love of physical fitness. Students and parents will be introduced to gymnastics concepts and equipment. We'll help your child develop muscle coordination, body control and social interaction in an educational environment.

Required: Parent participation is required.

| Twisters Sports | | Twisters Staff |
|-----------------|------------|-----------------------|
| 252101-01 | | 1.5-3yrs |
| Tue | 9/15-12/15 | 10-10:45am |
| No class 11 | /24 | |
| 252101-02 | | 1.5-3yrs |
| Sat | 9/12-12/19 | 9-9:45am |
| No class 11/28 | | |
| Residents \$ | 255 | All Others \$304 |

Jumping Giraffes

(formerly Preschool Players) In this class, students will experience class structure in a safe and fun environment that further enhances motor skills, coordination and self confidence. Your child will learn the most fundamental gymnastics skills from Twisters' trained instructors.

| Twisters Sports | | Twisters Staff |
|-----------------|------------|-----------------------|
| 262102-01 | | 3-4yrs |
| Mon | 9/14-12/14 | 10:30-11:15am |
| No class | 11/23 | |
| Resident | ts \$255 | All Others \$304 |

Cartwheel Kangaroos

(formerly Cartwheel Kinders) Our Cartwheel Kangaroos class further expands physical, mental and social development. Students will learn basic gymnastics terminology, positions and skills. They will be carefully spotted by a trained instructor until they can complete the skills successfully.

Required: Parent participation is required.

| Twisters Sports | | Twisters Staff |
|-----------------|------------|-----------------------|
| 262103-01 | | 4-5yrs |
| Mon | 9/14-12/14 | 11:15am-12pm |
| No class 11 | /23 | |
| Residents \$255 | | All Others \$304 |

Bouncing Bears

(formerly Dyno Tumblers)

This class prepares students to transition to our Recreational Gymnastics classes. Students will develop coordination, strength, balance, and flexibility as they learn new gymnastics skills. Class also focuses on the development of self-confidence and social skills, with an emphasis on safety and fun.

| Twisters Sports | | Twisters Staff 5-6yrs 3:30-4:15pm |
|-----------------|-------|--|
| 212104-01 | | |
| Mon 9/14-12/14 | | |
| No class | 11/23 | |
| Residents \$255 | | All Others \$304 |

Gymnastics for Girls

Students build strength and flexibility as they learn fundamental gymnastics skills in a structured and fun class. Students will be introduced to gymnastics concepts, terminology and equipment through dynamic exercises and drills. Combined with the Character Counts Program, this class will help students develop positive life skills and encourage a healthy lifestyle.

| Twisters Sports | | Twisters Staff |
|-----------------|------------|-----------------------|
| 212105-01 | | 6-12yrs |
| Mon | 9/14-12/14 | 4:45-5:40pm |
| No class 11/23 | | |
| Residents \$202 | | All Others \$240 |

ICE SKATING

NAZARETH ICE OASIS

For ALL Nazareth Ice Oasis classes: Note: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required: 1. Please arrive 15 minutes before class begins. 2. Bring warm clothing, mittens/gloves.

Ice Skating: Parent & Me

This ice skating class is designed for a child and one parent/guardian, and is geared toward development of independence in the child so they may progress to a tot ice skating class without the adult.

| Nazareth Ice Oasis | | NIO Staff |
|--------------------------------------|------------|-------------------|
| 250903-01 | | 2.5-5yrs |
| Sat | 9/12-10/17 | 11:45am-12:15pm |
| Residents \$99* | | All Others \$116* |
| *Fee includes both parent and child. | | |

Ice Skating: Tot & Youth

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

| Nazareth Ice Oasis | | NIO Staff |
|--------------------|------------|------------------|
| 260903-01 | | 3-5yrs |
| Wed | 9/9-10/14 | 5:20-5:50pm |
| 260903-02 | | 3-5yrs |
| Sat | 9/12-10/17 | 11:45am-12:15pm |
| 260903-03 | | 3-5yrs |
| Tue | 9/15-10/20 | <u>3:30-4pm</u> |
| 210903-01 | | 6-12yrs |
| Wed | 9/9-10/14 | 5:20-5:50pm |
| 210903-02 | | 6-12yrs |
| Sat | 9/12-10/17 | 11:45am-12:15pm |
| 210903-03 | | 6-12yrs |
| Tue | 9/15-10/20 | 4-4:30pm |
| Residents \$ | 99 | All Others \$116 |

MULTI-SPORT

SKYHAWKS

Required for ALL Skyhawks classes: Participants should bring appropriate clothing, athletic shoes, snacks, and water bottle.

Mini-Hawk Soccer & Basketball

This multi-sport program was developed to give children a positive first step into athletics. The essentials of soccer and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun.

Whisman Sports Center Indoor Gym Skyhawks Staff

| 210907-01 | | 4-6yrs |
|-----------------|------------|------------------|
| Sat | 10/3-11/21 | 11:30am-12:30pm |
| Residents \$154 | | All Others \$194 |

NEW! Skyhawks Flag Football Instructional League

First week is skill evaluation; following weeks are practice and games. Teams have 60-75 minute time slots, depending on age groups, that include practice, followed by a game. Specific game times decided once teams are formed, but will take place between 12 and 4pm.

| Sylvan Park | | Skyhawks Staff |
|----------------|------------|------------------|
| 210970-01 | | 5-6yrs |
| Sun | 11/1-12/13 | 12-4pm |
| 210970-02 | | 7-8yrs |
| Sun | 11/1-12/13 | 12-4pm |
| 210970-03 | | 9-12yrs |
| Sun | 11/1-12/13 | <u>12-4pm</u> |
| Residents \$17 | 74 | All Others \$206 |

Skyhawks Track & Field

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun while introducing young athletes to many Olympic-style events!

Graham Middle School Skyhawks Staff

| 210933-0 | 1 | 6-12yrs |
|-----------------|------------|------------------|
| Fri | 10/2-11/20 | <u>3:30-5pm</u> |
| Residents \$174 | | All Others \$206 |

Skyhawks Basketball

Skyhawks Basketball coaches focus on the development of fundamental skills through a variety of fun and creative drills, exercises and scrimmages. Curriculum is age-appropriate and pays special attention to ball handling, passing, shooting, defense, rebounding, and conditioning.

Whisman Sports Center

| Skyhawks Staff | | |
|-----------------|------------|------------------|
| 210906-01 | | 6-12yrs |
| Sat | 10/3-11/21 | 1-2:30pm |
| Residents \$174 | | All Others \$206 |

Skyhawks Volleyball

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled class. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving.

Whisman Sports Center Skybawks Staff

| JKynawks | Juli | |
|-----------------|------------|------------------|
| 210911-01 | | 8-14yrs |
| Sat | 10/3-11/21 | 3-4:30pm |
| Residents \$174 | | All Others \$206 |



SOCCER

KIDZ LOVE SOCCER

This soccer "school" is a non-competitive, recreational environment for children to learn and play the world's most popular sport. A session experience includes age specific warm up, demonstration, thematic progressions (drills), and recreation games. Bonus: Each participant receives a KLS jersey!

Equipment Note for ALL KLS classes: No equipment required for Mommy/Daddy & Me classes. For ALL other KLS classes, shin guards required for all levels after the first meeting. NO EXCEPTIONS!

KLS Rain-out Hotline: (888) 372-5803

KLS: Mommy/Daddy & Me

As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines!

Equipment Note: No equipment required for Mommy/Daddy & Me classes.

Required: Parent participation is required.

| Hillview Soccer Field | | KLS Staff |
|-----------------------|------------|------------------|
| 250916-01 | | 2-3.5yrs |
| Tue | 9/15-11/10 | 9:30-10am |
| 250916-02 | | 2-3.5yrs |
| Wed | 9/16-11/11 | 9:30-10am |
| Residents \$118 | | All Others \$139 |

| McKenzie Park | | KLS Staff |
|-----------------|------------|----------------------|
| 250916-03 | | 2-3.5yrs |
| Sat | 9/26-11/21 | 11:35am-12:05pm |
| 250916-04 | | 2-3.5yrs |
| Sat | 9/26-11/21 | <u>12:10-12:40pm</u> |
| Residents \$118 | | All Others \$139 |

KLS: Tot Soccer

Encourages large motor development through soccer skills and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids!

| Hillview Soccer Field | | KLS Staff |
|-----------------------|------------|--------------------|
| 260904-0 | 1 | 3.5-4yrs |
| Tue | 9/15-11/10 | 10:10-10:40am |
| 260904-0 | 2 | 3.5-4yrs |
| Tue | 9/15-11/10 | 4:30-5:05pm |
| 260904-03 | | 3.5-4yrs |
| Wed | 9/16-11/11 | 10:10-10:40am |
| 260904-04 | | 3.5-4yrs |
| Thu | 9/17-11/12 | <u>3:45-4:20pm</u> |
| Residents \$118 | | All Others \$139 |
| | | |

| McKen | zie Park | KLS Staff |
|-----------|------------|------------------|
| 260904-05 | | 3.5-4yrs |
| Sat | 9/26-11/21 | 10:55-11:25am |
| Residen | ts \$118 | All Others \$139 |

KLS: Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activity. Children learn to follow instructions in a nurturing, teaching environment.

Equipment Note: Shin guards are required after first class.

| Hillviev | w Soccer Field | KLS Staff |
|-----------------|----------------|----------------------|
| 210904 | -01 | 4-5yrs |
| Tue | 9/15-11/10 | <u>10:40-11:15am</u> |
| 210904 | -02 | 4-5yrs |
| Tue | 9/15-11/10 | 4:30-5:05pm |
| 210904-03 | | 4-5yrs |
| Wed | 9/16-11/11 | 10:40-11:15am |
| 210904-04 | | 4-5yrs |
| Thu | 9/17-11/12 | 3:45-4:20pm |
| Residents \$118 | | All Others \$139 |
| | | |

| McKenzie Park | | KLS Staff |
|-----------------|------------|------------------|
| 210904 | 4-05 | 4-5yrs |
| Sat | 9/26-11/21 | 9:45-10:20am |
| 210904-06 | | 4-5yrs |
| Sat | 9/26-11/21 | 10:20-10:55am |
| Residents \$118 | | All Others \$139 |





KLS: Soccer 1 Techniques & Teamwork

Teaches the basic techniques of soccer for beginning players including dribbling, passing and recovering, shooting, defense, etc. Every participant will have a ball at their feet! Fun skill games will be played at every session.

| Hillview Soccer Field | | KLS Staff |
|-----------------------|------------|------------------|
| 210967 | -01 | 5-6yrs |
| Tue | 9/15-11/10 | 3:45-4:30pm |
| 210967 | -02 | 5-6yrs |
| Wed | 9/16-11/11 | 11:15am-12pm |
| 210967 | -03 | 5-6yrs |
| <u>Thu</u> | 9/17-11/12 | 4:20-5:05pm |
| Residen | ts \$118 | All Others \$139 |
| | | |

| McKenzie Park | | KLS Staff |
|-----------------|------------|------------------|
| 210967-04 | | 5-6yrs |
| Sat | 9/26-11/21 | 9-9:45am |
| Residents \$118 | | All Others \$139 |

KLS: Soccer 2 Skillz & Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team-play format. All levels are welcome to come enjoy the world's most popular game!

| Hillview Soccer Field | | KLS Staff |
|-----------------------|------------|-----------------|
| 210968-01 | | 7-10yrs |
| Tue | 9/15-10/13 | 5:05-5:50pm |
| Residents \$77 | | All Others \$90 |

COACH KEN'S SOCCER ACADEMY

Learn new and exciting soccer skills with Coach Ken. We have a proven record of helping kids achieve their full potential as soccer players. Our coaches are knowledgeable and passionate about the game. All lessons are age-appropriate, challenging and fun. All levels are welcome.

Equipment Note for ALL Coach Ken's classes: Shin guards and water are mandatory; sunscreen recommended.

Coach Ken's Soccer: 4-5yrs

Young players are introduced to soccer in a positive environment and they eventually play the real game. They learn FUNdamental touches and moves. They enjoy running through "the obstacle course" of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

| Heritage C |)aks Park | Coach Ken's Staff |
|--------------|------------|-------------------|
| 210923-01 | | 4-5yrs |
| Tue | 9/8-12/1 | 12:30-1:30pm |
| No class 11, | /24 | |
| 210923-02 | | 4-5yrs |
| Tue | 9/8-12/1 | 4:30-5:30pm |
| No class 11, | /24 | |
| 210923-03 | | 4-5yrs |
| Wed | 9/9-12/9 | 4:30-5:30pm |
| No class 11 | /11, 11/25 | |
| 210923-04 | | 4-5yrs |
| Thu | 9/10-12/3 | 10:30-11:30am |
| No class 11 | /26 | |
| 210923-05 | | 4-5yrs |
| Fri | 9/11-12/4 | 12:30-1:30pm |
| No class 11, | /27 | |
| 210923-06 | | 4-5yrs |
| Fri | 9/11-12/4 | 4:30-5:30pm |
| No class 11, | /27 | |
| Residents \$ | 192 | All Others \$228 |

Coach Ken's Soccer: 6-7yrs

We emphasize ball control and acquiring movement on and off the ball. Kids learn to use all foot surfaces, plus basic fakes and moves to get around opponents. We use 1 versus 1 matches, and conclude daily with a scrimmage. Kids separated into smaller groups by age and ability.

| Heritage Oaks Park | | Coach Ken's Staff |
|--------------------|------------|-------------------|
| 210942-01 | | 6-7yrs |
| Tue | 9/8-12/1 | 3:30-4:30pm |
| No class 11, | /24 | - |
| 210942-02 | | 6-7yrs |
| Wed | 9/9-12/9 | 3:30-4:30pm |
| No class 11 | /11, 11/25 | |
| 210942-03 | | 6-7yrs |
| Fri | 9/11-12/4 | 3:30-4:30pm |
| No class 11/27 | | |
| Residents \$ | 192 | All Others \$228 |



Coach Ken's Soccer: 8-11yrs

In addition to learning to control the ball and execute moves at speed, players learn to control high balls and juggling. We introduce them to tactical thinking and game strategies. Each session ends with a free-flowing scrimmage.

| Heritage Oaks Park | | Coach Ken's Staff |
|-----------------------|-----------|-------------------|
| 210943-01 | | 8-11yrs |
| Tue | 9/8-12/1 | 3:30-4:45pm |
| No class 11 | /24 | |
| 210943-02 | | 8-11yrs |
| Wed | 9/9-12/9 | 3:30-4:30pm |
| No class 11/11, 11/25 | | |
| 210943-03 | | 8-11yrs |
| Fri | 9/11-12/4 | 3:30-4:30pm |
| No class 11/27 | | |
| Residents \$192 | | All Others \$228 |

Coach Ken's Soccer: Intro to Team Soccer

This program introduces kids to playing in a small-sided team. Each week, ball skills are taught for half the session, while half the time is spent on playing the real game. (The 4-5 year olds may not start playing real games until the coaches deem them ready.)

Equipment Note: Must wear provided jersey every Saturday.

| Heritag | je Oaks Park | Coach Ken's Staff |
|-----------------------|--------------|-------------------|
| 210935- | -01 | 4-5yrs |
| Sat | 9/12-12/5 | 9:15-10:30am |
| <u>No class</u> | 11/28 | |
| 210935-02 | | 6-7yrs |
| Sat | 9/12-12/5 | 10:30-11:45am |
| No class 11/28 | | |
| 210935-03 | | 8-12yrs |
| Sat | 9/20-11/22 | 11:45am-1:15pm |
| <u>No class 11/28</u> | | |
| Resident | ts \$192 | All Others \$228 |



TENNIS

WHITLINGER/SARSFIELD TENNIS

whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Youth classes of 3-8 students will consist of six-to-eight hours of instruction. Classes of two students and Terrific Tiny Tennis classes will consist of eight 40-minute lessons or four hours of lessons.

For ALL Whitlinger/Sarsfield Tennis classes: Equipment Note: Bring a racquet to all classes!

Make-up Policy: Make-ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make-up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact the Recreation & Community Services Department at 947-2790, Monday - Friday, 8am-Spm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date. No postponement announcement will be initiated by the instructor or the Recreation & Community Services Department.

Terrific Tiny Tennis

Children, 4-7 years of age, play FUN activities and games with low-compression tennis balls on the "42-foot court" that will enhance their skill development in a success-oriented environment. Small group lessons; only 2-6 students! We recommend the 23" to 25" rackets.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

| 210902-01 | | 4-6yrs |
|--------------|-----------|------------------|
| Sat | 9/19-11/7 | 1:30-2:10pm |
| 210902-02 | | 5-Żyrs |
| Sat | 9/19-11/7 | 2:10-2:50pm |
| 210902-03 | | 5-7yrs |
| Sat | 9/9-11/7 | 2:50-3:30pm |
| Residents \$ | 102 | All Others \$120 |

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 210902-04 | | 5-7yrs |
|-----------------|-----------|------------------|
| Tue/Thu | 9/15-10/8 | 3:50-4:30pm |
| Residents \$102 | | All Others \$120 |

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 210902-05 | i i i i i i i i i i i i i i i i i i i | 5-7yrs |
|----------------|---------------------------------------|-----------------|
| <u>Tue/Thu</u> | 10/20-11/5 | 3:50-4:30pm |
| 210902-06 | | 5-Żyrs |
| Tue/Thu | 11/17-12/3 | 3-4pm |
| No class 11 | | |
| Residents \$ | 83 | All Others \$97 |
| | | |

Quickstart Tennis

Kids, 8-10 years old, will enhance their skill development with low-compression tennis balls on the "60-foot court." Play to learn!

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

| 220902-0 |)1 | 8-10yrs |
|-----------------|-----------|------------------|
| Sat | 9/19-11/7 | 11am-12pm |
| Residents \$102 | | All Others \$120 |

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| whitiinger/sarsheid lennis staff | | | | |
|----------------------------------|-----------|------------------|--|--|
| 220902-02 | | 8-10yrs | | |
| Tue/Thu | 9/15-10/8 | 4:30-5:30pm | | |
| Residents \$102 | | All Others \$120 | | |

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 220902-03 | | 8-10yrs |
|----------------|------------|-----------------|
| Tue/Thu | 10/20-11/5 | 4:30-5:30pm |
| 220902-04 | | 8-10yrs |
| Tue/Thu | 11/17-12/3 | 4-5:30pm |
| No class 11 | /24, 11/26 | · |
| Residents \$83 | | All Others \$97 |

Youth Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction on the "78-foot court" with regulation tennis balls. Lessons will also incorporate rules, etiquette, and basic doubles play.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

| 220946-01 | | 11-14yrs |
|--------------|-----------|------------------|
| Sat | 9/19-11/7 | 3:30-4:30pm |
| Residents \$ | 102 | All Others \$120 |

Youth Low Intermediate Tennis

For players who are consistent with slow- to medium-paced shots but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 220947-01 | | 11-14yrs |
|-----------------|-----------|------------------|
| Tue/Thu | 9/15-10/8 | 6-7pm |
| Residents \$102 | | All Others \$120 |

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

| 220947-02 | | 11-14yrs |
|----------------|------------|-----------------|
| Tue/Thu | 10/20-11/5 | 6-7pm |
| Residents \$83 | | All Others \$97 |

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For Lessons at Marymeade Park,

| Courts 2/3 | |
|---------------|----------------|
| Francois Chan | 345-8768 |
| James Knofler | (408) 410-0434 |

For lessons at Rosita & McKenzie Parks,

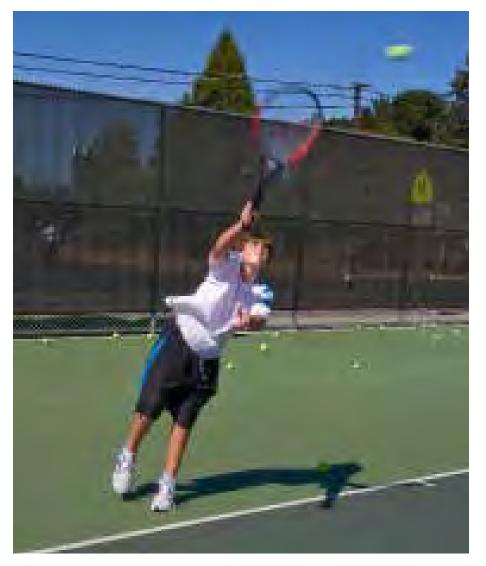
| Court 1: | |
|---------------|----------------|
| David Panconi | (408) 893-1405 |
| Sharon Lamond | (408) 712-7361 |
| James Knofler | (408) 410-0434 |
| | |

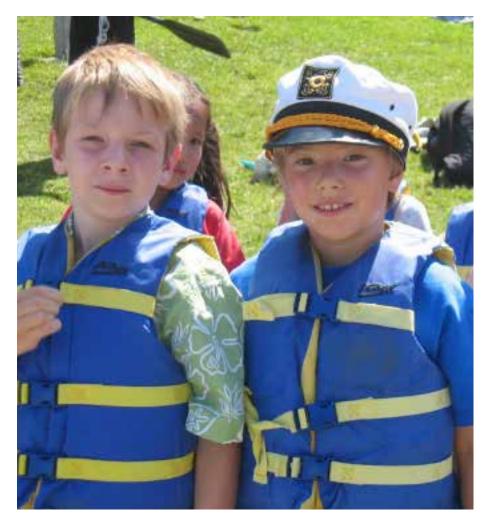
For lessons at Montclaire Park, Court 1 Joe Bassi 576-0988

<u>Hourly Rate & Payment</u> For one player: \$75 per hour For two players: \$40 per hour each For three players: \$30 per hour each For four players: \$25 per hour each*

*Possible \$5 discount per hour for group of four people at instructor's discretion. Payment by check only; payable to Tom Sarsfield.

Visit whitlingersarsfieldtennis.com for more information.





WATER SPORTS

SHORELINE AQUATIC CENTER

shorelinelake.com 965-7474

Equipment Notes for ALL Shoreline Aquatic Center classes: Students should bring/wear 1. comfortable clothes (no cotton), including a jacket or fleece, 2. towel, 3. change of clothes, 4. sun protection, 5. lanyard to secure sunglasses*, 6. bottle of water, and 7. non-skid shoes (water booties, aqua socks or Teva sandals work great). *Sunglasses and hat recommended.

Kayaking: Level 1

Our knowledgeable and experienced staff of instructors will introduce you to this lifetime sport in a matter of hours! Learn stroke techniques, launching and landing, nomenclature, self-rescue, water safety, and equipment tuning.

Equipment Notes: Bring bathing suit, towel, sun protection, water, and shoes that can be worn in the water.

| Shoreline Aquatic Center | | r SAC Staff |
|--------------------------|-------|------------------|
| 220943-01 | | 13+yrs |
| Sun | 9/20 | 9am-12pm |
| 220943-02 | | 13+yrs |
| Sat | 10/3 | 9am-12pm |
| 220943-03 | | 13+yrs |
| Sun | 10/18 | 9am-12pm |
| 220943-04 | | 13+yrs |
| Sat | 10/31 | 9am-12pm |
| 220943-05 | | 13+yrs |
| Sun | 11/15 | 9am-12pm |
| Residents \$1 | 07 | All Others \$126 |

Sailing: Level 1 Learn to harness the calm morning breeze in protected water; perfect for learning the ropes. Includes a 1-hour private lesson you can schedule within 2 weeks after the class.

| Shoreline A | quatic Cente | r SAC Staff |
|----------------|--------------|------------------|
| 220944-01 | | 14+yrs |
| <u>Sat/Sun</u> | 9/12-9/13 | <u>9am-1pm</u> |
| 220944-02 | | 14+yrs |
| <u>Sat/Sun</u> | 9/26-9/27 | 9am-1pm |
| 220944-03 | | 14+yrs |
| <u>Sat/Sun</u> | 10/10-10/11 | <u>9am-1pm</u> |
| 220944-04 | | 14+yrs |
| Sat/Sun | 10/24-10/25 | 9am-1pm |
| 220944-05 | | 14+yrs |
| <u>Sat/Sun</u> | 11/7-11/8 | 9am-1pm |
| Residents \$2 | 87 | All Others \$342 |

Windsurfing: Level 1

Learn to windsurf in a weekend with our certified instructing staff! With an outstanding curriculum and the use of land simulators, student will be up and sailing in a matter of hours regardless of age, strength and size!

Required: Student must be comfortable swimming and treading water.

| Shoreline A | Aquatic Cente | r SAC Staff |
|----------------|---------------|------------------|
| 220821-01 | | 14+yrs |
| Sat/Sun | 9/12-9/13 | 9am-1pm |
| 220821-02 | | 14+yrs |
| Sat/Sun | 9/26-9/27 | 9am-1pm |
| 220821-03 | | 14+yrs |
| <u>Sat/Sun</u> | 10/10-10/11 | 9am-1pm |
| 220821-04 | | 14+yrs |
| Sat/Sun | 10/24-10/25 | <u>9am-1pm</u> |
| 220821-05 | | 14+yrs |
| Sat/Sun | 11/7-11/8 | 9am-1pm |
| Residents \$2 | 207 | All Others \$246 |
| | | |



Stand-Up Paddle Boarding Yoga

Take your yoga practice outside and onto the water. Your mat is a stand up paddleboard; the world is your studio and all the elements have been invited - sun, wind, water and earth.

Equipment Notes: Dress in layers as you would come to any yoga class. No cotton. Sunglasses recommended. Swimsuit if you don't want to get clothes wet.

| Shoreline Aquatic Center | | SAC Staff |
|--------------------------|-------|-----------------|
| 220945-01 | | 8+yrs |
| Sat | 9/12 | 9-10:15am |
| 220945-02 | | 8+yrs |
| Sat | 9/26 | 9-10:15am |
| 220945-03 | | 8+yrs |
| Sat | 10/10 | 9-10:15am |
| 220945-04 | | 8+yrs |
| Sat | 10/24 | 9-10:15am |
| 220945-05 | | 8+yrs |
| Sat | 11/7 | 9-10:15am |
| 220945-06 | | 8+yrs |
| Sat | 11/21 | 9-10:15am |
| Residents \$37 | | All Others \$42 |

Intro Stand-Up Paddle Boarding

Improve and increase your balance and core muscles, while having a great time on the water! Unlike surfing, you don't need waves to be able to stand up paddle. Learn to stand up on the board, and paddle with correct technique.

Equipment Notes: Bring a bathing suit, towel, sun protection, water and shoes that can be worn in the water.

| Shoreline / | Aquatic Center | SAC Staff |
|---------------|----------------|-----------------|
| 210821-01 | | 8+yrs |
| Sat | 9/19 | 10:30am-12pm |
| 210821-02 | | 8+yrs |
| Sun | 10/4 | 10:30am-12pm |
| 210821-03 | | 8+yrs |
| Sat | 10/17 | 10:30am-12pm |
| 210821-04 | | 8+yrs |
| Sun | 11/1 | 10:30am-12pm |
| 210821-05 | | 8+yrs |
| Sat | 11/14 | 10:30am-12pm |
| Residents \$8 | 31 | All Others \$95 |





SENIOR Program

TWO LOCATIONS!

@ Hillview

97 Hillview Ave, Rooms 10-12 947-2797 Hours*: Monday-Friday, 8:30am-3:30pm

*Holiday hours vary. Call 947-2797 for exact schedule.

@ Grant

1575 Holt Ave, Multi-Purpose Room 947-2797 Hours*: Wednesday, 10am-2pm

*Holiday hours vary. Call 947-2797 for exact schedule.

Adults 50+ are welcome and encouraged to join any and all of our programs! Many senior activities are listed here but please consult The Spotlight (the Los Altos Senior Program's bi-monthly newsletter), drop in or give us a call for more info and specific dates.

MEMBERSHIP

Everyone is welcome to enjoy our Senior Program. By becoming a Los Altos Senior Program member, you are entitled to reduced program fees for most of our activities and access to member-only services. Plus, as a member, you contribute to one of the best little senior centers on the planet!

BECOME A MEMBER

Fill out the membership form (available on the Recreation & Community Services website, LosAltosRecreation.org). Mail the form, together with a check, payable to "City of Los Altos," to: Los Altos Senior Program

27 Hillview Ave Los Altos, CA 94022

Residents \$26*

All Others \$40*

*If desired, add \$5 for a one-year home delivery subscription to The Spotlight newsletter. The Spotlight gives you all the information about the many activities and services we offer. The Spotlight is also available free at the Senior Center and online at LosAltosRecreation.org.

GOOD TO KNOW... CSA SENIOR SERVICES PROGRAM

Community Services Agency's (CSA's) Senior Services Program is committed to helping local seniors live happy, healthy and independent lives. Case managers provide referrals to community resources, make arrangements for in-home services and work cooperatively with care providers. Contact CSA at 968-0836, x131, for more information about case management or pick up their newsletter at the Senior Center.



TRAVEL

The Los Altos Senior Program offers day and extended trips throughout the year. For a synopsis of our current trips, pick up a copy of The Spotlight newsletter or stop by the Senior Center for detailed flyers. For more information, contact Senior Program staff at 947-2797.

VOLUNTEER

The Senior Program thrives because of our volunteers! JOIN US! We are looking for those with reception desk skills, event helpers, gardeners, movie selectors, and new program hosts. Opportunities can be found on page 58. Call 947-2897 TODAY for details!

WEDNESDAY ACTIVITIES @ GRANT

10am-2pm: Intermediate Bridge, Mah-Jongg, Card Games
10:15am: Stretch with Eleanor 10:45am: Chair Workout with Nora
12pm: Bring Lunch + Interesting Speaker Provided!
1pm: Zumba Dance Party with Nora (1st & 3rd Weds); Betsy's Book Club (2nd Weds); Garden Club (4th Weds)

ON-GOING ACTIVITIES @ HILLVIEW

- Wii Nintendo drop-in play or lessons by appointment
- Jigsaw Puzzle
- Desktop Computer
- Ping Pong reservations required
- YouTube discussions on current events
- Chess



DAILY ACTIVITIES @ HILLVIEW

PC Computer Tutor

1-3pm / Rm 10

By appointment

8:30am-3:30pm

Monday

Monkey Toy Project 9:30-11:30am / Rm 11

Poker 12-3:30pm / Rm 11

Advanced Bocce Ball 10am-12pm Bocce Courts

Tuesday

Bridge

Rm 11

Ping Pong

2pm / Rm 12

10-11:30am

Bocce Courts

Wednesday

Bridge 8:30am-12pm / Rm 11

Mah-Jongg Intermediate 1-3:30pm / Rm 11 Free Play

Art Studio 9:30am-12pm / Rm 12

Advanced Bocce Ball 10am-12pm Bocce Courts

Thursday

iPad & Mac Tutor 1-3pm / Rm 10 By appointment

Pinochle 12-3:30pm / Rm 11

Beginning Bocce Ball 10-11:30am Bocce Courts

FUN Friday

1st Friday **Movie Day** 1pm / Rm 12 Fee: Members Free All Others \$1

2nd Friday Friday Lunch 12pm / Rm 11 Fee: Members \$4 All Others \$6

3rd Friday Birthday Party

12pm / Rm 11 Fee: Members \$4* All Others \$6 *Birthday month? Free lunch during your birth month if you are a Senior Program Member!

4th Friday Friday Lunch 12pm / Rm 11 Fee: Members \$6 All Others \$8

Sth Friday Bingo 1pm / Rm 11 Fee: Members Free All Others \$3

Various Fridays Smart Driver Safety Class 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20

MONTHLY ACTIVITIES @ HILLVIEW

Beginning Bocce Ball

Monday

1st Monday Senior Commission Meeting 4:30pm / Rm 11

NOTE:

All activities are FREE with Senior Program membership, unless otherwise noted.

Actual dates may vary; call to verify schedule.

Tuesday

1st Tuesday Visions Unlimited Television Production 10:15am / Rm 10

2nd Tuesday Fuschia Society 7:30pm / Rm 17

3rd Tuesday HICAP 1-3pm / Conf Rm 3 By appointment

4th Tuesday **Real Estate Corner** 9am / Conf Rm 3 By appointment

Wednesday

2nd Wednesday Legacies Board Meeting 10am / Conf Rm 3 (Meets quarterly; call Senior Center for date.)

3rd Wednesday Women's Group 11am / Rm 10

Rhododendron Society 7:30pm / Rm 12

Thursday

1st Thursday **Men's Group** 10-11:30am / Rm 10

2nd Thursday Book Club 1-2pm / Rm 18

3rd Thursday Camera Club 7pm / Rm 12

3rd Friday

TEEN Program

THE UNDERGROUND



400 University Ave (at Shoup Park) A drop-in facility for teens ages 11-17

Fall Hours*

Fridays 3-6pm Saturdays 2-6pm

The place to hang out with friends and relax is back for the fall! Teens can hang out playing pool, shuffle board, Playstation 3, and more! The Underground is supervised by Recreation Department staff and is a fun, safe place for teens in Los Altos.

Activities are FREE (unless noted)!

*The Underground is closed on LAYC Dance dates.



COOL CLASS!



NEW! 3D PRINTER WORKSHOP

Learn how to operate a Makerbot 3D printer! You'll learn how to download files, how to preview and edit them in the 3D software, and how to prep and print. A great basics class on how 3D printers work!

| Los Altos Main Library | | LA Library Staff |
|------------------------------|-------|------------------|
| 222306-01 | | 13-18yrs |
| Sat | 9/12 | 2-4pm |
| 222306-02 | | 13-18yrs |
| Tue | 9/29 | 6:30-8:30pm |
| 222306-03 | | 13-18yrs |
| Mon | 10/19 | 6:30-8:30pm |
| Residents & All Others FREE! | | · |

LOS ALTOS YOUTH COMMISSION

The 11-member Youth Commission is comprised of 7th-12th graders who live in Los Altos. Representing the needs of youth and teens in Los Altos, the Youth Commission meets the first Monday of every month at 7pm at Hillview Community Center, Room 2. All teens are welcome to attend meetings and provide feedback on issues and programming.

For more information about The Underground, Teen Programs, and/or Youth Commission, call Zack Silva at 947-2790 or email him at zsilva@losaltosca.gov.

"The place to see and be seen.

FRIDAYS **7-9PM**

All dances take place on Fridays from 7-9pm at the LAYC building (1 N San Antonio Rd)* December 4, February 5 and May 20 are part of our NEW LAYC events! *February 5 dance will take place at The Underground — 400 University Ave (at Shoup Park)

- 11.06 Western
- **Movie Night** 12.04

1.08

- **Black and White**
- 2.05 **Party Underground Luau**
- 3.04 **80s**
- 4.08 Semi-Formal
- 5.20 **Block Party – Summer Kickoff**

Dance Memberships

- Participants must have a LAYC Membership in order to participate.
 - Memberships for the 2015-2016 school year are \$89 for 8 scheduled events.
 - LAYC Memberships are offered to 7th and 8th graders who live in Los Altos or attend a Los Altos school.
 - LAYC Memberships will be sold on campus at Blach and Egan Middle Schools in September. Dates will be posted online at losaltosrecreation.org beginning August 20.

-- OR ·

• Beginning August 20, to purchase a membership, please download an application (which can be found online at losaltosrecreation.org). Then come to the the Recreation & Community Services office at the Hillview Community Center (97 Hillview Ave) with a completed application. Office hours are Monday-Friday 8am-5pm.

VOLUNTEER Program

REDWOOD GROVE Happenings

City of Los Altos Municipal Volunteer Program



Fall Volunteer Opportunities



Volunteer activities include (but not limited to):

- FRONT DESK SUPPORT, Senior Program
- VEHICLE MAINTENANCE, City Hall (fueling and car washes)
- MONKEY TOY LADIES*, Senior Program (sewers, cutters, assembly) *Gentlemen welcome, too!
- TECHNOLOGY TUTORS, Senior Program
- **CREATE YOUR OWN VOLUNTEER OPPORTUNITY** with your talents, interests or hobbies in mind!

Contact Barbara Smith for more info! 947-2897 or bsmith@losaltosca.gov

LosAltosRecreation.org, then click on the volunteer tab.

Redwood Grove Restoration Workdays

Come Volunteer!

See the difference you can make by removing ivy and other invasives, planting native plants, and helping to improve habitat for native plants and wildlife.



Weekend workdays are held 1-2 times per month. For dates and to register for a workday, please visit Acterra's website at: *acterra.org/stewardship*

Redwood Grove Nature Preserve 482 University Ave., Los Altos

For more information or to arrange a separate workday for your group, please contact Junko Bryant: *junkob@acterra.org*

Action for a Acterra HEALTHY PLANET

www.acterra.org

PARTY Packages

Booking your next party is as easy as...

Lupcar

1 Choose your party package

- Pick a date (and a few alternates)
- 3 Call or drop by the recreation office to book it!

Bocce Ball & Barbecue

(with kids under 18 accompanied by an ad Celebrate your special occasion while enjoying a spirited game of bocce ball and a barbecue! We supply the equipment; you supply the food and good times! 4 hrs/30 guest max

At the Hillview Community Ctr Bocce Ball Courts + Classroom*

> Residents: **\$200** All Others: **\$218**

* Friendly facility attendant included

For Kids 4-7 reard Party guests will be enchanted by a 45-minute magic and juggling show by children's favorite performer, Michael Murphy. 4 hrs/30 guest max

Balloon Art available for additional fee

At the San Antonio Club* Residents: **\$285** All Others: **\$303**

Teen Center @The Underground For Kids 11-18 Years

For Kids II for The entirety of the teen center will be open to your party goers. Pool table? Yes. Video games? Sure. 77 flat screen TV? You bet. Ping pong, 47 flat screen TV? You bet. Ping pong, 40 flat screen TV

Residents: **\$243** All Others: **\$243** Archery Party

(with kids under 18 accompanied by

You'll definitely hit a bull's-eye with this party! Archery instructor Ray Roan provides 1.5 hours of instruction (and all equipment) for this fun experience. 2.5 hrs/15 guest max

At Redwood Grove

Residents: **\$200** All Others: **\$218**

Book Now!

To book your party, please complete the Party Application Form, which can be found online at losaltosrecreation.org or picked up from the recreation office. Return the completed application to our office in person or via mail (97 Hillview Ave, Los Altos, CA 94022). Questions? Call us at 947-2790 or email us at info@losaltosrecreation.org! **PARTY Packages**

SERVICES & Organizations

Sports

| A.Y.S.O. Region 43 ayso43.org |
|---|
| A.Y.S.O. Region 45 ayso45.org |
| C.Y.S.A. District IIwww.cysadistrict2.org |
| Futsal Kingz (indoor soccer)futsalkingz.com / (408) 440-7878 |
| Los Altos/Los Altos Hills |
| American Little League info@losaltoslittleleague.com |
| Los Altos Mountain View Aquatic Club (LAMVAC) lamvac.org |
| Los Altos Pony Baseballinfo@lamvpb.org |
| Los Altos Tennis Club (Adult) losaltostennisclub.com |
| Mountain View Los Altos Soccermvlasc.org |
| Mountain View Los Altos Girls Softball mvlags.org / 964-6489 |
| Mountain View Masters Swim & Social Club (Adult)mvm.org 336-8603 |
| Pop Warner Football mvmarauders.com |
| Red Star Soccer redstarsoccer.com / 380-0099 |
| Tomahawks Lacrosse tomahawkslacrosse.org / (888)599-5096 |
| YMCA Youth Sports |
| Adulta |

Adults

| Acterra |
|---|
| Community Health Awareness Council (CHAC) chacmv.org 965-2020 |
| Federated Woman's Club of Los Altos |
| Fit4Mom |
| Foothill College |
| Garden Club of Los Altos |
| Greentown Los Altos greentownlosaltos.org / 383-7540 |
| Kiwanis Club of Los Altos losaltoskiwanis.org / 735-1552 |
| Las Madres |
| League of Women Voters |
| Los Altos Art Clublosaltosartclub.org |
| Los Altos Chamber of Commerce losaltoschamber.org/948-1455 |
| Los Altos Community Foundation losaltoscf.org / 949-5908 BAT, CERT, LEAD |
| Los Altos/Los Altos Hills Newcomers Clublosaltosnewcomers.com |
| Los Altos Mediation Program (LAMP)949-LAMP(5267) |
| Los Altos Mountain View Aquatic Club (LAMVAC) lamvac.org (408) 732-3432 |
| Los Altos Stage Company losaltossateco@losaltosstage.org 941-0551 |
| Mountain View/Los Altos Adult Ed Office adulted@mvla.net 940-1333 |
| Midpeninsula Regional Open Space District info@openspace.org 691-1200 |
| Midpeninsula Widows & Widowers Assn 940-1096 / (408) 246-4642 |
| Ye Olde Town Band windband.org/oldtowne |
| N7 |

Youth

| American Red Cross Babysitter Training1(800) | 733-2767 |
|---|----------|
| Boy Scouts of America Pacific Skyline Council | 327-5900 |
| Children's Corner Inc lamvchildrenscorner.org / | 948-8950 |
| Music for Minors | 237-9130 |
| | |

YOUTH Theatre

Announcing auditions for two upoming shows! "THE LION, THE WITCH AND THE WARDROBE"

Adapted by Joseph Robinette from the story by C.S. Lewis Directed by Emily Jordan

ACTOR INFO

Casting ages: 9-20 years Auditions: August 25, 4-6:30pm by appointment

Audition information is on the LAYT website (losaltosca.gov/recreation/page/ los-altos-youth-theatre) or email losaltosyouththeatre@gmail.com.

Callbacks: August 27, 4pm

Casting announced: by August 30

Parent Meeting: Sept 1, 6:30-7:30pm

Rehearsals: Sept 1-Oct 9 Mon, Tue & Thu, 4-7pm Fri, 4-6pm

Location: Hillview Community Center MPR 97 Hillview Avenue, Los Altos

Performances: Oct 16-Nov 1, weekends* *No performance Oct 31

Fees*: Residents \$289 All Others \$307 *Scholarships available

"A MIDSUMMER NIGHT'S DREAM"

By William Shakespeare Directed by a Resident Artist of the San Francisco Shakespeare Festival, TBA⁺ ACTOR INFO

Casting ages: 10-20 years

Auditions: December 7, 4-6:30pm In November, sides to prepare for audition will be available on the LAYT website (losaltosca.gov/recreation/page/los-altosyouth-theatre) or email losaltosyouththeatre@gmail.com.

losaltosyouththeatre@gmail.c

Callbacks: Dec 9, 4-7pm

Casting announced: by August 30

Parent Meeting: Jan 4, 6:30-7:30pm

Rehearsals: Jan5-Mar 3 Mon-Th, 4-7pm with extended hours the weeks of

Feb 22 and 29 (No rehearsal Jan 18, 19 & Feb 15-19)

Location: Hillview Community Center MPR 97 Hillview Avenue, Los Altos

Performances: March 4-20 weekends

Fees*: Residents \$289 All Others \$307 *Scholarships available

⁺This production is a collaborative effort with The San Francisco Shakespeare Festival. Several members of their creative staff will contribute to this production.

www.losaltosca.gov/recreation/page/los-altos-youth-theatre

CITY & LOS ALTOS

YOUTH

THEATRE

LIBRARY

HISTORY Museum

Los Altos Library

Woodland Branch Library

Library telephone numbers Main.....948-7683 Woodland969-6030 Accounts, Billing..... 1-800-286-1991 TeleCirc1-877-471-0991

Santa Clara County Library website: sccl.org

KIDS' PROGRAMS (partial listing)

Main Library

Toddler Storytime (1-2yrs) Tue, Wed, Thu at 10:15am

Preschool Storytime (3+yrs) Tue & Wed at 11am

Baby Lapsit (0-18 mos & adults) Wed at 1pm (including a baby sign language series 1st and 3rd Wed of each month) **Mandarin Bilingual Storytime** (all ages) Thu at 11am

Family Games & Lego Building (all ages) 2nd Thu of each month from 4-6pm

Toddler Storytime (1-2yrs)

Thur at 11:15am

Reading Buddies (grades K-5) 2nd Sat of each month at 11am 4th Sat of each month at 2:30pm

Woodland Library

Baby Lapsit (0-18 mos & adults) Mon at 1:15pm

Family Storytime (all ages) Mon at 7pm

BOOK GROUPS FOR ADULTS

The Whodunit? Mystery Readers Group at Los Altos Main Library First Wed of each month at 10:15-11:30am

The Los Altos Senior Book Club at the Los Altos Senior Center (Come at 12:30pm for an optional brown bag lunch and social time before the book discussion.) Second Thu of each month at 1pm

The Great Books Club at the Los Altos Main Library Program Room Third Tue of each month from 6-8pm

The Woodland Library Book Club at the Woodland Library Second Tuesday of each month at 2pm

TEEN PROGRAMS

Youth Game Afternoon at Los Altos Main Library Teen Study Room Every Wed from 3-4:30pm

Los Altos HISTORY MUSEUM

On exhibit through October 4

Reflect + Create: Where Art and History Intersect



See what artists, makers and creators from throughout the community have been inspired by objects in the Museum collection to create. Programs include artists' talks, family day activities, music programs and, on Sept. 24 at 7pm, a panel of California artists discusses combining art and history. (In partnership with the California Historical Society)

Save the Dates!

Sept. 19 & 20: Train Days Two days of model railroading for all ages.

Sept. 26: Historic Bike Tour of Los Altos Co-hosted by GreenTown Los Altos; 9:30am-12:30pm

Sept. 27: MoonFest Multi-country celebration of this fun fall holiday.

Nov. 18: Catch the Spirit! Festive holiday boutique and house tours.

Visit your museum all year 'round!

Ohlone, rancho days, people of note, railroad history–free audio tour. Gardens, picnic tables, tractors, 1915 tank house and more! Enjoy docent-led tours of the Smith House every Sunday at 2pm.

Rental Events: Make your own history! Rent the museum for your special event: 948-9427, x12.

51 S. San Antonio Rd, Los Altos losaltoshistory.org 948-9427

Open Thurs-Sun Hours 12-4pm Free Admission

REGISTRATION Form

City of Los Altos Recreation & Community Services • 97 Hillview Avenue, Los Altos, CA 94022

| Head of Household Information (Please Print) | Home Phone | | | | |
|--|------------------------|-----|--|--|--|
| Last Name | First Name | | | | |
| E-mail Adress | Cell Phone | | | | |
| Home Address | City | Zip | | | |
| Emergency Contact | Emergency Contact Phon | e | | | |

READ & SIGN BELOW: Through this registration form, I hereby absolve the City of Los Altos, its employees & officers from all liability which may arise as the result of my participation in the activities listed below, and in the event that the below-named participant is a minor.

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, as its sole discretion. Money paid in advance for any class or program that is cancelled by the City of Los Altos will be refunded in full.

REFUNDS & TRANSFERS Refund and transfer requests must be submitted in writing up to five working days prior to the first day of class. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after class begins.

PARTICIPANT SIGNATURE (Parent or Guardian if under 18)

Date

If you have any special needs requiring specific accommodations for you to fully enjoy a class or facility, please contact us at info@losaltosrecreation.org

| PARTICIPANT NAME (First & Last) | BIRTHDATE | M/F | CLASS CODE | CLASS TITLE | T-SHIRT SIZE* | FEE | | |
|---|-----------|-----|-------------------------|-------------|---------------|-----|--|--|
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| CREDIT CARD PAYMENT (check one) Image: Credit Card Card Card Card Card Card Card Card | | | | | | | | |
| □ Visa □ MasterCard Cardholder Name: | □ Discove | | please do not mail cash | | | | | |

- Email form to info@losaltosrecreation.org
- Mail form to 97 Hillview Ave, Los Altos, CA 94022
- Fax form to 947-2738
- Walk in to the Recreation Office at 97 Hillview Ave, Los Altos

Card Number:

Exp. Date:

Signature: .

REGISTRATION Info

Fall 2015 Registration Dates

Los Altos Resident Courtesy Registration Days: August 11-13 Registration Opens to All: August 14

4 Easy Ways To Register

FAX

WALK IN

losaltosrecreation.org

947-2738

MAIL IN

Los Altos Recreation & Community Services 97 Hillview Ave Los Altos, CA 94022

Registration Details

• Any class canceled by the Recreation & Community Services Department will be refunded in full.

- Returned checks will be charged a \$25 service fee.
- A resident is anyone living within the city of Los Altos. All others living outside the city limits (including unincorporated areas, Los Altos Hills and Mountain View, etc.) are nonresidents.

Refunds & Transfers

• Refund and transfer requests must be submitted in writing up to five working days prior to the first day of class.

Hillview Community Center

97 Hillview Ave, Los Altos

- All refunds will be charged a \$20 service fee.
- E-mail your refund and transfer requests to info@losaltosrecreation.org.

Contact Info

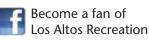
Phone: 947-2790 Fax: 947-2738 info@losaltosrecreation.org

• No refunds or transfers will be given after class begins.

City of Los Altos Recreation & Community Services Office 97 Hillview Ave, Los Altos, CA 94022

Office Hours

Monday – Friday, 8am – 5pm





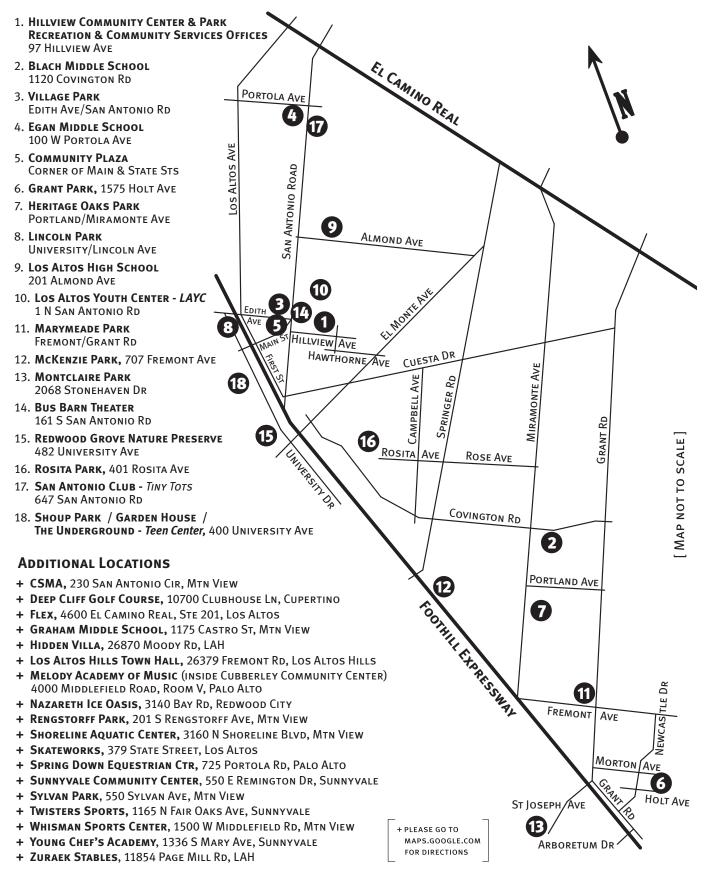
Recreation & Community Services Department Mission Statement

The Los Altos Recreation & Community Services Department strives to enrich community members through active participation in life-long learning, health and wellness, community involvement, and recreational activities.



REGISTRATION Information

RECREATION & COMMUNITY SERVICES LOCATIONS Parks, Indoor Facilities & Schools



FACILITY & PARK RENTALS



Check out our rental spaces for your holiday gatherings!

| PARK/FACILITY | Map Location | Acres | Ballfield | Multi-Use Fields | Basketball | Tennis Courts | Playground | Picnic Tables | BBQ Pits | Restrooms | Rental | Kitchen |
|--|-----------------|-------|---|---------------------|------------|------------------|------------|------------------|----------|-----------|--------|---------|
| Blach Gym | 2 | | | | ~ | | | | | ~ | ~ | |
| Community Plaza (corner of Main & State Sts) | 5 | .16 | | | | | | ~ | | | ~ | |
| Egan Gym | 4 | | | | ~ | | | | | ~ | ~ | |
| Garden House & The Underground at Shoup | 18 | | | | | | | | | ~ | ~ | ~ |
| Grant Classrooms & Multi-Purpose Room | 6 | 4.5 | | ~ | ~ | | ~ | ~ | ~ | ~ | ~ | ~ |
| Heritage Oaks | 7 | 5.3 | | ~ | | | ~ | ~ | ~ | ~ | | |
| Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts | 1 | 8.3 | ~ | • | | | ~ | | ~ | ~ | ~ | ~ |
| Lincoln | 8 | 4.4 | | ~ | | | | | | | | |
| Los Altos Youth Center (LAYC) | 10 | | | | | | | ~ | ~ | ~ | ~ | ~ |
| Marymeade | 11 | 2.5 | | | | ~ | ~ | ~ | ~ | ~ | | |
| McKenzie | 12 | 4.3 | | ~ | | ~ | ~ | ~ | ~ | ~ | | |
| Montclaire | 13 | 1.1 | | | | ~ | ~ | ~ | ~ | | | |
| Redwood Grove | 15 | 5.9 | Features include a creekside & redwood trail, picnic tables and rose garden. Not reservable. | | | | | | | | | |
| Rosita plus Snack Shack | 16 | 6.4 | ~ | ~ | | ~ | ~ | ~ | | ~ | ~ | |
| San Antonio Club | 17 | | | | | | ~ | | | V | V | ~ |
| Shoup | 18 | 3.9 | | ~ | | | ~ | ~ | ~ | ~ | ~ | |
| Village | 3 | .78 | Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable. | | | | | | | | 1 | |

FOR FACILITY & GROUP PICNIC RESERVATIONS, PLEASE CALL

947-2790 or email

info@losaltosrecreation.org

PARK FACILITIES

All park facilities are available on a first-come, first-served basis. Only the Patriot Corner Group Picnic Area at Shoup Park may be reserved in advance.

GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4). For gym and field reservations, please call Greg Milano at 947-2848 or email him at gmilano@losaltosca.gov.

Indoor Rental Facilities

Meeting rooms, classrooms & multi-purpose rooms with kitchens are all available for rent.

WALK-IN RESERVATIONS

We welcome reservations Monday through Friday at the Hillview Community Center, 97 Hillview Ave, Los Altos. Detailed information and reservation forms are available online at LosAltosRecreation.org or can be requested by phone or via email.



CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES 97 HILLVIEW AVENUE, LOS ALTOS, CA 94022 PRSRT STD U.S. POSTAGE **PAID** LOS ALTOS, CA PERMIT NO. 258

POSTMASTER: PLEASE DELIVER BETWEEN 8/7 AND 8/11

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Make Your Fall...

LIGHTENING











Fabulous! Join 1s!