

WINTER '15

RECREATION GUIDE

2015 WINTER CAMPS AND CLASSES



CITY OF LOS ALTOS

RECREATION DEPARTMENT

CREATING COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS!



# SPECIAL EVENTS

## Special Events At-A-Glance

### ADULT SPRING BASKETBALL LEAGUE

Blach Gym  
7:30, 8:20, 9:10pm  
Beginning March 4  
See page 3 for full details.

### ACTERRA'S WINTER WORK DAYS AT REDWOOD GROVE

9:30am-12:30pm  
Jan 10  
Feb 21  
Mar 14  
  
1-4pm  
Jan 25  
Feb 8  
Mar 29

Info/registration:  
[acterra.org/stewardship](http://acterra.org/stewardship)

### LOOKING AHEAD

Our spring 2015  
Recreation Guide  
will be available  
the last week  
of February.

Los Altos Recreation Dept  
[LosAltosRecreation.org](http://LosAltosRecreation.org)  
947-2790

## LAYC DANCES

at Los Altos  
Youth Center

Fridays  
7:30-10pm

### Upcoming Dances:

January 9  
February 6  
March 6

*7th and 8th graders can dance,  
hang with friends, dance, listen to  
music, dance...*

Check out all the info on  
LAYC Dances on page 40.

### Volunteer Program

*"Volunteering: Doing more  
than you have to because  
you want to, in a cause you  
consider good."*

- Ivan Scheier

We have many good causes where you can  
carry out the rewarding act of volunteerism!  
Turn to page 42 for program details!



### Adult Spring Basketball

#### Wednesday Night League

at Blach Gym  
10 weeks of play + playoffs  
Game times: 7:30, 8:20 and  
9:10pm

Registration deadline:  
**February 20**

See page 3 for  
all the info!



# ADULT Basketball League



## Wednesday Night 18+ League

**Play begins:** March 4  
10 weeks of play + playoffs

**Game times:** 7:30/8:20/9:10pm

**Location:** Blach Intermediate School  
1120 Covington Ave, Los Altos

**Cost:** \$675/team  
+\$18/non-Los Altos resident player

**Age:** 18+  
Must be out of high school to play in this league

### Requirements:

- All participants must bring their own equipment. Each participant is responsible for understanding and following league rules and code of conduct.
- For more information and a manager's packet, visit [LosAltosRecreation.org](http://LosAltosRecreation.org) and look under the programs section.
- Managers' packets due Fri, February 20.
- Managers' meeting Wed, February 25.

### Need more info?

Contact Zack Silva, Recreation Coordinator, at [zsilva@losaltosca.gov](mailto:zsilva@losaltosca.gov) or 947-2727.

# ADULT Classes



## COLLAGE & MIXED MEDIA

[ronafoster.com](http://ronafoster.com)

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
330523-01	18+yrs
Thu 2/5	6-8:30pm
330523-02	18+yrs
Thu 3/26	6-8:30pm
Residents \$57*	All Others \$75*
*Materials fee of \$20 due at class.	

Hillview Rm 13	Foster
330523-03	50+yrs
Thu 2/12	1:30-4pm
Senior Program Members \$35*	
All Others \$45* **	
*Materials fee of \$20 due at class.	
**For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	

## 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.*

Hillview Rm 18	Mustard
330525-01	18+yrs
Thu 1/22-2/26	10-11:30am
Residents \$102	All Others \$120

## 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 Note: Exercise kits are required for first-time participants and can be purchased from the instructor for \$49. 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](mailto: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
M/W/F	on-going	9:30-10:45am
No class 2/16		

*\*Meet at the information booth near restrooms.*

## ART

### 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 accepted: \$1 for Senior Program members; \$3 for all others.*

*Required Materials: Pick up an Artventures flyer found at the Los Altos Senior Center, or call us at 947-2797 for the details and materials required for each week's class.*

Hillview Rm 12	Various
645514-01	50+yrs
Wed 1/21-4/8	9:30am-12pm
Senior Program Members \$12	
All Others \$36*	

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

### WATERCOLOR

Karen Bieber's class will return in spring!



**NEW!**

## **BALLROOM DANCE: SALSA & TANGO**

This energizing dance class will focus on two popular dances: Salsa and the American-style Tango. Not only is it fun, it is also a great workout. Be the envy of all your friends on the dance floor. Join us!

<b>Shoup Park Garden House</b>	<b>Minev</b>
330202-01	18+yrs
Th 1/22-3/12	7-8pm
Residents \$110	All Others \$128

## **BELLY DANCE WITH LUCEEN**

### **Beginning Belly Dance**

This is an introduction to the art of Middle Eastern belly dance. Learn basic steps, movements, rhythm, and beginning coordination of finger cymbals (zills) which is the elegant art of belly dancing.

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

<b>Hillview Rm 4</b>	<b>Luceen</b>
330208-01	12+yrs
Wed 1/21-3/4	7-8pm
No class 2/18	
Residents \$57	All Others \$75

### **Belly Dance Intermediate/Advanced**

Learn enhanced steps and combinations of this elegant art form. Concentration will be on technique and precision for dramatic effect to enhance performance skills and develop confidence. Last class is performance night – a treat for all!

*Prerequisite: Beginning Belly Dance or teacher approval.*

<b>Hillview Rm 4</b>	<b>Luceen</b>
330236-01	12+yrs
Wed 1/21-3/4	8-9pm
No class 2/18	
Residents \$57	All Others \$75

## **HALPER'S FITNESS**

fitnesshalpers.com  
479-5955

### **Fitness 4 Seniors**

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Join us and have some fun listening to music and getting fit with friends. This class involves basic every-day movements to improve range of motion, flexibility, muscle strength, and balance.

*Equipment Note: Resistance band, Pilates ball, and your choice of dumbbell weight between 1-10lbs. are required.*

### **Town of Los Altos Hills Council Chambers Halper**

645106-02	50+yrs
Mon/Wed 2/2-2/25	11:45am-12:45pm
645106-03	50+yrs
Mon/Wed 3/2-3/25	11:45am-12:45pm
Senior Program Members \$150	
All Others \$160*	
<i>*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.</i>	

## **Bodyweight Bootcamp**

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.*

### **Town of Los Altos Hills Council Chambers Halper**

645105-06	18+yrs
Mon/Wed 2/2-2/25	6-7am
645105-07	18+yrs
Mon/Wed 3/2-3/25	6-7am
Senior Center Program Members \$150	
All Others \$160*	
<i>*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.</i>	



## 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.*

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

## 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-GOING PROGRAM.  
 REGISTER AT CLASS, ANYTIME!

**LAYC** **Brekke**  
 No code required 18+yrs  
M/W/F on-going 9:15-10:15am

**LAYC** **Flowers**  
 No code required 18+yrs  
Tue/Thu on-going 9:15-10:15am  
 No code required 18+yrs  
Sat on-going 9-10am

**Blach Gym** **Shea**  
 No code required 18+yrs  
Mon/Wed on-going 6-7pm  
 No code required 18+yrs  
Tue/Thu on-going 6:30-7:30pm  
 No code required 18+yrs  
Sat on-going 8:30-9:30am

**Grant Park MPR** **Leone**  
 No code required 18+yrs  
M/Tu/Th on-going 9-10am  
 No code required 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 class.

## 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 (outlined below) 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 Rm 4** **Campbell**  
 645511-02 50+yrs  
Tue 2/3-2/24 1-2pm  
 Senior Program Members \$24  
 All Others \$32\*

**Hillview Rm 4** **Campbell**  
 645511-03 50+yrs  
Tue 3/3-3/31 1-2pm  
 Senior Program Members \$30  
 All Others \$40\*  
 \*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.





## JACKI SORENSEN'S 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 required 18+yrs  
Mon/Wed on-going 8:30-9:30am  
 Register at class; first week free!



## TEAM FITNESS

*teamfitness.com*

### Personal Training by Team Fitness

With over 40 years of collective coaching, our Los Altos coaches will help you succeed at fitness, whether you're just getting started or have been working out for some time. Share the fun and 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](mailto:tomgordon@teamfitness.com) or call (877)751-5100, x3.*

**By Appointment Only Team Fit Staff**  
 for one person: \$75 per hour  
 for two people: \$45 per hour each  
 for three people: \$35 per hour each



## 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, agilitys, sprints, power walking, flexibility, ropes, sports, and lots of fun. Join us for a free trial week.

*New Student Note: For new members, January through March, get your first two months at 50% off.*

*Registration Note: To set up your first visit, call or email Team Fitness staff at [tomgordon@teamfitness.com](mailto:tomgordon@teamfitness.com) or (877)751-5100, x3.*

<b>Blach Gym</b>		<b>Team Fit Staff</b>
No code required	coed class	18+yrs
<u>M/W/F</u>	<u>on-going</u>	<u>6-7am</u>
No code required	coed class	18+yrs
<u>Tue/Thu</u>	<u>on-going</u>	<u>6-7am</u>
No code required	men's basketball	18+yrs
<u>Sat</u>	<u>on-going</u>	<u>6-7am</u>
No code required	coed class	18+yrs
<u>Sat</u>	<u>on-going</u>	<u>7-8am</u>

<b>Egan Gym</b>		<b>Team Fit Staff</b>
No code required	coed class	18+yrs
<u>M/W/F</u>	<u>on-going</u>	<u>6-7am</u>



## 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.

<b>Shoup Park Garden House</b>	<b>Bouso</b>
331706-01	18+yrs
Wed	1/21-4/1 10:45-11:50am
331706-02	18+yrs
Fri	1/23-4/3 10:45am-12pm
Residents \$127	All Others \$145

## Yoga-Pilates-Dance

Enjoy a fun, total body workout: A 20-minute gentle aerobic low-impact dance based on yoga, tai chi, taekwondo, and ethnic dance, followed by yoga-pilates poses for toning the core, improving flexibility and posture, stretching, and strengthening the spine. No dance experience necessary.

<b>Shoup Park Garden House</b>	<b>Bouso</b>
331715-01	18+yrs
Fri	1/23-4/3 9:15-10:30am
Residents \$127	All Others \$145

## 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 Iyengar in asana practice, include breathing techniques and end with deep relaxation.

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

<b>Hillview Rm 4</b>	<b>Graul</b>
331702-01	18+yrs
Thu	1/22-4/2 6-7:15pm
No class 2/19	
331702-02	18+yrs
Mon	1/26-3/30 6-7:30pm
No class 2/16	
Residents \$132	All Others \$150

## YOGA BY MIKI

[yogawithmiki.co.nf](http://yogawithmiki.co.nf)

*Equipment Note for All Miki Boussa classes: Yoga mat, towel and loose clothing.*

*Note: Instructor is a Certified Yoga Therapist*

## Gentle Yoga for a 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.

<b>Shoup Park Garden House</b>	<b>Bouso</b>
331707-01	18+yrs
Mon	1/26-3/30 9:15-10:15am
Residents \$117	All Others \$135

<b>Shoup Park Garden House</b>	<b>Bouso</b>
331707-02	18+yrs
Wed	1/21-4/1 9:30-10:30am
Residents \$127	All Others \$145

## ZUMBA® WITH ALE

Zumba exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

<b>LAYC</b>	<b>Picollo</b>
331015-01	18+yrs
Wed	1/21-3/25 6:15-7:15pm
Residents \$111	All Others \$129

# 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

331101-01  
Mon/Thu 1/26-3/30  
No class 2/16  
Residents \$158

### Gearhart

16+yrs  
7:30-9pm  
All Others \$176

## CHANG TAI DO KARATE

changtaido.com

### Chang Tai Do Karate for Adults

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 first time participants.*

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

### Hillview Social Hall Chang/Huey/Do

331102-01 18+yrs  
Tue/Thu 1/20-3/26 7-8pm  
Residents \$179\* All Others \$197\*  
\*Materials fee of \$175 due first day for first time participants.

## 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 (outlined below) 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

645534-01 50+yrs  
Tue 1/27-3/31 12:45-1:45pm  
No class 3/3, 3/10

Senior Program Members \$72

All Others \$81\*

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

### Scheer

50+yrs  
12:45-1:45pm



# SPECIAL INTEREST

## FAMILY FRIENDS

### DOG OBEDIENCE

For dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash.

Equipment Notes: 1. Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium-link size. (Other collar choices are permitted with trainer's approval.) 2. Six-foot leash/lead of leather or fabric. (Leather leads are highly recommended for medium-to-large dogs.)

Hillview Baseball Field		McLaren
330801-01		18+yrs
Wed	1/14-2/18	9-10am
330801-02		18+yrs
Wed	2/25-4/1	9-10am
330801-03		18+yrs
Thu	1/15-2/19	8-9am
330801-04		18+yrs
Thu	2/26-4/2	8-9am
Residents \$60		All Others \$78

## 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 18		Evans
331801-01		40+yrs
Tue	1/27-2/10	6:30-9pm
331801-02		40+yrs
Thu	2/5-2/19	6:30-9pm
Residents \$63*		All Others \$81*
*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
330824-01		60+yrs
Mon	2/2-2/9	10am-12:30pm
330824-02		60+yrs
Wed	2/11-2/18	1-3:30pm
Residents \$42*		All Others \$60*
*Spouse/guest may attend at no charge.		





## PERSONAL FINANCE FOR PARENTS

This one-evening workshop will highlight the most critical areas of Personal Finance for Parents including: Education, Estate Planning, Insurance, Cash Flow, and Retirement. Learn how to take action to help your family feel more financially secure.

<b>Hillview Rm 16</b>	<b>Lo</b>
330831-01	18+yrs
Wed 3/4	7-9pm
Residents \$32*	All Others \$50*
*Spouse/guest may attend at no charge.	

## 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.

<b>Hillview Rm 18</b>	<b>Lo</b>
330823-01	18+yrs
Wed 2/4	7-9pm
Residents \$32*	All Others \$50*
*Spouse/guest may attend at no charge.	

## GAMES WE PLAY

### BRIDGE

#### TEN WEEKS TO PLAY WINNING BRIDGE

This class is for beginners who have learned the basics and would like to improve their game.

*Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.*

<b>Hillview Rm 12</b>	<b>Robinson</b>
645542-01	18+yrs
Mon 3/16-5/18	9-11am
Senior Program Members \$90	
All Others \$95*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	

## INTERMEDIATE BRIDGE

This 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 month (outlined below) or drop ins welcome: \$5 for Senior Program members; \$7 for all others. Register for drop ins before each class at the Senior Center.*

<b>Hillview Rm 12</b>	<b>Plutynski</b>
645530-02	18+yrs
Thu 2/5-2/26	9:15am-12pm
645530-03	18+yrs
Thu 3/5-3/26	9:15am-12pm
Senior Program Members \$20	
All Others \$28*	
*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 and play Mah-Jongg, please join us!

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

<b>Hillview Rm 12</b>	<b>Metz</b>
645515-02	50+yrs
Thu 2/5-2/26	1-3:30pm
645515-03	50+yrs
Thu 3/5-3/26	1-3:30pm
Senior Program Members \$4	
All Others \$12*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	



## HEALTH

### 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.

**Grant Park Rm 3**  
330813-01  
Mon 1/26  
*Residents & All Others FREE!*

**Hurst**  
18+yrs  
6-9pm

**Hillview Rm 16**  
330813-02  
Tue 2/10  
330813-03  
Wed 3/11  
*Residents & All Others FREE!*

**Hurst**  
18+yrs  
6-9pm  
18+yrs  
6-9pm

### HYPNOTIZE YOURSELF SLIM™

Imagine you reprogrammed your mind so emotional eating, portions, food prep, exercise, or whatever else held you back, no longer did. It's a lot easier than you've been led to believe. Includes Bust Your Cravings™ session. Jumpstart hypnosis audio available for purchase.

**Hillview Rm 18**  
330118-01  
Wed 2/25-3/18  
*Residents \$ 79*

**Rosen, CHT**  
18+yrs  
7-8:30pm  
*All Others \$ 97*

## VARIOUS

### 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](http://tacosv.com).*

**LAYC**  
330111-01  
Sun 1/25  
330111-02  
Sun 2/22  
330111-03  
Sun 3/29  
*Residents & All Others \$ 10*

**Humphers/McNulty**  
18+yrs  
2-5pm  
18+yrs  
2-5pm  
18+yrs  
2-5pm

**LAYC**  
330111-04  
Sun 1/25, 2/22, 3/29  
*Residents & All Others \$ 25*

**Humphers/McNulty**  
18+yrs  
2-5pm

### A NIGHT IN ITALY

Andiamo a mangiare! Chef Berna has some secret family recipes she's willing to share! You'll make Italian appetizers and treats direct from Naples, Italy!

**Hillview MPR**  
340710-01  
Thu 3/12  
*Residents \$ 50\* All Others \$ 68\**  
*\*Materials fee of \$ 25 due at class.*

**Reed**  
18+yrs  
6:30-8pm





# SPORTS

## EQUESTRIAN

### 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 levels of rider are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

*Registration Note: To set up your visit, call instructor Kristen Zuraek at (408)460-7226.*

*Location of Zuraek Stables:  
11854 Page Mill Rd, Los Altos Hills*

*Equipment Note: Boots and long pants required. Helmets provided. (Boots may possibly be supplied depending on size: inquire at registration.)*

<b>Zuraek Stables</b>	<b>Zuraek</b>
No code needed	10+yrs
<u>By appointment only: call to set up</u>	
Residents \$81	All Others \$99

## FENCING

### THE CUTTING EDGE

[thecuttingedge.s5.com](http://thecuttingedge.s5.com)

*Equipment Note for ALL fencing 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.*

### Light Sabre Heroes

Open to teens as well as adults, this class trains students in the foundational basics of staged combat, targeting techniques, fancy sabre spins, and more. Fight, brawl, roll, and jump into the art of staged combat!

*Note: All Star Wars concepts property of Lucasfilm/Lucasarts. The Cutting Edge is not affiliated with Lucasfilm. LED sabre props built and designed by The Cutting Edge.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
350940-01	13+yrs
Thu	<u>1/22-3/19</u> 6:30-7:45pm
Residents \$172*	All Others \$190*
<i>*Materials fee of \$15 due first day. (If students have their own appropriate gear, they need not pay materials fee. Go to <a href="http://thecuttingedge.s5.com">thecuttingedge.s5.com</a> for more info.)</i>	

## GOLF

### DEEP CLIFF GOLF COURSE

*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.

<b>Deep Cliff Golf Course</b>	<b>Deep Cliff Staff</b>
330935-01	18+yrs
Sat	<u>2/28-3/21</u> 1-2:30pm
Residents \$124	All Others \$142

### 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.

<b>Deep Cliff Golf Course</b>	<b>Deep Cliff Staff</b>
330915-02	18+yrs
Sat	<u>1/17-2/7</u> 10-11:30am
330915-03	18+yrs
Sat	<u>2/28-3/21</u> 10-11:30am
Residents \$124	All Others \$142



## ICE SKATING

### ICE SKATING AT NAZARETH ICE OASIS

#### Ice Skating - Adult

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	
330903-02		15+yrs	
Sat	1/17-2/21	10:45-11:15am	
Residents	\$96	All Others	\$114

## SOCCER

### COACH KEN'S WOMEN'S SOCCER

Women learn about and play soccer while achieving their fitness goals in a fun, social environment. Participants (whether new to the sport or looking to rejoin) can share this beautiful game with friends and family, master new skills and enjoy playtime!

*Equipment Note: Shin guards and water are mandatory.*

*Notes: Childcare provided for kids 3+yrs at no charge.*

Heritage Oaks Park		Coach Ken	
330929-01		18+yrs	
Thu	2/5-4/2	9:15-10:30am	
No class 2/19			
330929-02		18+yrs	
Fri	2/6-4/3	9:15-10:30am	
No class 2/20			
330929-03		18+yrs	
Sat	2/7-4/4	8-9:15am	
No class 2/21			
Residents	\$147	All Others	\$165

**Adult Spring Basketball**

**Wednesday Night League at Blach Gym**  
 10 weeks of play + playoffs  
 Game times: 7:30, 8:20 and 9:10pm

**Registration deadline: February 20**

See page 3 for all the info!

# TENNIS

## WHITLINGER/SARFIELD TENNIS

[whitlingersarsfielddennis.com](http://whitlingersarsfielddennis.com)

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

*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 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 makeup date. No postponement announcement will be initiated by the instructor or the Recreation 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

330948-01		15+yrs
Sat	1/24-2/28	9-10am
Residents	\$81	All Others \$99

### Adult Intermediate Tennis

For players NTRP 2.5-3.0 (National Tennis Rating Program) 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 Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

330949-01		15+yrs
Tue/Thu	1/27-2/12	7-8pm
330949-02		15+yrs
Tue/Thu	3/3-3/19	7-8pm
Residents	\$81	All Others \$99

### 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 Montclair Park, Court 1:

Joe 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 [whitlingersarsfielddennis.com](http://whitlingersarsfielddennis.com) for more information.





# TRIPS

**ADVENTURE TRIPS  
WITH GREG MEYER**  
gregmeyernaturalist@gmail.com  
(831)345-1973

## Ravenswood Kayak Paddle

South San Francisco Bay is a calm inland sea that is a major wintering ground for birds and a wonderful destination for kayaks. Appropriate for beginners, we paddle 4 miles round trip to the new park on the Ravenswood Peninsula.

*Equipment Note: \$50 per person course materials fee for kayak and safety gear rental.*

*Note: Please contact Greg Meyer if you have any questions.*

## Palo Alto Baylands Boat Ramp\* Meyer

330834-01		12+yrs
Sun	2/15	9:30am-3pm
Residents \$49		All Others \$67

*\*Instructor will notify you about exact meeting location.*

## Santa Cruz Survival Hike

This class will help you hike safely. We will discuss what you should carry, what you should know and how you can survive an emergency. We will walk about 5 miles as we discuss aspects of outdoor comfort and safety.

*Notes: Please contact Greg Meyer if you have any questions.*

<b>Hwy 9*</b>		<b>Meyer</b>
330833-01		12+yrs
Sun	2/8	10am-3:30pm
Residents \$34		All Others \$52

*\*Instructor will notify you about exact meeting location.*



# WINTER BREAK Camps

## MAD SCIENCE

### “Fizz”ical Phenomena & Che-Mystery Camp

Take a walk on the wild side in this crazy week of Mad Science! Have a ton of fun as we whip up potions and experiments with all kinds of chemical reactions, including growing our own crystals, making sidewalk chalk, and learning the science of chromatography with your very own Lab Coat!

*Requirements: 1. Please bring a snack and wear close-toed shoes. 2. Full day campers need to bring a bag lunch!*

#### FULL DAY

<b>Grant Park Rm 1</b>	<b>Mad Science Staff</b>
311256-01	5-12yrs
M-F	2/16-2/20
Residents \$319	All Others \$337

#### HALF DAY

<b>Grant Park Rm 1</b>	<b>Mad Science Staff</b>
311256-02	5-12yrs
M-F	2/16-2/20
Residents \$239	All Others \$257

## BEGINNING ICE SKATE CAMP

This beginning ice skating mini session gives you the equivalent of a five-week session in one week. Students will be introduced to basic ice skating skills including skating forward, backward and stopping.

#### Nazareth Ice Oasis

351238-01	<b>NIO Staff</b>	5-13yrs
M-F	2/16-2/20	10:30-11am
Residents \$87		All Others \$105



## YOUNG CHEFS ACADEMY

*Note: Vegetarians and special diets are welcome. Please inform Young Chef's staff before first day of camp.*

### Favorite Comfort Foods Camp

We've lightened your favorite comfort food recipes to make them a better choice for good health, while keeping the traditional flavors intact.

#### Young Chefs Academy

350708-01	<b>YCA Staff</b>	5-13yrs
M-F	2/16-2/20	9am-3pm
Residents \$212*		All Others \$230*

*\*Materials fee of \$150 due first day.*

## SKYHAWKS BASKETBALL CAMP

This fun, skill-intensive program is designed for the beginning-to-intermediate player. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular camps. Our basketball staff will also focus on respect, teamwork and responsibility.

*Equipment Note: Campers should bring appropriate clothing, athletic shoes, two snacks, lunch, and water bottle.*

#### Whisman Sports Center Indoor Gym Skyhawks Staff

311225-01		6-12yrs
M-F	2/16-2/20	9am-3pm
Residents \$229		All Others \$247



# YOUTH Classes

## ACADEMIC FUN

### ECONOMIC DRIVING SCHOOL

#### In-Class Driver's Ed

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

351802-01		14+yrs
Sat/Sun	2/14,15,21,22	8:30am-4:30pm
Residents	\$129	All Others \$147

#### 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.*

*To complete the question "How did you hear about us?" choose activity code 2790.*

*Residents & All Others \$68.50*

### 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.

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

#### Various Los Altos Parks Green Bean Kidz Staff

361808-01		2-5yrs*
Tue	2/10-3/17	9:30-11am
361808-02		2-5yrs*
Wed	2/11-3/18	9:30-11am
Residents	\$152**	All Others \$170**

*\*Parent must accompany child.*

*\*\*Materials fee of \$15 due first day.*

### STEM-CAMP

**NEW!**

#### Robotics

Children learn about robotic components, learn to build robots, and learn basic problem solving skills. Robots built include quadruped walking robots, mechanically programmable robots, and a robot programmed to bring its programmer a soda.

#### Hillview Rm 2      STEM-CAMP Staff

311812-01		6-10yrs
Wed	1/21-3/11	3:30-5pm
Residents	\$241	All Others \$259

### BAY AREA DEBATE CLUB

**NEW!**

#### Public Speaking & Debate

Students learn how to write and give speeches with confidence, humor, quotes, stories, eye contact, and supportive body language. In debate, they learn how to make strong arguments backed by reasoning and evidence, listening and weighing pros and cons.

#### Hillview Rm 18 Bay Area Debate Club Staff

321813-01		9-15yrs
Wed	1/21-3/18	4:15-5:15pm
<u>No class 2/18</u>		
Residents	\$172	All Others \$190

**NEW!**

#### Building Confidence

Within a fun milieu of show and tell, storytelling and poetry, students will learn the beginning building blocks of public speaking. Topics include the importance of body language, varying tempo and voice tone, volume, humor, stories, quotes, and good openings and closes.

*Equipment Note: Workbook included.*

#### Hillview Rm 18 Bay Area Debate Club Staff

311814-01		6-8yrs
Wed	1/21-3/18	3-4pm
<u>No class 2/18</u>		
Residents	\$172	All Others \$190





# ARTS & CRAFTS

## 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.*

<b>Hillview Rm 15</b>	<b>My First Art Staff</b>
350501-01	1.5-3yrs
Wed 1/28-3/18	9:30-10:30am
350501-02	1.5-3yrs
Thu 1/29-3/19	9:30-10:30am
350501-03	2-4yrs
Wed 1/28-3/18	10:45-11:45am
350501-04	2-4yrs
Thu 1/29-3/19	10:45-11:45am
Residents \$117* All Others \$135*	
*Materials fee of \$15 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.*

<b>Hillview Rm 18</b>	<b>Mustard</b>
320525-01	10-18yrs
Thu 1/22-3/26	4-5pm
Residents \$182	All Others \$200

## 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.

<b>Hillview Rm 16</b>	<b>Tust</b>
311293-01	5-12yrs
Sat 1/24-3/14	10am-12pm
No class 2/21	
Residents \$152*	All Others \$170*
*Materials fee of \$40 due first day.	



# COOKING

## YOUNG CHEFS ACADEMY

Note: 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
360706-01 Wed 1/21-3/25 No class 2/18	2.5-4.5yrs 6-7pm
360706-02 Thu 1/22-3/26 No class 2/19	2.5-4.5yrs 9:30-10:30am
360706-03 Fri 1/23-3/27 No class 2/20	2.5-4.5yrs 10:30-11:30am
360706-04 Sat 1/24-3/28 No class 2/14	2.5-4.5yrs 9-10am
360706-05 Sun 1/25-3/29 No class 2/15	2.5-4.5yrs 9:30-10:30am
Residents \$132* All Others \$150*	
*Materials fee of \$80 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
310706-01 Wed 1/21-3/25 No class 2/18	4.5-6.5yrs 4-5:30pm
310706-02 Thu 1/22-3/26 No class 2/19	4.5-6.5yrs 4-5:30pm
310706-03 Fri 1/23-3/27 No class 2/20	4.5-6.5yrs 4-5:30pm
Residents \$182* All Others \$200*	
*Materials fee of \$90 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
360701-01 Wed 1/21-3/25 No class 2/18	7-10yrs 4-5:30pm
360701-02 Thu 1/22-3/26 No class 2/19	7-10yrs 4-5:30pm
360701-03 Fri 1/23-3/27 No class 2/20	7-10yrs 4-5:30pm
Residents \$182* All Others \$200*	
*Materials fee of \$90 due first day.	

### Young Chefs II

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

Young Chefs Academy	YCA Staff
360702-01 Thu 1/22-3/26 No class 2/19	9-13yrs 6-7:30pm
360702-02 Sun 1/25-3/29 No class 2/15	9-13yrs 9-10:30am
Residents \$182* All Others \$200*	
*Materials fee of \$90 due first day.	

# DANCE & PERFORMING ARTS

## BASIC 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 of being on the dance floor.

*Equipment Note: Please wear non-stick shoes.*

<b>Shoup Park Garden House</b>	<b>Minev</b>
310202-01	6-12yrs
Thu	1/22-3/5 5:30-6:30pm
<u>No class 2/19</u>	
Residents \$119	All Others \$137

## JEAN LEE BALLET CLASSES

*Equipment Note for ALL Jean Lee classes: Leotards and soft ballet shoes required.*

*Note: All of Jean Lee's students will be eligible to participate in the spring 2015 dance program!*

### Pre-Ballet Beginners

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.

<b>Hillview Rm 4</b>	<b>Lee</b>
310213-01	5-7yrs
Thu	1/22-3/26 3:45-4:30pm
<u>No class 2/19</u>	
Residents \$158	All Others \$176

### 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.

<b>Hillview Rm 4</b>	<b>Lee</b>
310214-01	6-8yrs
Wed	1/21-3/25 3:45-4:30pm
<u>No class 2/18</u>	
Residents \$158	All Others \$176

## 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!

<b>Hillview Rm 4</b>	<b>Lee</b>
310215-01	6-12yrs
Thu	1/22-3/26 4:30-5:30pm
<u>No class 2/19</u>	
310215-02	6-12yrs
Wed	1/21-3/25 4:30-5:30pm
<u>No class 2/18</u>	
Residents \$158	All Others \$176

## Ballet & Musical Theater Intermediate/Advanced

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

<b>Hillview Rm 4</b>	<b>Lee</b>
310204-01	8-16yrs
Wed	1/21-3/25 5:30-6:30pm
<u>No class 2/18</u>	
Residents \$158	All Others \$176

## FIVE & UNDER DANCE

### Tiny Tutu

This class is an introduction to ballet and creative movement using many props and activities aimed toward your young 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.*

<b>Hillview Rm 4</b>	<b>Vaillancourt</b>
360209-01	2.5-3.5yrs
Wed	1/21-3/25 10-10:30am
<u>No class 2/18</u>	
360209-02	2.5-3.5yrs
Thu	1/22-3/26 10-10:30am
<u>No class 2/19</u>	
Residents \$120	All Others \$138



## 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.*

<b>Hillview Rm 4</b>		<b>Vaillancourt</b>	
360203-01		3.5-5yrs	
Wed	1/21-3/25	10:40-11:10am	
<u>No class 2/18</u>			
360203-02		3.5-5yrs	
Thu	1/22-3/26	10:40-11:10am	
<u>No class 2/19</u>			
Residents \$120		All Others \$138	

## 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.*

<b>Hillview Rm 4</b>		<b>Vaillancourt</b>	
360205-01		3.5-5yrs	
Wed	1/21-3/25	12:30-1:15pm	
<u>No class 2/18</u>			
360205-02		3.5-5yrs	
Thu	1/22-3/26	12:30-1:15pm	
<u>No class 2/19</u>			
Residents \$138		All Others \$156	

# MARTIAL ARTS

## CHANG TAI DO KARATE & FITNESS

[changtaido.com](http://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.*

## Chang Tai Do 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.

<b>Hillview Social Hall</b>		<b>Chang/Huey/Do</b>	
311104-01		4-7yrs	
Thu	1/22-3/26	5-6pm	
Residents \$160*		All Others \$178*	
<i>*Materials fee of \$75 due first day for first time participants.</i>			







### 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.*

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
310110-01		7-12yrs
Tue	1/20-2/24	6-6:45pm
310110-02		7-12yrs
Thu	2/26-4/2	6-6:45pm
Residents \$168*		All Others \$186*

\*Materials fee of \$25 due first 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.

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
310105-01		6-10yrs
Tue	1/20-2/24	7-7:45pm
310105-02		6-10yrs
Sat	2/7-3/14	12-12:45pm
Residents \$168*		All Others \$186*

\*Materials fee of \$45 due first day and includes 6-week violin rental (\$25 if student has own violin).

### 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.*

*Required: Parents must attend with their children.*

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
310115-01		5-7yrs
Thu	1/22-2/26	5-5:45pm
310115-02		5-7yrs
Tue	1/27-3/3	5-5:45pm
310115-03		5-7yrs
Sat	2/7-3/14	4-4:45pm
310115-04		5-7yrs
Fri	2/20-3/27	5-5:45pm
Residents \$168*		All Others \$186*

\*Materials fee of \$45 due first day.

### 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.*

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
310112-01		7-10yrs
Sun	2/1-3/8	5-5:45pm
Residents \$168*		All Others \$186*

\*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.*

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
320112-01		10-13yrs
Sun	2/1-3/8	6-6:45pm
Residents \$168*		All Others \$186*

\*Materials fee of \$25 due first day and does not 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.*

<b>Melody Academy of Music</b>		<b>MAM Staff</b>
320113-01		8-12yrs
Sun	2/1-3/8	4-4:45pm
Residents \$168*		All Others \$186*

\*Materials fee of \$25 due first day and does not include ukulele rental.



## MUSIC AROUND THE WORLD

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

### Free Preview

For a free preview, contact Julie Wong  
(contact info above).

### 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! Rhythmic and tonal play with age-appropriate instruments, physical movement and imaginative improvisation provide a wonderful foundation for musical, linguistic and intellectual growth!

#### Hillview Rm 4

360101-01 0-4yrs  
Tue 1/20-3/17 10:30-11:20am  
Residents \$161\* All Others \$179\*  
\*Materials fee of \$25 due first day.

#### Navarez

#### Hillview Rm 4

360101-02 0-4yrs  
Fri 1/23-3/20 9-9:50am  
360101-03 0-4yrs  
Fri 1/23-3/20 10-10:50am  
Residents \$161\* All Others \$179\*  
\*Materials fee of \$25 due first day.

#### Wong

### 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's songs; no previous language experience is necessary! Take advantage of your child's amazing ability to absorb music and language!

#### Hillview Rm 4

360102-02 0-4yrs  
Tue 1/20-3/17 9:30-10:20am  
Residents \$161\* All Others \$179\*  
\*Materials fee of \$25 due first day.

#### Navarez

#### Hillview Rm 4

360102-03 0-4yrs  
Fri 1/23-3/20 11-11:50am  
Residents \$161\* All Others \$179\*  
\*Materials fee of \$25 due first day.

#### Wong





# SPORTS

## ARCHERY

### THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn or 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.

<b>Redwood Grove</b>		<b>Roan</b>
310918-01		7-17yrs
Thu	1/29-3/12	3:30-4:30pm
<u>No class 2/19</u>		
<i>Residents \$251</i>		<i>All Others \$269</i>

### Archery 2 & 3

This class is a continuation for those who are ready to move on to the next level (contact Ray Roan via the Recreation 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.

<b>Redwood Grove</b>		<b>Roan</b>
310938-01		9-17yrs
Fri	1/30-3/13	3:30-4:30pm
<u>No class 2/20</u>		
<i>Residents \$251</i>		<i>All Others \$269</i>

## EQUESTRIAN

### SPRINGDOWN EQUESTRIAN CENTER

[springdown.com](http://springdown.com)

Required: 1. Must download the liability form at [springdown.com](http://springdown.com) prior to class. 2. Due to the physical limitations of our horses, rider's weight should not exceed 225 pounds.

### Mommy & Me Horsemanship

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

350401-03		2.5-5yrs
Tue	1/20	10-11:30am
Residents	\$237	All Others \$255

\*Fee includes child and accompanying 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 learning about horses!

#### Spring Down Equestrian Center SDEC Staff

350921-01		6+yrs
Sat	3/14	10am-2pm
Residents	\$137	All Others \$155

### 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 levels of riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Registration Note: To set up your visit, call instructor Kristen Zuraek at (408)460-7226.

Location of Zuraek Stables:

11854 Page Mill Rd, Los Altos Hills

Equipment Note: Boots and long pants required. Helmets provided. (Boots may possibly be supplied depending on size: inquire at registration.)

#### Zuraek Stables

No code needed

By appointment only: call to set up

Residents \$81

#### Zuraek

10+yrs

All Others \$99





## Advanced Sabre Fencing

Tactics, timing, traps via footwork, and blade work invitations abound in this higher-level fencing class. Assessing opponents' strengths and weaknesses, along with in-house tournaments, are part of the goals of this class, focusing on refining technique and developing "personal style"!

*Prerequisite: Basic Sabre Fencing or instructor approval.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
350942-01	7+yrs
Sat	1/24-3/21 11am-12:15pm
Residents \$172*	All Others \$190*

*\*Materials fee of \$15 due first day.  
(If students have their own appropriate gear, they need not pay materials fee. Go to [thecuttingedge.s5.com](http://thecuttingedge.s5.com) for more info.)*

## Light Sabre Heroes

Open to teens as well as adults, this class trains students in the foundational basics of staged combat, targeting techniques, fancy sabre spins, and more. Fight, brawl, roll, and jump into the art of staged combat!

*Note: All Star Wars concepts property of Lucasfilm/Lucasarts. The Cutting Edge is not affiliated with Lucasfilm. LED sabre props built and designed by The Cutting Edge.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
350940-01	13+yrs
Thu	1/22-3/19 6:30-7:45pm
Residents \$172*	All Others \$190*

*\*Materials fee of \$15 due first day.  
(If students have their own appropriate gear, they need not pay materials fee. Go to [thecuttingedge.s5.com](http://thecuttingedge.s5.com) for more info.)*

## FENCING

### THE CUTTING EDGE

[thecuttingedge.s5.com](http://thecuttingedge.s5.com)

*Equipment Note for ALL fencing 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.

## Basic Sabre Fencing

En garde! Learn the lightning-quick sport of sabre fencing! Train, drill and team up with professional, licensed and insured fencing instructors from The Cutting Edge. Participate in games, bouting with classmates and get a great athletic workout!

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
350941-01	7+yrs
Sat	1/24-3/21 12:30-1:15pm
Residents \$172*	All Others \$190*

*\*Materials fee of \$15 due first day.  
(If students have their own appropriate gear, they need not pay materials fee. Go to [thecuttingedge.s5.com](http://thecuttingedge.s5.com) for more info.)*



## 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
310936-01	7-17yrs
Sat 1/17-2/7	10:30am-12pm
310936-02	7-17yrs
Sat 2/28-3/21	10:30am-12pm
Residents \$124	All Others \$142

## 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
310934-01	7-17yrs
Sat 1/17-2/7	2-5pm
310934-02	7-17yrs
Sat 2/28-3/21	2-5pm
Residents \$209	All Others \$227

## 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
350962-01	10-17yrs
Sat 1/10-1/31	1-4pm
350962-02	10-17yrs
Sat 2/14-3/7	2:30-5:30pm
Residents \$199	All Others \$217

Deep Cliff Golf Course	Deep Cliff Staff
350962-03	10-17yrs
Thu/Sat 3/19-4/11	4:30-6:30pm
Residents \$261	All Others \$279

## 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
350937-01	7+yrs
Sat 1/17-2/7	8:30-10am
350937-02	7+yrs
Sat 2/28-3/21	8:30-10am
Residents \$100*	All Others \$118*
*Fee is per person.	





## GYMNASTICS

### TWISTERS SPORTS

#### Walking Wonders

Children are assisted by their parents and a certified Twisters instructor. Help your child develop muscle coordination, body control, and social interaction in an educational environment.

<b>Twisters Sports</b>	<b>Twisters Staff</b>
352101-01	1.5-3yrs
Sat 1/17-3/14	8:30-9:15am
352101-02	1.5-3yrs
Tue 1/20-3/17	10-10:45am
Residents \$192	All Others \$210

#### Preschool Players

Preschoolers improve listening skills and focus on strength and coordination. Children will safely learn to climb, jump, swing, and roll on all introductory gymnastics equipment.

<b>Twisters Sports</b>	<b>Twisters Staff</b>
362102-01	3-4yrs
Mon 1/19-3/16	12-12:45pm
Residents \$192	All Others \$210

#### Cartwheel Kinders

This class further enhances children's physical, mental and social development. Kids are introduced to basic gymnastics terminology, positions and skills. Children are carefully spotted until they can complete the skills successfully.

<b>Twisters Sports</b>	<b>Twisters Staff</b>
362103-01	4-5yrs
Mon 1/19-3/16	12:45-1:30pm
Residents \$192	All Others \$210

#### Dyno Tumblers

This class offers children a fun and safe environment where they are challenged with fundamental gymnastics skills. They will master basic terminology and skills, and develop flexibility that will enhance overall fitness for any sport.

<b>Twisters Sports</b>	<b>Twisters Staff</b>
312104-01	5-6yrs
Mon 1/19-3/16	3:15-4pm
Residents \$192	All Others \$210

#### Gymnastics for Girls

This class is designed for comprehensive body development of girls 6-12 years of age. Five core areas are covered: balance, coordination, agility, body strength, and fine and gross motor skills.

<b>Twisters Sports</b>	<b>Twisters Staff</b>
312105-01	6-12yrs
Mon 1/19-3/16	4:45-5:40pm
Residents \$192	All Others \$210





## ICE SKATING

### NAZARETH ICE OASIS

Note: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required: 1. Please arrive 15 minutes before class begins. 2. 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.

<b>Nazareth Ice Oasis</b>	<b>NIO Staff</b>
350903-01	2.5-5yrs
Sat 1/17-2/2	11:45am-12:15pm
Residents \$96*	All Others \$114*
*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.

<b>Nazareth Ice Oasis</b>	<b>NIO Staff</b>
360903-02	3-5yrs
Sat 1/17-2/21	11:45am-12:15pm
360903-03	3-5yrs
Tue 1/20-2/24	3:30-4pm
310903-02	6-12yrs
Sat 1/17-2/21	12:30-1pm
310903-03	6-12yrs
Tue 1/20-2/24	4-4:30pm
Residents \$96	All Others \$114

## MULTI-SPORT

### SKYHAWKS

Required for ALL Skyhawks classes: Appropriate clothing, running or gym shoes, and sunscreen.

#### 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.

<b>Whisman Sports Center Indoor Gym</b>	<b>Skyhawks Staff</b>
310907-01	4-6yrs
Sat 2/7-3/28	11:30am-12:30pm
Residents \$149	All Others \$167

#### Skyhawks Basketball

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

<b>Whisman Sports Center Indoor Gym</b>	<b>Skyhawks Staff</b>
310906-01	6-12yrs
Sat 2/7-3/28	1-2:30pm
Residents \$169	All Others \$187

### 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.

<b>Whisman Sports Center Indoor Gym</b>	<b>Skyhawks Staff</b>	
311273-01	8-14yrs	
Sat 2/7-3/28	3-4:30pm	
Residents \$169	All Others \$187	

### 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!

<b>Graham Middle School</b>	<b>Skyhawks Staff</b>	
310933-01	6-12yrs	
Fri 2/6-3/27	3:30-5pm	
Residents \$169	All Others \$187	

# 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 recreational games. Bonus: Each participant receives a KLS jersey!

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

*Equipment Note: 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 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!

*Required: Parent participation is required.*

McKenzie Park		KLS Staff
350916-01		2-3.5yrs
Tue	1/27-3/17	11:30am-12pm
350916-02		2-3.5yrs
Wed	1/28-3/18	9:30-10am
350916-03		2-3.5yrs
Sat	1/31-3/21	11-11:30am
350916-04		2-3.5yrs
Sat	1/31-3/21	11:35am-12:05pm
<i>Residents \$107</i>		<i>All Others \$125</i>



## KLS Tot Soccer: 3.5-4yrs

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!

McKenzie Park		KLS Staff
360904-01		3.5-4yrs
Tue	1/27-3/17	10:50-11:20am
360904-02		3.5-4yrs
Tue	1/27-3/17	4-4:30pm
360904-03		3.5-4yrs
Wed	1/28-3/18	10:10-10:40am
360904-04		3.5-4yrs
Thu	1/29-3/19	4:15-4:45pm
360904-05		3.5-5yrs
Sat	1/31-3/21	9-9:30am
<i>Residents \$107</i>		<i>All Others \$125</i>

## KLS Pre Soccer: 4-5yrs

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.

McKenzie Park		KLS Staff
310904-01		4-5yrs
Tue	1/27-3/17	10:15-10:50am
310904-02		4-5yrs
Tue	1/27-3/17	5:15-5:50pm
310904-03		4-5yrs
Wed	1/28-3/18	10:40-11:15am
310904-04		4-5yrs
Thu	1/29-3/19	3:40-4:15pm
310904-05		4-5yrs
Sat	1/31-3/21	9:30-10:05am
<i>Residents \$107</i>		<i>All Others \$125</i>

## KLS Soccer 1: Techniques & Teamwork

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

McKenzie Park		KLS Staff
310921-01		5-6yrs
Tue	1/27-3/17	3:15-4pm
310921-02		5-6yrs
Thu	1/29-3/19	4:45-5:30pm
310921-03		5-6yrs
Sat	1/31-3/21	10:05-10:50am
<i>Residents \$107</i>		<i>All Others \$125</i>

## KLS Soccer 2: Skillz & Scrimmages

In each class, we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level.

McKenzie Park		KLS Staff
310922-01		7-10yrs
Tue	1/27-3/17	4:30-5:15pm
<i>Residents \$107</i>		<i>All Others \$125</i>

## 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 classes: Shin guards and water are mandatory; sunscreen recommended.*

### Coach Ken's 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 and 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 team jersey every Saturday.*

#### Heritage Oaks Park Coach Ken's Soccer Staff

310935-01		4-5yrs
Sat	2/7-4/4	9:30-10:30am
<u>No class 2/21</u>		
310935-02		5-6yrs
Sat	2/7-4/4	10:30-11:45am
<u>No class 2/21</u>		
310935-03		7-9yrs
Sat	2/7-4/4	11:45am-1:15pm
<u>No class 2/21</u>		
310935-04		10-12yrs
Sat	2/7-4/4	11:45am-1:15pm
<u>No class 2/21</u>		
Residents \$147		All Others \$165

### 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.

<b>Heritage Oaks Park</b>	<b>Coach Ken's Staff</b>
310923-01	4-5yrs
Fri	2/6-4/3 10:30-11:30am
<u>No class 2/20</u>	
310923-02	4-5yrs
Fri	2/6-4/3 12:30-1:30pm
<u>No class 2/20</u>	
Residents \$147	All Others \$165



### 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.

<b>Heritage Oaks Park</b>	<b>Coach Ken's Staff</b>
310942-01	6-7yrs
Tue	2/3-3/31 3:30-4:30pm
<u>No class 2/17</u>	
310942-02	6-7yrs
Wed	2/4-4/1 3:30-4:30pm
<u>No class 2/18</u>	
Residents \$147	All Others \$165

### 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.

<b>Heritage Oaks Park</b>	<b>Coach Ken's Staff</b>
310943-01	8-11yrs
Tue	2/3-3/31 3:30-4:30pm
<u>No class 2/17</u>	
310943-02	8-11yrs
Wed	2/4-4/1 3:30-4:30pm
<u>No class 2/18</u>	
Residents \$147	All Others \$165





## TENNIS

### WHITLINGER/SARFIELD TENNIS

[whitlingersarsfieldtennis.com](http://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 will be converted into four one-hour lessons. Terrific Tiny Tennis classes will consist of eight 40-minute lessons.

*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 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 makeup date. No postponement announcement will be initiated by the instructor or the Recreation Department.*

Los Altos Recreation 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

310902-01		4-6yrs
Sat	1/24-2/28	2:30-3:10pm
310902-02		5-7yrs
Sat	1/24-2/28	3:10-3:50pm
Residents	\$81	All Others \$99

#### Marymeade Park Courts 2/3

##### Whitlinger/Sarsfield Tennis Staff

310902-03		5-7yrs
Tue/Thu	1/27-2/12	3:50-4:30pm
310902-04		5-7yrs
Tue/Thu	3/3-3/19	3:50-4:30pm
Residents	\$81	All Others \$99

### 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

320902-01		8-10yrs
Sat	1/24-2/28	10-11am
Residents	\$81	All Others \$99

#### Marymeade Park Courts 2/3

##### Whitlinger/Sarsfield Tennis Staff

320902-02		8-10yrs
Tue/Thu	1/27-2/12	4:30-5:30pm
320902-03		8-10yrs
Tue/Thu	3/3-3/19	4:30-5:30pm
Residents	\$81	All Others \$99



## 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

320946-01 11-14yrs  
Sat 1/24-2/28 1:30-2:30pm  
Residents \$81 All Others \$99

### Marymead Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

320946-02 11-14yrs  
Tue/Thu 1/27-2/12 6-7pm  
Residents \$81 All Others \$99

## Youth Low Intermediate Tennis

For players who are consistent with 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

320947-01 11-14yrs  
Sat 1/24-2/28 11am-12pm  
Residents \$81 All Others \$99

### Marymead Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

320947-02 11-14yrs  
Tue/Thu 3/3-3/19 6-7pm  
Residents \$81 All Others \$99

## 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 Marymead 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 Montclair Park, Court 1:

Joe 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](http://whitlingersarsfieldtennis.com) for more information.



## Stand-Up Paddle Boarding Yoga

Take your yoga practice outside and on 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 Note: 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
320945-01		8+yrs
Sun	2/22	9-10:15am
320945-02		8+yrs
Sun	3/1	9-10:15am
320945-03		8+yrs
Sun	3/8	9-10:15am
320945-04		8+yrs
Sun	3/15	9-10:15am
320945-05		8+yrs
Sun	3/22	9-10:15am
Residents \$37		All Others \$55

## 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.*

### Windsurfing Level 1

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

*Requirements: Students must be comfortable swimming and treading water.*

Shoreline Aquatic Center		SAC Staff
320821-01		14+yrs
Sat/Sun	2/21-2/22	9am-1pm
320821-02		14+yrs
Sat/Sun	2/28-3/1	9am-1pm
320821-03		14+yrs
Sat/Sun	3/7-3/8	9am-1pm
320821-04		14+yrs
Sat/Sun	3/14-3/15	9am-1pm
320821-05		14+yrs
Sat/Sun	3/21-3/22	9am-1pm
Residents \$207		All Others \$225

### Sailing Level 1

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

Shoreline Aquatic Center		SAC Staff
320944-01		14+yrs
Sat/Sun	2/21-2/22	9am-1pm
320944-02		14+yrs
Sat/Sun	2/28-3/1	9am-1pm
320944-03		14+yrs
Sat/Sun	3/7-3/8	9am-1pm
320944-04		14+yrs
Sat/Sun	3/14-3/15	9am-1pm
320944-05		14+yrs
Sat/Sun	3/21-3/22	9am-1pm
Residents \$287		All Others \$305



# COLLEGE TOURS



## NORTHERN CALIFORNIA COLLEGE TOURS

Join us for day trips of up to four northern California colleges and universities! Travelling via chartered van each day, we'll tour each campus and meet with admissions officials. It will be a great introduction to the schools, with a lot of info made available to prospective students. This is also a great opportunity for questions to be answered directly by each school's reps. After two of the tours, we'll make a stop for some F-U-N! So grab your friends and join us for the tours: we'll learn a lot and have a good time doing it!

*Registration Deadline: Wed, February 11*

*Time: Departure and return times may vary*

*Pick up/drop off: Hillview Community Center*

*Questions? Contact Zack Silva, Recreation Department Coordinator, at 947-2727 or [zsilva@losaltosca.gov](mailto:zsilva@losaltosca.gov).*

*Notes: 1. Participants must bring money for meals and incidentals. 2. A signed behavior form must be on file prior to the tour(s). 3. A completed medical release form must also be on file prior to the tour(s). Specifics listed below. 4. Order of colleges visited subject to change.*

### Required Forms

*Prior to the beginning of the above tour(s), parents must fill out a City of Los Altos medical release form, and parents and participants must fill out a behavior form. Please download both forms at [LosAltosRecreation.org](http://LosAltosRecreation.org). Email completed forms to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org) or fax to 947-2738.*

### Day 1: St Mary's, Moraga + UC Berkeley

### Day 2: Cal State Sonoma + Pier 39

### Day 3: Cal State Monterey Bay + Cannery Row

#### Hillview Community Center

#### Los Altos Recreation Department Staff

320832-05	Day 1	14-18yrs
Tue	2/17	8am-4pm
320832-06	Day 2	14-18yrs
Wed	2/18	8am-4pm
320832-07	Day 3	14-18yrs
Thu	2/19	8am-4pm

*Residents & All Others \$111*

#### Hillview Community Center

#### Los Altos Recreation Department Staff

320832-08	All 3 Days	14-18yrs
Tue-Thu	2/17-2/19	8am-4pm

*Residents & All Others \$302*



*Photos from previous college tours.*

# SENIOR Program

## Los Altos Senior Program

Hillview Community Center  
97 Hillview Ave  
Rooms 10-12  
947-2797

## Senior Center Hours\*

Monday-Friday  
8:30am-3:30pm

\*Holiday hours vary.  
Call 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 Department's website, [LosAltosRecreation.org](http://LosAltosRecreation.org)). Mail the form, together with a check payable to "City of Los Altos," to: Los Altos Senior Program  
97 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](http://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.

## TECHNOLOGY DAY FOR OLDER ADULTS



Did you receive a new technological device for the holidays? Do you need a tutorial on social media, email or cell phones? Community volunteers are joining forces to answer your questions.

*Registration Note: Registration is required; please provide your name, contact information, device(s) and/or service interested in, to Vivian Nguyen at 625-3815 or email her at [linkagestimebank@gmail.com](mailto:linkagestimebank@gmail.com).*

### Town of Los Altos Hills Council Chambers

Sat 1/10/15 1-4pm  
Senior Program Members & All Others FREE!

## 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 42. Call 947-2897 TODAY for details!

# ON-GOING ACTIVITIES

All activities Monday through Friday, 8:30am-3:30pm

- **Wii Nintendo**  
(drop-in play and lessons by appointment)
- **Jigsaw Puzzle**
- **Desktop Computer**
- **Ping Pong**  
(reservations required)



# DAILY ACTIVITIES

Activities free with Senior Program membership unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	FUN Friday
<b>Monkey Toy Project</b> 9:30-11:30am / Rm 11  <b>Poker</b> 12-3:30pm / Rm 11  <b>Advanced Bocce Ball</b> 10am-12pm Bocce Courts	<b>PC Computer Tutor</b> 1-3pm / Rm 10 By appointment  <b>Bridge</b> 8:30am-3:30pm Rm 11  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>Bridge</b> 8:30am-12pm / Rm 11  <b>Mah-Jongg</b> Intermediate 1-3:30pm / Rm 11 Free Play  <b>Artventures</b> 9:30am-12pm / Rm 12  <b>Advanced Bocce Ball</b> 10am-12pm Bocce Courts	<b>iPad &amp; Mac Tutor</b> 1-3pm / Rm 10 By appointment  <b>Pinochle</b> 12-3:30pm / Rm 11  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>1st Friday Movie Day</b> 1pm / Rm 12 Fee: Members Free All Others \$1  <b>2nd Friday Friday Lunch</b> 12pm / Rm 11 Fee: Members \$4 All Others \$6  <b>Birthday Party</b> 12pm / Rm 11 Fee: Members \$4* All Others \$6 *Birthday month? Free lunch during your birth month if you are a Senior Program Member!

# MONTHLY ACTIVITIES

Actual dates may vary; call to verify schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st Monday Senior Commission Meeting</b> 4:30pm / Rm 11	<b>1st Tuesday Visions Unlimited Television Production</b> 10:15am / Rm 10  <b>2nd Tuesday Legacies Board Meeting</b> 10am / Conf Rm 3 (Meets quarterly; call Senior Center for date.)  <b>Fuschia Society</b> 7:30pm / Rm 12  <b>3rd Tuesday HICAP</b> 1-3pm / Conf Rm 3 By appointment  <b>4th Tuesday Real Estate Corner</b> 9am / Conf Rm 3 By appointment	<b>3rd Wednesday Rhododendron Society</b> 7:30pm / Rm 12	<b>1st Thursday Men's Group</b> 10-11:30am / Rm 10  <b>2nd Thursday Book Club</b> 1-2pm / Rm 18  <b>3rd Thursday Camera Club</b> 7pm / Rm 12	<b>Friday Lunch</b> 12pm / Rm 11 Fee: Members \$6 All Others \$8  <b>5th Friday Bingo</b> 1pm / Rm 11 Fee: Members Free All Others \$3  <b>Smart Driver Safety Class</b> 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20



# TEEN Program

## LAYC DANCES

2014/2015

**LAYC Dance Schedule**  
(remaining dances)

**January 9** February 6 **March 6**  
April 3 **May 1**

All dances take place on Fridays from  
7:30-10pm at the LAYC Building

**May 29 Underground Summer Kickoff**

Takes place on Friday from 7:30-9:30pm  
at the Underground Teen Center

LAYC Dances and Underground Summer Kickoff  
offered by the Los Altos Recreation Department  
in conjunction with the Los Altos Youth  
Commission.

- Participants must have their LAYC Membership Card in order to participate.
- Membership for the 2014-2015 school year is \$59 for 5 remaining scheduled dances and Underground Summer Kickoff.
- LAYC cards are available to 7th- and 8th-graders who live in Los Altos or attend a Los Altos school.
- To purchase a membership, please download an application (which can be found online at [LosAltosRecreation.org](http://LosAltosRecreation.org)). Then come to the Hillview Community Center Recreation Office (97 Hillview Ave) with a completed application and your child (or email a current photo of your child to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org) prior to your office visit). Office hours are Monday-Friday, 8am-5pm.

# The Underground



## TEEN CENTER

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

### Winter Hours

Fridays 3-6pm

Saturdays 2-6pm



The place to hang out with friends and relax is back for the winter! 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)!

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](mailto:zsilva@losaltosca.gov).

# Cool Tours and A Game!

## Northern California College Tours

Join us for day trips of NorCal colleges and universities! Students will travel via chartered van, tour each campus, and meet with admissions officials. After two of the tours, we'll make a stop for some F-U-N!

Registration Deadline: Wednesday, February 11

Time: Departure and return times may vary

Notes: 1. Participants must bring money for meals. 2. A signed behavior form must be on file prior to the tour(s). 3. A completed medical release form must also be on file prior to the tour(s). Specifics listed below.\* 4. Order of colleges visited subject to change.

**Day 1: St Mary's, Moraga + UC Berkeley**

**Day 2: Cal State Sonoma + Pier 39**

**Day 3: Cal State Monterey Bay + Cannery Row**

### Hillview Community Center

#### Los Altos Recreation Department Staff

320832-05	Day 1	14-18yrs
Tue	2/17	8am-4pm
320832-06	Day 2	14-18yrs
Wed	2/18	8am-4pm
320832-07	Day 3	14-18yrs
Thu	2/19	8am-4pm

Residents & All Others \$111

### Hillview Community Center

#### Los Altos Recreation Department Staff

320832-08	All 3 Days	14-18yrs
Tue-Thu	2/17-2/19	8am-4pm

Residents & All Others \$302

## Sharks Game

Come watch your San Jose Sharks take on the Los Angeles Kings OUTSIDE at Levi's Stadium! This is northern California's first ever outdoor game--and the new stadium's first hockey event. Don't miss this inaugural sports event as these intense rivals move outside!

Registration Note: Tickets are very limited for this event: first come, first served!

Transportation Note: Drop off and pick up location is at the Mountain View CalTrain station, 600 W Evelyn Ave, Mtn View (at the end of Castro St in downtown Mtn View).

Notes: 1. Participants must bring money for food and souvenirs. 2. A signed behavior form must be on file prior to the tour(s). 3. A completed medical release form must also be on file prior to the tour(s). Specifics listed below.\*

### Mtn View CalTrain Station Los Altos Recreation Staff

322301-01		13-17yrs
Sat	2/21	5-11pm

Residents & All Others \$85

## \*Required Forms

Prior to the beginning of the above tour(s) and/or game, parents must fill out a City of Los Altos medical release form, and parents and participants must fill out a behavior form. Please download both forms at [LosAltosRecreation.org](http://LosAltosRecreation.org). Email completed forms to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org) or fax to 947-2738.

# VOLUNTEER Program

City of Los Altos  
Municipal Volunteer Program

# MVP



MUNICIPAL VOLUNTEER PROGRAM

For almost 40 years, The “Monkey Toy Ladies” have met every Monday morning at the Los Altos Senior Center to make stuffed sock monkeys for the patients at Lucile Packard Children’s Hospital at Stanford.



The “Monkey Toy Ladies” have developed a rewarding friendship with one another; they have fun chatting and laughing with each other while producing something so special and meaningful. We encourage volunteers to get involved in this worthwhile, heartwarming project that puts smiles on many young faces. The group meets every Monday from 9:00-11:30am. Come join them in making a difference. Volunteer today!

**Calling All Volunteers!  
We Need YOU!**

- SENIOR PROGRAM LUNCHES
- SENIOR PROGRAM FRONT DESK SUPPORT
- SPECIAL PROJECTS
- CITY HALL LUNCH RELIEF

Contact Barbara Smith for more info!

947-2897 or [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov)

[LosAltosRecreation.org](http://LosAltosRecreation.org), then click on the volunteer tab.

# REDWOOD GROVE Happenings

## 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 animals.



January 10 – 9:30 a.m.-12:30 p.m.

January 25 – 1-4 p.m.

February 8 – 1-4 p.m.

February 21 – 9:30 a.m.-12:30 p.m.

March 14 – 9:30 a.m.-12:30 p.m.

March 29 – 1-4 p.m.

Redwood Grove Nature Preserve  
482 University Ave. Los Altos

*Dates subject to change. Please register online for the latest information.*

Please register online:

[www.acterra.org/stewardship](http://www.acterra.org/stewardship)

For more information or to arrange a separate workday for your group, please contact Junko Bryant: [junkob@acterra.org](mailto:junkob@acterra.org) or 650.962.9876 x347



Acterra

ACTION FOR A  
HEALTHY PLANET

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

# PARTY Packages

Booking your next party is as easy as...

*Cupcake!*

- 1 Choose your party package
- 2 Pick a date (and a few alternates)
- 3 Call or drop by the recreation office to book it!

## Murphy Magic

For Kids 4-7 Years

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

## Archery Party

For 7+Years

(with kids under 18 accompanied by an adult)

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/20 guest max

At Redwood Grove

Residents: \$200

All Others: \$218

## Teen Center @The Underground

For Kids 11-18 Years

The entirety of the teen center will be open to your party goers. Pool table? Yes. Video games? Sure. 47" flat screen TV? You bet. Ping pong, foosball and more? Absolutely! 4 hrs/30 guest max

At The Underground Teen Center in Shoup Park\*

Residents: \$225

All Others: \$243

## Bocce Ball & Barbecue

All Ages

(with kids under 18 accompanied by an adult)

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

## Book Now!

To book your party, please complete the Party Application Form, which can be found online at [losaltosrecreation.org](http://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](mailto:info@losaltosrecreation.org)!

\* Friendly facility attendant included

# SERVICES & Organizations

# YOUTH Theater

## Sports

A.Y.S.O. Region 43. . . . . ayso43.org  
 A.Y.S.O. Region 45. . . . . ayso45.org / 964-2976  
 C.Y.S.A. District II. . . . . www.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 Baseball . . . . . info@lamvpb.org  
 Los Altos Tennis Club (Adult) . . . . . losaltostennisclub.com  
 Mountain View Los Altos Soccer . . . . . mvlasc.org  
 Mountain View Los Altos Girls Softball . . . . . mvlags.org / 964-6489  
 Pop Warner Football . . . . . mvmarauders.com  
 Red Star Soccer . . . . . redstarsoccer.com / 380-0099  
 Tomahawks Lacrosse . . . . . tomahawkslacrosse.org  
 YMCA Youth Sports . . . . . 969-9622

## Adults

Acterra. . . . . acterra.org / 962.9876  
 Community Health Awareness Council (CHAC) . . . . . chacmv.org  
 965-2020  
 Fit4Mom . . . . . midpeninsula.fit4mom.com / 395-7558  
 Foothill College . . . . . foothill.edu / 949-7777  
 Garden Club of Los Altos . . . . . gardencluboflosaltos.org  
 Greentown Los Altos . . . . . greentownlosaltos.org / 383-7540  
 Kiwanis Club of Los Altos . . . . . losaltoskiwanis.org / 735-1552  
 Las Madres . . . . . lasmadres.org / (877) 527-6237  
 League of Women Voters . . . . . 941-4846  
 Los Altos Art Club . . . . . losaltosartclub.org  
 Los Altos Chamber of Commerce. . . . . losaltoschamber.org/948-1455  
 Los Altos Community Foundation . . . . . losaltoscf.org  
 BAT, CERT, LEAD  
 Los Altos/Los Altos Hills Newcomers Club . . . . . losaltosnewcomers.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 . . . . . losaltosstageco@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  
 Santa Clara County Parks Dept . . . . . (408) 355-2200  
 Ye Olde Town Band . . . . . windband.org/oldtowne

## Youth

American Red Cross Babysitter Training . . . . . 1(800) 445-8210  
 Boy Scouts of America Pacific Skyline Council . . . . . 327-5900  
 Children's Corner Inc. . . . . lamvchildrenscorner.org / 948-8950  
 Music for Minors . . . . . 237-9130



Los Altos Youth Theatre announces our  
**UPCOMING PRODUCTION**

# JANE EYRE

Adapted from the Charlotte Bronte novel by *Willis Hall*  
 Directed by *Rebecca J Ennals*,  
 Artistic Director, San Francisco Shakespeare Festival

PERFORMANCES  
**MARCH 6-22**

### A SPECIAL NOTE

This production is a collaborative effort with The San Francisco Shakespeare Festival. Best known for bringing Free Shakespeare in the Park to Cupertino each summer, the company is excited to work with the City of Los Altos and LAYT on its production of Jane Eyre. Several members of the San Francisco Shakespeare Festival creative staff will contribute to Jane Eyre.

### PURCHASE TICKETS

1. Order online at [losaltosca.gov/recreation/page/purchase-tickets](http://losaltosca.gov/recreation/page/purchase-tickets)
2. Order from the LASC Box Office: call 941-0551 for hours
3. Drop off completed ticket order form at the Los Altos Recreation front office Monday-Friday, 8am-5pm. (Form available online or at the Recreation office)

### ACTOR INFO

Parent Meeting: January 12 at 7pm  
 Rehearsals: January 13 to February 27  
 Mon through Thurs, 4-6:30pm  
 (some extended hours possible)

### LOCATION

Hillview Community Center MPR  
 97 Hillview Avenue, Los Altos



[www.losaltosca.gov/recreation/page/los-altos-youth-theatre](http://www.losaltosca.gov/recreation/page/los-altos-youth-theatre)



# LIBRARY

## Los Altos Library

13 S. San Antonio Road  
 Mon-Thu . . . . . 10am-9pm  
 Fri/Sat. . . . . 10am-6pm  
 Sun. . . . . 12-6pm

## Library telephone numbers

Main. . . . . 948-7683  
 Woodland . . . . . 969-6030

Santa Clara County Library website: [sccl.org](http://sccl.org)

## KIDS' PROGRAMS (partial listing)

### Main Library

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

### Baby Lapsit

(0-18 mos & adults)  
 Wed at 1pm  
 (including a baby sign language series 1st and 3rd Wed of each month)

**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

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

## Woodland Branch Library

1975 Grant Road  
 M/Tu/W. . . . . 1-8pm  
 Th/F/Sa. . . . . 11am-5pm  
 Sun. . . . . CLOSED

Accounts,  
 Billing. . . . . 1-800-286-1991  
 TeleCirc . . . . . 1-877-471-0991

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

**Family Bedtime Storytime**  
 (all ages)  
 Thu at 7pm

**Afternoon Movie** (all ages)  
 2nd Sat of each month at 2pm

**Family Games Afternoon**  
 (all ages)  
 2nd Thu of each month from 4-6pm

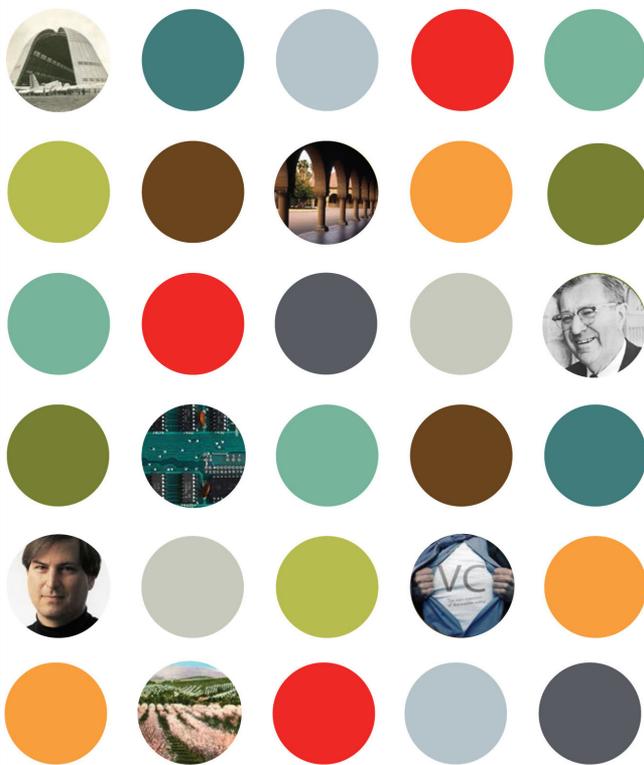
**Toddler Storytime** (1-2yrs)  
 Thur at 11:15am

# HISTORY Museum



On exhibit through April 19

## Silicon Valley THE LURE & THE LEGENDS



Learn the answers to "Why Here?"  
 in this original new exhibition featuring  
 local visionaries and risk takers.

For a full listing of current museum events, check out their website!

Rental Events: Make your own history!  
 Now booking events for 2015. Call Mark at  
 948-9427, ext 12, for info.

51 S. San Antonio Rd, Los Altos  
[losaltoshistory.org](http://losaltoshistory.org) 948-9427

Open Thurs-Sun  
 Hours 12-4pm  
 Free Admission

# REGISTRATION Form

City of Los Altos Recreation Department • 97 Hillview Avenue, Los Altos, CA 94022

## Head of Household Information *(Please Print)*

	Home Phone	
Last Name	First Name	
E-mail Address	Cell Phone	
Home Address	City	Zip
Emergency Contact	Emergency Contact Phone	

**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 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.

\_\_\_\_\_  
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](mailto:info@losaltosrecreation.org)*

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS TITLE	T-SHIRT SIZE*	FEE
<b>TOTAL DUE:</b>						

\*T-shirts for Camp jelly bean, Camp Shoup and Redwood Grove camps only.  
Sizes available: Youth Small, Medium & Large, Adult Small

**CREDIT CARD PAYMENT** (check one)

Visa   
  MasterCard   
  Discover

Cardholder Name: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- PAYMENT OPTIONS:**
- Checks made payable to City of Los Altos
  - Visa, MasterCard or Discover credit cards
  - Cash payments must be made in person; please do not mail cash
- REGISTRATION FORM RETURN OPTIONS:**
- Email form to [info@losaltosrecreation.org](mailto: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

City of Los Altos Office Use Only:

All registration receipts will be emailed unless a stamped, self-addressed envelope is included with form.

# REGISTRATION Info

## Winter 2015 Registration Dates

**Register NOW!**

### 4 Easy Ways To Register

#### ONLINE

losaltosrecreation.org

#### FAX

947-2738

#### MAIL IN

Los Altos Recreation Dept  
97 Hillview Ave  
Los Altos, CA 94022

#### WALK

Hillview Community Center  
97 Hillview Ave, Los Altos

### Registration Details

- Any class canceled by the Recreation 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 & Mountain View, etc.) are nonresidents.

### Refunds & Transfers

- Refunds and transfers 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.
- E-mail your refund and transfer requests to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org).
- No refunds or transfers will be given after class begins.

## City of Los Altos Recreation Office

97 Hillview Ave, Los Altos, CA 94022

### Office Hours

Monday – Friday, 8am – 5pm

### Contact Info

Phone: 947-2790 Fax: 947-2738  
[info@losaltosrecreation.org](mailto:info@losaltosrecreation.org)



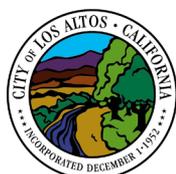
Become a fan of  
Los Altos Recreation



@losaltosrec

### Recreation Department Mission Statement

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



# RECREATION LOCATIONS

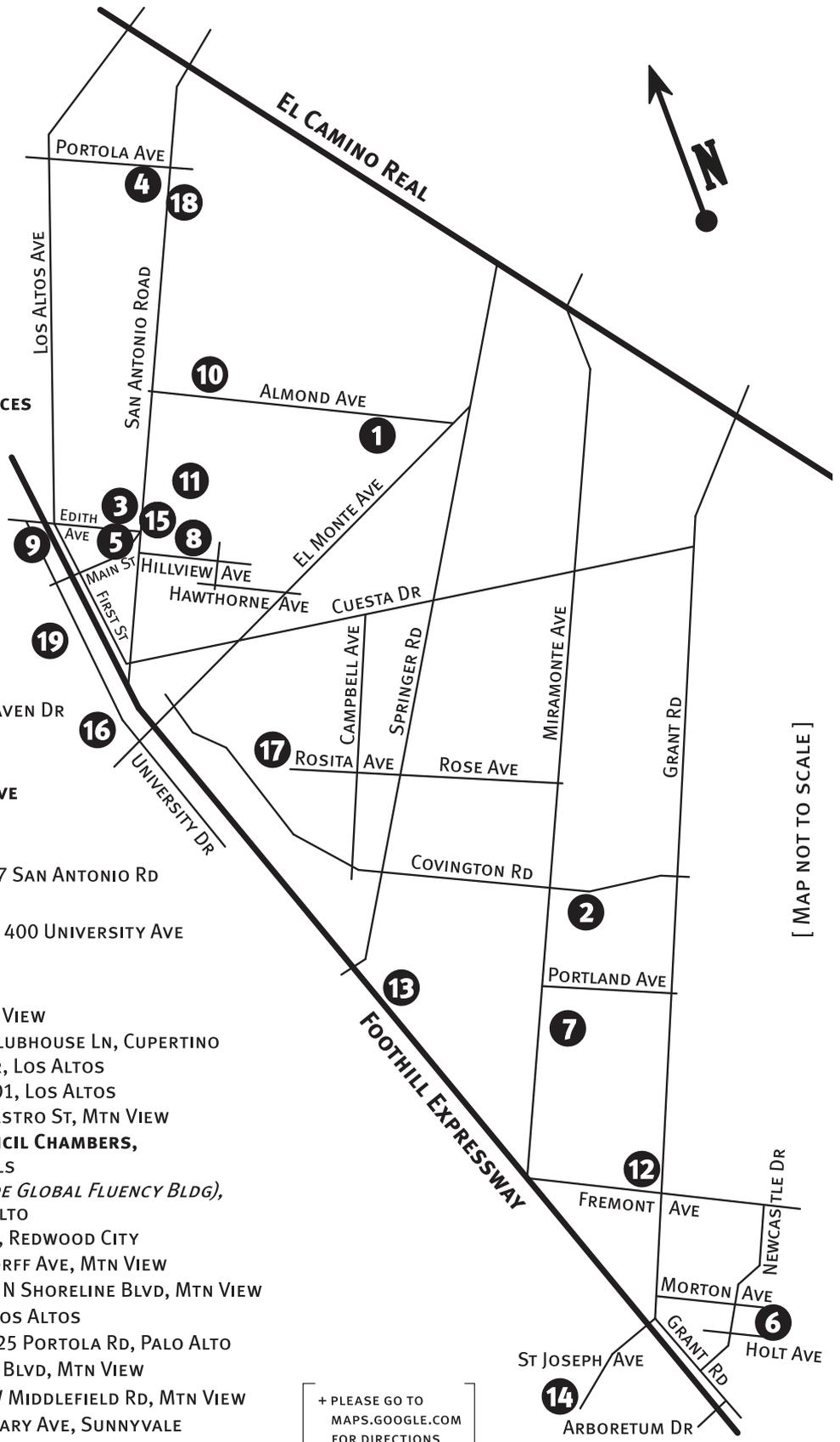
## Parks, Indoor Facilities & Schools

1. **ALMOND SCHOOL**  
550 ALMOND AVE
2. **BLACH MIDDLE SCHOOL**  
1120 COVINGTON RD
3. **VILLAGE PARK**  
EDITH AVE/SAN ANTONIO RD
4. **EGAN MIDDLE SCHOOL**  
100 W PORTOLA AVE
5. **COMMUNITY PLAZA**  
CORNER OF MAIN & STATE STS
6. **GRANT PARK**  
1575 HOLT AVE
7. **HERITAGE OAKS PARK**  
PORTLAND/MIRAMONTE AVE
8. **HILLVIEW COMMUNITY CENTER**  
**LOS ALTOS RECREATION DEPT OFFICES**  
97 HILLVIEW AVE
9. **LINCOLN PARK**  
UNIVERSITY/LINCOLN AVE
10. **LOS ALTOS HIGH SCHOOL**  
201 ALMOND AVE
11. **LOS ALTOS YOUTH CENTER-LAYC**  
1 N SAN ANTONIO RD
12. **MARYMADE PARK**  
FREMONT/GRANT RD
13. **MCKENZIE PARK**  
707 FREMONT AVE
14. **MONTCLAIRE PARK**, 2068 STONEHAVEN DR
15. **BUS BARN THEATER**  
161 S SAN ANTONIO RD
16. **REDWOOD GROVE NATURE PRESERVE**  
482 UNIVERSITY AVE
17. **ROSITA PARK**, 401 ROSITA AVE
18. **SAN ANTONIO CLUB-TINY TOTS**, 647 SAN ANTONIO RD
19. **SHOUP PARK / GARDEN HOUSE /**  
**THE UNDERGROUND-TEEN CENTER**, 400 UNIVERSITY AVE

### ADDITIONAL LOCATIONS

- + **CSMA**, 230 SAN ANTONIO CIR, MTN VIEW
- + **DEEP CLIFF GOLF COURSE**, 10700 CLUBHOUSE LN, CUPERTINO
- + **FIT**, 600 RANCHO SHOPPING CENTER, LOS ALTOS
- + **FLEX**, 4600 EL CAMINO REAL, STE 201, LOS ALTOS
- + **GRAHAM MIDDLE SCHOOL**, 1175 CASTRO ST, MTN VIEW
- + **LOS ALTOS HILLS TOWN HALL COUNCIL CHAMBERS**,  
26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC (INSIDE GLOBAL FLUENCY BLDG)**,  
4151 MIDDLEFIELD RD #105, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **RENGSTORFF PARK**, 201 S RENGSTORFF AVE, MTN VIEW
- + **SHORELINE AQUATIC CENTER**, 3160 N SHORELINE BLVD, MTN VIEW
- + **SKATEWORKS**, 379 STATE STREET, LOS ALTOS
- + **SPRING DOWN EQUESTRIAN CTR**, 725 PORTOLA RD, PALO ALTO
- + **TWISTERS SPORTS**, 2359 TERMINAL BLVD, MTN VIEW
- + **WHISMAN SPORTS CENTER**, 1500 W MIDDLEFIELD RD, MTN VIEW
- + **YOUNG CHEF'S ACADEMY**, 1336 S MARY AVE, SUNNYVALE
- + **ZURAEK STABLES**, 11854 PAGE MILL RD, LAH

+ PLEASE GO TO  
MAPS.GOOGLE.COM  
FOR DIRECTIONS







**CITY OF LOS ALTOS RECREATION DEPARTMENT**  
97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

PRSR STD  
U.S. POSTAGE  
**PAID**  
LOS ALTOS, CA  
PERMIT NO. 258

**POSTMASTER: PLEASE**  
DELIVER BETWEEN  
1/2 AND 1/3

ECRWSS

# RESIDENTIAL CUSTOMER LOCAL



**Look inside for  
MANY, MANY, MANY  
2015 New Year's  
Resolution Solutions!**  
*Classes start the  
third week of January.*