

FALL 2016



CITY OF LOS ALTOS

RECREATION & COMMUNITY SERVICES

ACTIVITY GUIDE

FALL CLASSES AND ACTIVITIES



**Parks
Make
Life
Better!**

SPECIAL EVENTS

Special Events At-A-Glance

FALL PLANT SALE



OCTOBER 1 AT 10AM-12PM

Hillview Parking Lot

FREE!

Rain or shine.

Must bring plants to exchange.

More info? 947.2790

53RD ANNUAL

HALLOWEEN WINDOW PAINTING CONTEST

OCTOBER 20-22

Downtown Los Altos

More info?

See ad next page

or call 947.2790

GRASSROOTS ECOLOGY'S (FORMERLY ACTERRA)

FALL WORK DAYS AT REDWOOD GROVE

Weekend work days are held
1-2 times each month.

Info? Grassrootsecology.org

 Like us on Facebook

Los Altos Recreation
& Community Services

LosAltosRecreation.org
947-2790

LAYC DANCES

Fridays, 7-9pm

Pg 41 for details



This Los Altos tradition continues!
LAYC Dances are for all 7th and 8th grade
students living in Los Altos or attending a
school within Los Altos. Check out how
your teen can join in on the fun!

FALL SPORTS DROP IN

DETAILS INSIDE.....JOIN US!



**ADULT
BASKETBALL!**
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**YOUTH
BADMINTON!**
PAGE 13

53rd Annual

Halloween Window Painting Contest

OCTOBER 20-22
PAINT A
DOWNTOWN
STORE
WINDOW!

Psst: It's FREE!

- Open to all 4th-12th grade students in the Los Altos area.
- Spaces are limited! REGISTER NOW!
- Register online OR come to the Recreation & Community Services office.
- Registration must be completed on or before Thursday, October 13, at 5pm.
- Window assignments are made by Recreation & Community Services and will be posted online at LosAltosRecreation.org and emailed to contestants on or before Tuesday, October 18.
- *Painting times are Th/F: 2-5pm; Sat: 8am-5pm.
- Full set of painting times, rules & regulations available online.
- Special requests?
Email jchew@losaltosca.gov.

Downtown Los Altos at participating merchants Windows TBA

210810-04	4th graders
Thu-Sat 10/20-10/22	times vary*
210810-05	5th graders
Thu-Sat 10/20-10/22	times vary*
210810-06	6th graders
Thu-Sat 10/20-10/22	times vary*
210810-07	7th graders
Thu-Sat 10/20-10/22	times vary*
210810-08	8th graders
Thu-Sat 10/20-10/22	times vary*
210810-09	high school
Thu-Sat 10/20-10/22	times vary*
Residents & All Others FREE!	
*As posted to left	

Sponsored by Los Altos Recreation & Community Services in cooperation with the Los Altos Village Association.

WELCOME



Los Altos Recreation & Community Services

97 Hillview Avenue
 Los Altos, California 94022
 Tel: 947-2790 Fax: 947-2738
 LosAltosRecreation.org

Office hours: Monday-Friday, 8am-5pm

Recreation & Community Services Commissions

Parks & Recreation

William James
Chair
 Neysa Fligor
Vice Chair
 Larry Baron
 Elizabeth Engle
 Pradeep Parmar
 Jack Tooley
 Jonathan D. Weinberg

Senior

Jim Basiji
Chair
 Tracie Murray
Vice Chair
 Gary Anderson
 Janet Harding
 Karen Lemes
 Doris Torbeck
 Bert Vincent

Library

Cindy Hill
Chair
 Mukesh Agarwal
 Richard Liu
 Judie Suelzle

Youth

Vikram Bharati
 Cole Brinsfield
 Ryan Chandra
 Krish Gujral
 Drishaan Jain
 Mohi Kolla
 Medha Rajagopalan
 Anooshkha Shetty
 Rahul Shukla
 Vignesh Suresh
 Rebecca Zhu

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

Look Inside For...

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ABOUT THE COVER...

Read through this activity guide and notice the diverse adult classes we offer. For example, our Belly Dance class is an example of a fun, exercise-centered and camaraderie-focused activity where all adults and levels of athletic ability are welcome. Check out our classes and join us!

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

CITY OF LOS ALTOS
Summer
CONCERT SERIES



A huge

THANK YOU

to:

LOS ALTOS
ORTHODONTICS

With their most generous support, we enjoyed
8 great summer evenings of music, dance and fun!

If you are interested in sponsorship information for our 2017 Summer Concert Series, Recreation & Community Services Supervisor Jaime Chew would love to hear from you. Contact Jaime at 947.2848 or jchew@losaltosca.gov.

Thank you to everyone who so enthusiastically enjoyed the concerts.
We're already looking forward to next year!

Tiny Tots Preschool & Kinder Prep Programs

NOW ENROLLING FOR THE 2016-2017 SCHOOL YEAR

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

TERRIFIC 3s*

9:30am-12pm
Tues/Thurs
@ San Antonio Club

FABULOUS 4s*

9:30am-12pm
Mon/Wed/Fri
@ San Antonio Club

KINDER PREP

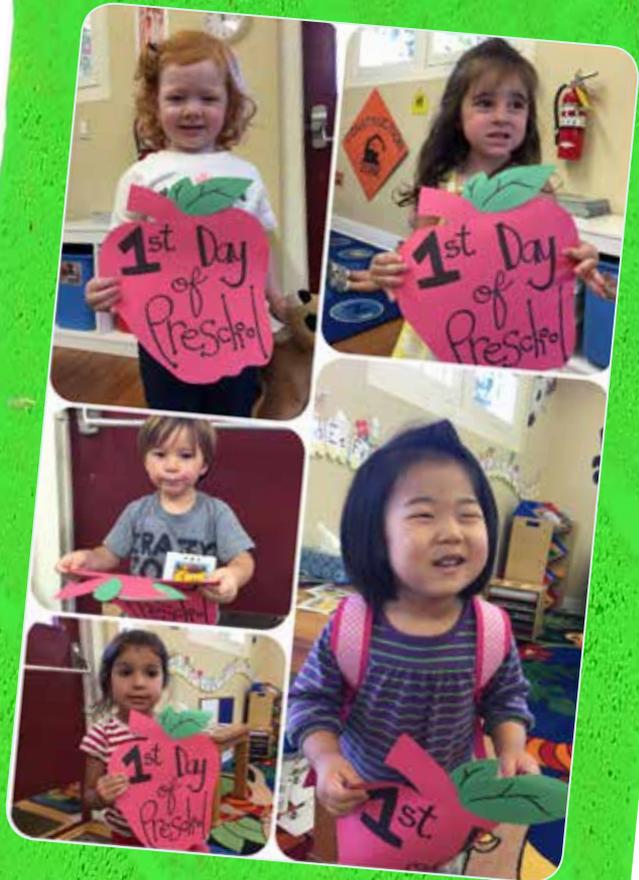
8:45-11:45am
Mon-Fri
@ Hillview Rm 14

BREAKFAST BUDDIES

Begins at
8:30am

LUNCH & PLAY

Until
2pm



*Child must be of age by September 1.

SCHOOL BREAK CAMPS



Camp Shoup Thanksgiving Break Camp

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

Underground Teen Center, Shoup Park LA Recreation & Community Svcs Staff

211301-01		5-6yrs
Mon-Wed	11/21-11/23	9am-3pm
211301-02		7-8yrs
Mon-Wed	11/21-11/23	9am-3pm
211301-03		9-11yrs
Mon-Wed	11/21-11/23	9am-3pm
Residents \$149		All Others \$179

Mad Science Fizzical Phenomena & Che-Mystery

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: Please bring a snack and wear closed-toe shoes. Full day campers need to bring a bag lunch!

Hillview Rm 14	Mad Science Staff
211256-01	5-12yrs
Mon-Wed	11/21-11/23 9am-3pm
No class 11/24, 11/25	
Residents \$199	All Others \$236
Hillview Rm 14	Mad Science Staff
211256-02	5-12yrs
Mon-Wed	11/21-11/23 9am-12pm
No class 11/24, 11/25	
Residents \$149	All Others \$176

Play-Well Pre-Engineering with LEGO®

Let your imagination run wild with tens of thousands of LEGO! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

San Antonio Club	Play-Well TEK Staff
211208-01	5-8yrs
Mon-Wed	11/21-11/23 9am-12pm
No class 11/24, 11/25	
Residents \$87	All Others \$102

Skyhawks Holiday Basketball Camp

This fun, skill-intensive program is designed for the beginning to intermediate player. Four active days of passing, shooting, dribbling, and rebounding makes this one of our most popular camps for the holiday season. 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. All participants receive a Skyhawks T-shirt and player evaluation card.

Egan Gym	Skyhawks Staff
211225-01	6-12yrs
Mon-Thu	12/19-12/22 9am-3pm
Residents \$219	All Others \$260



YOUTH FALL Classes

ACADEMIC FUN

GURUS EDUCATION

guruseducation.com

Public Speaking: Building Confidence

This course teaches the beginning building blocks of public speaking. Starting with being ready, practiced and focused, they learn the importance of body language and variation in their voices. The goal is for your child to develop more confidence and skill in expressing themselves.

Hillview Rm 13	Gurus Staff
211814-01	6-9yrs
Wed 9/21-11/30	5:30-6:30pm
No class 11/23	
Residents \$211	All Others \$251



Debate & Public Speaking

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

Hillview Rm 18	Gurus Staff
221813-01	10-14yrs
Wed 9/21-11/30	4:30-5:30pm
No class 11/23	
Residents \$211	All Others \$251

Personal Finance/ Money Management

The goal of these classes is to build financially responsible and smart youth. It gives an overview of personal finance skills and money management concepts, and may inspire them to pursue careers in finance and business!

Hillview Rm 17	Gurus Staff
211826-01	11-16yrs
Wed 9/21-11/30	5:30-6:30pm
No class 11/23	
Residents \$211	All Others \$251

STARTUPK12

Wincubator: Idea Pitch

Idea Pitch teaches students to brainstorm ideas, create pitches and present pitches to an audience/parents. Students learn to brainstorm ideas, evaluate and communicate the merits of those ideas, and pitch them. Mentors help research, feasibility and presentation techniques. Winning pitch receives an award.

Note: Advanced/repeat students can skip the idea pitch step and start their projects.

Equipment Note: Students are encouraged (not required) to bring their own computers for research or presentations. Any laptop/tablets are okay.

Required: Students must know some typing and have access to an email account.

Hillview Rm 8	StartupK12 Staff
212710-01	7-16yrs
Sat 12/17	9am-12pm
Residents \$39	All Others \$44

StartupK12 Lunch Option

If your student is attending both Wincubator: Idea Pitch and Wincubator: FunHack, StartupK12 staff will be on hand to supervise that one hour lunch break between the two classes. Students must bring their lunch.

Fee for this service is \$20 and is payable to instructor on that day.

Wincubator: FunHack

FunHack allows students to select an idea, develop it using a novice-friendly platform (e.g. Scratch, etc) to bring their idea to life, then present their FunHack to an audience/parents. Students learn the FUNdamentals of computer coding and teamwork. Winning Hack receives an award.

Equipment Note: Students are required to bring their own computers. Any laptop/tablets are okay.

Required: Students must know some typing and have access to an email account.

Hillview Rm 8	StartupK12 Staff
212709-01	7-16yrs
Sat 12/17	1-4pm
Residents \$39	All Others \$44

INTRO TO CHINESE: MANDARIN

Learn basic speaking, listening, reading, and writing using simplified Chinese characters in a small group setting.

Hillview Rm 17 LA Chinese School Staff
211298-01 4+yrs
Sat 9/17-12/3 10-11:45am
No class 11/26
Residents \$462* All Others \$552*
*Materials fee of \$40 due first day.

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 code 2790. Residents & All Others \$68.50

LITTLE MEDICAL SCHOOL

We show the importance of health to children in a fun way! Using interactive demonstrations and games, kids learn how the body and organs work, how to use instruments that real doctors use and how to administer first aid. Students receive a working stethoscope!

Hillview Rm 15	LMS Staff
211823-01 6-10yrs	
Wed 9/14-11/16 4-5pm	
Residents \$210* All Others \$250*	
*Materials fee of \$20 due first day.	

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.)

Required: Parent must accompany child.

Local Parks & Open Spaces Green Bean Kidz Staff

261808-01	2-6yrs
Tue 9/13-10/18	9:30-11am
261808-02	2-6yrs
Wed 9/14-10/19	9:30-11am
261808-03	2-6yrs
Tue 11/1-12/13	9:30-11am
No class 11/22	
261808-04	2-6yrs
Wed 11/2-12/14	9:30-11am
No class 11/23	
261808-05	2-10yrs
Tue 9/13-10/18	3:30-5pm
261808-06	2-10yrs
Wed 9/14-10/19	3:30-5pm
261808-07	2-10yrs
Tue 11/1-12/13	3:30-5pm
No class 11/22	
261808-08	2-10yrs
Wed 11/2-12/14	3:30-5pm
No class 11/23	
Residents \$172* All Others \$204*	
*Materials fee of \$15 due first day.	





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.*

Hillview Rm 15		Nelson
250501-01		1.5-3yrs
Wed	9/21-11/9	9:30-10:30am
250501-02		2-6yrs
Wed	9/21-11/9	10:45-11:45am
Residents \$117*		All Others \$138*
*Materials fee of \$15 due first day.		

Hillview Rm 15		Nelson
250501-03		1.5-3yrs
Wed	11/16-12/14	9:30-10:30am
No class 11/23		
250501-04		2-6yrs
Wed	11/16-12/14	10:45-11:45am
No class 11/23		
Residents \$65*		All Others \$76*
*Materials fee of \$8 due first day.		

SEWING BY MACHINE

Machine Sewing

Learn machine sewing techniques. Create new projects each session, actual projects from large fashion, small projects, and/or alterations and repairs. Make sample notebook to keep. Lots of individual instruction.

Equipment Note: Computerized machines and all materials provided excluding large project fabric.

Hillview Rm 2		Nelson
250605-01		8+yrs
Wed	9/21-11/9	4:30-6:30pm
250605-02		8+yrs
Wed	9/21-11/9	6:45-8:45pm
Residents \$215*		All Others \$256*
*Materials fee of \$25 due first day.		

Holiday Machine Sewing

Learn machine sewing techniques while creating fun holiday projects. Max of 6 students means lots of individual instruction.

Equipment Note: Computerized machines and all materials provided excluding large project fabric.

Hillview Rm 2		Nelson
250605-03		8+yrs
Wed	11/16-12/14	4:30-6:30pm
No class 11/23		
250605-04		12+yrs
Wed	11/16-12/14	6:45-8:45pm
No class 11/23		
Residents \$119*		All Others \$140*
*Materials fee of \$15 due first day.		

DANCE & PERFORMING ARTS

NEW!

BALLET FOR FIGURE SKATERS

Based on Vaganova Teaching Method, this class works with students on floor exercises and prepares them mentally and physically for more advanced barre work. Training will improve skater posture, alignment and movements, and will also show the importance of breath while skating/performing.

Hillview Rm 4		Kombou
210241-01		7-9yrs
Mon	9/12-10/31	3:30-4:30pm
210241-02		10-13yrs
Fri	9/2-10/28	4-5pm
Residents \$212		All Others \$252

FIVE & UNDER DANCE

Tiny Tutu

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

Equipment Note: Leotards and soft ballet shoes required.

Hillview Rm 4		Tipton
260209-01		2.5-3yrs
Wed	9/14-12/14	10-10:30am
No class 11/9, 11/23		
260209-02		2.5-3yrs
Thu	9/15-12/15	10-10:30am
No class 11/10, 11/24		
Residents \$150		All Others \$178

Ballet

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

Equipment Note: Ballet shoes and attire required.

Hillview Rm 4		Tipton
260203-01		3.5-5yrs
Wed	9/14-12/14	10:45-11:15am
No class 11/9, 11/23		
260203-02		3.5-5yrs
Thu	9/15-12/15	10:45-11:15am
No class 11/10, 11/24		
Residents \$150		All Others \$178

Tap/Ballet

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

Equipment Note: Ballet and tap shoes required.

Hillview Rm 4		Tipton
260205-01		3.5-5yrs
Wed	9/14-12/14	12:30-1:15pm
No class 11/9, 11/23		
260205-02		3.5-5yrs
Thu	9/15-12/15	12:30-1:15pm
No class 11/10, 11/24		
Residents \$166		All Others \$197

FIVE & OLDER DANCE

Equipment Note for ALL Five & Older Classes: Leotard and soft ballet shoes required.

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.

Hillview Rm 4		Tipton
210213-01		5-7yrs
Thu	9/15-12/15	3:45-4:30pm
No class 11/10, 11/24		
Residents \$177		All Others \$210

Ballet Beginners

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

Hillview Rm 4		Tipton
210214-01		6-8yrs
Wed	9/14-12/14	3:45-4:30pm
No class 11/9, 11/23		
Residents \$177		All Others \$210



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!!

Hillview Rm 4		Tipton
210215-01		6-12yrs
Wed	9/14-12/14	4:30-5:30pm
No class 11/9, 11/23		
210215-02		6-12yrs
Thu	9/15-12/15	4:30-5:30pm
No class 11/10, 11/24		
Residents \$188		All Others \$223

Ballet & Musical Theater: Intermediate/Advanced

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

Hillview Rm 4		Tipton
210204-01		8-16yrs
Wed	9/14-12/14	5:30-6:30pm
No class 11/9, 11/23		
Residents \$188		All Others \$223

TASTE OF CANTABILE: MUSIC OF WEST AFRICA

This exciting afternoon investigates song, dance, folktales and instrumental elements from the Music of West Africa. This workshop will include both traditional folk songs and contemporary songs from current African artists. Through vocal warm-ups, singing games, and theatrical improvisation, singers will have a blast learning how to develop and express their natural singing voice.

Los Altos Hills Town Hall		Gerber
210238-01		6-11yrs
Sat	10/15	1-4pm
Residents \$57		All Others \$66

MARTIAL ARTS

JUJITSU

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

Grant MPR		Gearhart
211101-01		7-16yrs
Mon/Thu	9/12-12/15	6-7pm
No class 11/24		
Residents \$158		All Others \$187

CHANG TAI DO KARATE & FITNESS

changtaido.com

Equipment Note/ Materials fee for ALL Chang Tai Do classes: Participants must contact instructor (changtaido@yahoo.com) to determine mandatory materials fee due first day. Fees based on specific materials needed by participant.

Notes for ALL Chang Tai Do classes:

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

CTD Karate: Tots

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

Hillview Social Hall	Chang/Huey/Do
211104-01	4-7yrs
Thu	10/6-12/15
Residents \$160*	All Others \$189*
*See Equipment Note.	

NEW!

CTD Karate: Families Beginner/Intermediate

Introduction to proper stretching and students will train in a variety of stances, blocks, punches, kicks, self-defense, forms (kata), sparring (kumite) and instruments (escrima sticks), as well as combination techniques.

Prerequisites: Class is suitable for beginners over 8 years old and students who have met requirements from Chang Tai Do Karate: Tots classes. Instructor will inform students if they meet requirements to advance to next level class.

Hillview Social Hall	Chang/Huey/Do
211106-01	8+yrs
Tue/Thu	10/4-12/15
Residents \$179**	All Others \$212**
*Fee is per person.	
**See Equipment Note.	





NEW!

CTD Karate: Families Advanced

Extensive training in forms (kata), sparring (kumite), instruments (escrima sticks and bo staff), as well as using multiple combinations of techniques learned in previous Chang Tai Do Classes.

Prerequisites: Class is suitable for students who have met requirements from Chang Tai Do Karate beginner and intermediate classes. Instructor will inform students if they meet requirements to advance to next level class.

Hillview Social Hall	Chang/Huey/Do	
211107-01		10+yrs
Tue/Thu	10/4-12/15	7-8pm

Residents \$179* ** All Others \$212* **

*Fee is per person.

**See Equipment Note.

MUSIC

MELODY ACADEMY OF MUSIC (MAM)

4000 Middlefield Rd, Rm V, Palo Alto
(inside the Cubberley Community Center)

Required for ALL MAM classes: During classes, only registered student with their parent permitted in classroom.

Melody's Piano: Toddler

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

Note: Parent participation is required.

Melody Academy of Music	MAM Staff	
260114-01		3-4yrs
Wed	9/14-10/19	10:30-11:15am
260114-02		3-4yrs
Thu	10/6-11/10	10:30-11:15am
260114-03		3-4yrs
Fri	10/21-12/2	10:30-11:15am
260114-04		3-4yrs
Mon	11/7-12/12	10:30-11:15am

Residents \$180* All Others \$214*

*Materials fee of \$45 due first day.

Melody's Piano Beginners: 4-5yrs

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

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music	MAM Staff	
210104-01		4-5yrs
Wed	9/14-10/19	4-4:45pm
210104-02		4-5yrs
Sun	10/2-11/6	10-10:45am
210104-03		4-5yrs
Fri	10/14-11/18	4:30-5:15pm
210104-04		4-5yrs
Sat	11/5-12/17	10-10:45am

Residents \$180* All Others \$214*

*Materials fee of \$45 due first day.

Melody's Piano Beginners: 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.

Melody Academy of Music MAM Staff

210115-01		5-7yrs
Wed	9/14-10/19	5-5:45pm
210115-02		5-7yrs
Sun	10/2-11/6	11-11:45am
210115-03		5-7yrs
Fri	10/14-11/18	5:30-6:15pm
210115-04		5-7yrs
Sat	11/5-12/17	11-11:45am
<i>Residents \$180*</i>		<i>All Others \$214*</i>
<i>*Materials fee of \$45 due first day.</i>		

Group Violin Lessons

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

Melody Academy of Music MAM Staff

210105-01		6-10yrs
Wed	9/14-10/19	6-6:45pm
210105-02		6-10yrs
Sat	11/5-12/17	12-12:45pm
<i>Residents \$180*</i>		<i>All Others \$214*</i>

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

Group Guitar Beginners: 7-10yrs

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

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff

210112-01		7-10yrs
Sun	10/9-11/13	3-3:45pm
<i>Residents \$180*</i>		<i>All Others \$214*</i>

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



Group Guitar Beginners: 10-13yrs

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

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff

220112-01		10-13yrs
Sun	10/9-11/13	4-4:45pm
<i>Residents \$180*</i>		<i>All Others \$214*</i>

**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.

Melody Academy of Music MAM Staff

220113-01		8-12yrs
Sun	10/9-11/13	5-5:45pm
<i>Residents \$180*</i>		<i>All Others \$214*</i>

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



SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

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

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

Archery 1

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

RWG Field		Roan
210918-01		7-17yrs
Thu	9/22-11/10	4-5pm
210918-02		7-17yrs
Fri	9/23-11/11	4-5pm
<i>Residents \$251</i>		<i>All Others \$299</i>

Archery 2

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

RWG Field		Roan
210938-01		8+yrs
Thu	9/22-11/10	5-6pm
<i>Residents \$251</i>		<i>All Others \$299</i>

Archery 3

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

RWG Field		Roan
210939-01		9+yrs
Fri	9/23-11/11	5-6pm
<i>Residents \$251</i>		<i>All Others \$299</i>



BADMINTON

Badminton Drop In

We love badminton and want you to join us! Come in for up to two hours of open play. All levels welcome. No registration needed. Just show up!!

Equipment Note: Please bring your racquet and birdies.

Egan Middle School Gym
LA Recreation & Community Svcs Staff

No Code Required	11+yrs
Wed on-going	6-8pm

Residents & All Others \$5 at the door

EQUESTRIAN

ZURAEK STABLES

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

Western Horseback Riding Lessons

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

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

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

Zuraek Stables	Zuraek
No code required	10-99yrs
<u>By appointment only: call to set up.</u>	
<i>Residents \$81</i>	<i>All Others \$95</i>

GOLF

DEEP CLIFF

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

Weather Policy for ALL Deep Cliff Golf classes: 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
250914-01	7+yrs
Sat 9/10-10/1	8:30-10am
250914-02	7+yrs
Sat 10/8-10/29	8:30-10am
250914-03	7+yrs
Sat 11/5-12/3	8:30-10am
No class 11/26	
Residents \$146*	All Others \$173*

*Fee is per person.

Junior Golf

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

Deep Cliff Golf Course	Deep Cliff Staff
210936-01	7-17yrs
Sat 9/10-10/1	10:30am-12pm
210936-02	7-17yrs
Sat 10/8-10/29	10:30am-12pm
210936-03	7-17yrs
Sat 11/5-12/3	10:30am-12pm
No class 11/26	
Residents \$151	All Others \$179

Intermediate Junior Golf

This class is for you if you have fully acquired the basic skills and knowledge of the game. This is the place to build your FUNDamental and PLAYing skills. We'll play on the course three days; skill build two days.

Prerequisite: Junior Golf or Golf Camp1

Deep Cliff Golf Course	Deep Cliff Staff
210934-01	7-17yrs
Sat 9/17-10/8	2-5pm
210934-02	7-17yrs
Sat 10/15-11/5	2-5pm
210934-03	7-17yrs
Sat 11/12-12/10	2-5pm
No class 11/26	
Residents \$262	All Others \$312

The Player's Academy

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

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

Deep Cliff Golf Course	Deep Cliff Staff
210914-02	10-17yrs
Sat 9/24-10/15	2:30-6:30pm
210914-03	10-17yrs
Sat 10/22-11/12	2-6pm
210914-04	10-17yrs
Sat 11/19-12/17	1-5pm
No class 11/26	
Residents \$312	All Others \$372



GYMNASTICS

GOLD STAR GYM

Parent & Tot Gymnastics

This class is for toddlers with adult assistance and concentrates on both gross motor and socialization skills. Lessons teach exercises on the gymnastics equipment. Classes start with a warm-up using manipulative props and end with game time incorporating music and dancing.

Gold Star Gym		Gold Star Staff	
252110-01			1-3yrs
Wed	9/14-12/14	11:15am-12pm	
<i>Resident \$212</i>		<i>All Others \$252</i>	

Preschool Gymnastics

Our Preschool Gymnastics curriculum is presented through games and imagery. Skills are practiced on obstacle courses comprised of traditional gymnastics equipment. Students start class with a warm-up using manipulative props and end with a game, incorporating music and dancing.

Gold Star Gym		Gold Star Staff	
262107-01			3-6yrs
Wed	9/14-12/14	9-9:45am	
262107-02			3-6yrs
Wed	9/14-12/14	9:45-10:30am	
262107-03			3-6yrs
Wed	9/14-12/14	10:30-11:15am	
<i>Residents \$292</i>		<i>All Others \$348</i>	

NEW!

Beginning Rhythmic Classes

Rhythmic gymnastics is perfect for children who love to dance and tumble while throwing objects at the ceiling. Our enthusiastic staff present this challenging sport through a structured curriculum — rotating instruction from tumbling to dance to the handling of equipment.

Gold Star Gym		Gold Star Staff	
212109-01			5-12yrs
Mon	9/12-12/12	3:30-4:25pm	
212109-02			5-12yrs
Wed	9/14-12/14	3:30-4:25pm	
<i>Residents \$362</i>		<i>All Others \$432</i>	

Gold Star Gym		Gold Star Staff	
212109-03			5-12yrs
Fri	9/16-12/16	3:30-4:25pm	
<i>No class 11/25</i>			
<i>Residents \$337</i>		<i>All Others \$402</i>	



TWISTERS SPORTS

*New location:
1165 N Fair Oaks Ave, Sunnyvale*

Leaping Lions

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

Required: Parent participation is required.

Twisters Sports		Twisters Staff	
252101-01			1.5-3yrs
Sat	9/17-12/10	9-9:45am	
<i>No class 10/22</i>			
252101-02			1.5-3yrs
Tue	9/13-12/6	10-10:45am	
<i>No class 11/22</i>			
<i>Residents \$228</i>		<i>All Others \$271</i>	

Jumping Giraffes

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

Twisters Sports		Twisters Staff	
262102-01			3yrs
Mon	9/12-12/5	10:30-11:15am	
<i>No class 11/21</i>			
<i>Residents \$228</i>		<i>All Others \$271</i>	

Cartwheel Kangaroos

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

Twisters Sports		Twisters Staff	
262103-01			4yrs
Mon	9/12-12/5	11:15am-12pm	
<i>No class 11/21</i>			
<i>Residents \$228</i>		<i>All Others \$271</i>	

Bouncing Bears

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

Twisters Sports		Twisters Staff	
212104-01			5yrs
Mon	9/12-12/5	3:30-4:15pm	
<i>No class 11/21</i>			
<i>Residents \$228</i>		<i>All Others \$271</i>	

Gymnastics for Girls

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

Twisters Sports		Twisters Staff	
212105-01			6yrs
Mon	9/12-12/5	4:45-5:40pm	
<i>No class 11/21</i>			
<i>Residents \$268</i>		<i>All Others \$319</i>	



ICE SKATING

NAZARETH ICE OASIS (NIO)

For ALL Nazareth Ice Oasis classes:

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

Required for ALL Nazareth Ice Oasis classes:

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

Ice Skating: Parent & Me

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

Nazareth Ice Oasis	NIO Staff
250903-01	2.5-5yrs
Sat 9/10-10/15	12-12:30pm
250903-02	2.5-5yrs
Sat 10/22-12/3	12-12:30pm
No class 11/26	
Residents \$120*	All Others \$144*

*Fee includes both parent and child.

Ice Skating: Tot & Youth

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

Nazareth Ice Oasis	NIO Staff
260903-01	3-5yrs
Sat 9/10-10/15	12-12:30pm
260903-02	3-5yrs
Tue 9/13-10/18	3:30-4pm
260903-03	3-5yrs
Wed 10/19-11/30	5:20-5:50pm
No class 11/23	
260903-04	3-5yrs
Sat 10/22-12/3	12-12:30pm
No class 11/26	
260903-05	3-5yrs
Tue 10/25-12/6	3:30-4pm
No class 11/22	
210903-01	6-12yrs
Sat 9/10-10/15	12-12:30pm
210903-02	6-12yrs
Tue 9/13-10/18	4-4:30pm
210903-03	6-12yrs
Wed 10/19-11/30	5:20-5:50pm
No class 11/23	
210903-04	6-12yrs
Sat 10/22-12/3	12-12:30pm
No class 11/26	
210903-05	6-12yrs
Tue 10/25-12/6	3:30-4pm
No class 11/22	
Residents \$120	All Others \$144

MULTI-SPORT

SKYHAWKS

Required for ALL Skyhawks classes:

Participants should bring appropriate clothing, athletic shoes, snacks, and water bottle.

Skyhawks Mini-Hawk

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

Whisman Sports Complex	Skyhawks Staff
210907-01	4-6yrs
Sat 10/1-11/19	11:30am-12:30pm
Residents \$159	All Others \$188

Skyhawks Track & Field

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

Graham Athletic Complex

Skyhawks Staff	6-12yrs
210933-01	6-12yrs
Fri 9/30-11/18	3:30-5pm
Residents \$179	All Others \$212

Skyhawks Basketball

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

Whisman Sports Complex

Skyhawks Staff	6-12yrs
210906-01	6-12yrs
Sat 10/1-11/19	1-2:30pm
Residents \$179	All Others \$212

Skyhawks Volleyball

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

Whisman Sports Complex

Skyhawks Staff	8-14yrs
211273-01	8-14yrs
Sat 10/1-11/19	3-4:30pm
Residents \$179	All Others \$212





SOCCER

COACH KEN'S SOCCER ACADEMY

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

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

Coach Ken's Soccer: 4-5yrs

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

Heritage Oaks Park	Coach Ken's Staff
210923-01	4-5yrs
Tue 9/13-11/15	12:30-1:30pm
210923-02	4-5yrs
Tue 9/13-11/15	4:30-5:30pm
210923-03	4-5yrs
Wed 9/14-11/16	4:30-5:30pm
210923-04	4-5yrs
Fri 9/16-12/2	12:30-1:30pm
No class 11/11, 11/25	
210923-05	4-5yrs
Fri 9/16-12/2	4:30-5:30pm
No class 11/11, 11/25	
Residents \$162	All Others \$192

Coach Ken's Soccer: 6-7yrs

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

Heritage Oaks Park	Coach Ken's Staff
210942-01	6-7yrs
Tue 9/13-11/15	3:30-4:30pm
210942-02	6-7yrs
Wed 9/14-11/16	3:30-4:30pm
210942-03	6-7yrs
Fri 9/16-12/2	3:30-4:30pm
No class 11/11, 11/25	
Residents \$162	All Others \$192

Coach Ken's Soccer: 8-12yrs

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

Heritage Oaks Park	Coach Ken's Staff
210943-01	8-12yrs
Tue 9/13-11/15	3:30-4:30pm
210943-02	8-12yrs
Wed 9/14-11/16	3:30-4:30pm
210943-03	8-12yrs
Fri 9/16-12/2	3:30-4:30pm
No class 11/11, 11/25	
Residents \$162	All Others \$192

Coach Ken's Soccer: Saturday Soccer

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

Heritage Oaks Park	Coach Ken's Staff
210935-01	4-5yrs
Sat 9/17-11/19	9-10:15am
210935-02	6-7yrs
Sat 9/17-11/19	10:15-11:30am
210935-03	8-12yrs
Sat 9/17-11/19	11:30am-1pm
Residents \$187	All Others \$222



KIDS LOVE SOCCER (KLS)

This soccer “school” is a non-competitive, recreational environment for children to learn and play the world’s most popular sport. A session experience includes age-specific warm up, demonstration, thematic progressions (drills), and recreation games.

Bonus: Each participant receives a KLS jersey!

Equipment Note for ALL KLS classes:

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

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

KLS: Mommy/Daddy & Me

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

Required: Parent participation is required.

Hillview Soccer Field		KLS Staff
250916-01		2-3.5yrs
Tue	9/13-11/8	9:30-10am
250916-02		2-3.5yrs
Wed	9/14-11/9	9:30-10am
<i>Residents \$120</i>		<i>All Others \$142</i>
McKenzie Park		KLS Staff
250916-03		2-3.5yrs
Sat	9/24-11/19	11-11:30am
250916-04		2-3.5yrs
Sat	9/24-11/19	11:35am-12:05pm
<i>Residents \$120</i>		<i>All Others \$142</i>

KLS: Tot Soccer

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

Hillview Soccer Field		KLS Staff
260904-01		3.5-4yrs
Tue	9/13-11/8	10:10-10:40am
260904-02		3.5-4yrs
Wed	9/14-11/9	10:10-10:40am
<i>Residents \$120</i>		<i>All Others \$142</i>
McKenzie Park		KLS Staff
260904-03		3.5-4yrs
Sat	9/24-11/19	10:20-10:50am
<i>Residents \$120</i>		<i>All Others \$142</i>



KLS: Pre-Soccer

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

Hillview Soccer Field	KLS Staff
210904-01	3.5-5yrs
Tue 9/13-11/8	4:30-5:05pm
210904-02	3.5-5yrs
Thu 9/15-11/10	3:45-4:20pm
210904-03	4-5yrs
Tue 9/13-11/8	10:40-11:15am
210904-04	4-5yrs
Wed 9/14-11/9	10:40-11:15am
Residents \$120	All Others \$142

McKenzie Park	KLS Staff
210904-05	4-5yrs
Sat 9/24-11/19	9:45-10:20am
Residents \$120	All Others \$142

KLS: Techniques & Teamwork

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

Hillview Soccer Field	KLS Staff
210967-01	5-6yrs
Tue 9/13-11/8	3:45-4:30pm
210967-02	5-6yrs
Thu 9/15-11/10	4:20-5:05pm
Residents \$120	All Others \$142

McKenzie Park	KLS Staff
210967-03	5-6yrs
Sat 9/24-11/19	9-9:45am
Residents \$120	All Others \$142

RUGBY

LET'S PLAY RUGBY (LPR)

Let's Play Rugby provides a safe and fun introductory class to rugby, the world's fastest growing Olympic sport. Sessions begin with warming up, lead into age appropriate skills and movements, and build into games. Let's Play Rugby is non-competitive, non-contact flag rugby.

Bonus: Participants will receive a t-shirt.

Equipment Notes: Rugby/soccer cleats are recommended but not required. Balls and flags are provided.

McKenzie Park	LPR Staff
210971-01	5-7yrs
Wed 9/14-11/2	3:30-4:15pm
210971-02	8-10yrs
Wed 9/14-11/2	4:15-5pm
210971-03	11-13yrs
Wed 9/14-11/2	5-6pm
Residents \$136	All Others \$161

TENNIS

WHITLINGER/SARFIELD TENNIS

whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Adult and Youth (8-14) classes of 3-8 students will consist of six or eight hours of instruction. Classes of two students will consist of four hours of lessons. Terrific Tiny Tennis classes will consist of eight 40 minute or four hours of lessons.



Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes! Make-up Policy for ALL Whitlinger/Sarsfield Tennis classes: 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, makeup 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 for ALL Whitlinger/Sarsfield Tennis classes: In case of rain, contact Recreation & Community Services 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 Recreation & Community Services.



Terrific Tiny Tennis

Children 5-7 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 with only 2-6 students per class!

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

210902-01		5-6yrs
Sat	9/17-11/5	1:10-1:50pm
210902-02		6-7yrs
Sat	9/17-11/5	1:50-2:30pm
Residents \$105		All Others \$123

Marymade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

210902-03		5-7yrs
Tue/Thu	9/13-10/6	3:20-4pm
Residents \$105		All Others \$123

Marymade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

210902-04		5-7yrs
Tue/Thu	10/18-11/3	3:20-4pm
210902-05		5-7yrs
Tue/Thu	11/15-11/29	3-4pm
No class 11/24		
Residents \$85		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

220902-01	8-10yrs
Sat 9/17-11/5	10-11am
Residents \$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-02	8-10yrs
Tue/Thu 9/13-10/6	4-5pm
Residents \$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-03	8-10yrs
Tue/Thu 10/18-11/3	4-5pm
220902-04	8-10yrs
Tue/Thu 11/15-11/29	4-5:30pm
No class 11/24	
Residents \$85	All Others \$99

Junior Novice Tennis

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

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

220946-01	11-14yrs
Sat 9/17-11/5	2:30-3:30pm
Residents \$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220946-02	11-14yrs
Tue/Thu 9/13-10/6	5-6pm
Residents \$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220946-03	11-14yrs
Tue/Thu 10/18-11/3	5-6pm
Residents \$85	All Others \$99

Junior Intermediate Tennis

For players who are consistent on a slow to medium 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

220947-01	11-14yrs
Sat 9/17-11/5	11am-12pm
Residents \$105	All Others \$123



WATER SPORTS

SHORELINE AQUATIC CENTER (SAC)

shorelinelake.com
965-7474

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

Kayaking: Level 1

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

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

Shoreline Aquatic Center		SAC Staff	
220943-01		13+yrs	
Sun	9/18	9am-12pm	
220943-02		13+yrs	
Sat	10/1	9am-12pm	
220943-03		13+yrs	
Sun	10/16	9am-12pm	
220943-04		13+yrs	
Sat	10/29	9am-12pm	
Residents \$107		All Others \$126	

Sailing: Level 1

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

Shoreline Aquatic Center		SAC Staff	
220944-01		14+yrs	
Sat/Sun	9/17-9/18	9am-1pm	
220944-02		14+yrs	
Sat/Sun	9/24-9/25	9am-1pm	
220944-03		14+yrs	
Sat/Sun	10/1-10/2	9am-1pm	
220944-04		14+yrs	
Sat/Sun	10/8-10/9	9am-1pm	
220944-05		14+yrs	
Sat/Sun	10/15-10/16	9am-1pm	
220944-06		14+yrs	
Sat/Sun	10/22-10/23	9am-1pm	
Residents \$287		All Others \$342	





Windsurfing: Level 1

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

Required: Student must be comfortable swimming and treading water.

Shoreline Aquatic Center		SAC Staff
220821-01		14+yrs
Sat/Sun	9/17-9/18	9am-1pm
220821-02		14+yrs
Sat/Sun	9/24-9/25	9am-1pm
220821-03		14+yrs
Sat/Sun	10/1-10/2	9am-1pm
220821-04		14+yrs
Sat/Sun	10/8-10/9	9am-1pm
220821-05		14+yrs
Sat/Sun	10/15-10/16	9am-1pm
220821-06		14+yrs
Sat/Sun	10/22-10/23	9am-1pm
<i>Residents \$207</i>		<i>All Others \$246</i>



Intro to Stand Up Paddle Boarding

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

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

Shoreline Aquatic Center		SAC Staff
210821-01		8+yrs
Sat	9/17	10:30am-12pm
210821-02		8+yrs
Sun	10/2	10:30am-12pm
210821-03		8+yrs
Sat	10/15	10:30am-12pm
210821-04		8+yrs
Sun	10/30	10:30am-12pm
210821-05		8+yrs
Sat	11/12	10:30am-12pm
<i>Residents \$97</i>		<i>All Others \$114</i>

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

Shoreline Aquatic Center		SAC Staff
220945-01		8+yrs
Sun	9/18	9-10:15am
220945-02		8+yrs
Sun	9/25	9-10:15am
220945-03		8+yrs
Sun	10/2	9-10:15am
220945-04		8+yrs
Sun	10/9	9-10:15am
220945-05		8+yrs
Sun	10/16	9-10:15am
220945-06		8+yrs
Sun	10/23	9-10:15am
<i>Residents \$37</i>		<i>All Others \$42</i>

ADULT FALL CLASSES

ARTS & CRAFTS

ARTVENTURES

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

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

Hillview Rm 12	Various
645514-04	50+yrs
Wed 9/14-1/11	9:30am-12pm
No class 12/28	

Senior Program Members \$17

All Others \$51*

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

iPad® ART

An exciting class that empowers students to use their iPads creatively by teaching them to use apps to create art, books and even 3D sculptures! Beginner class (11:00am-12:30pm) is for beginners and requires no prior experience; the earlier class (8:30-11:00am) is for those who have attained some rudimentary skill with the iPad art apps used in the class (Paper 53, Procreate and Snapseed).

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

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

Registration Note: Registration for the quarter (outline below) or drop-ins also accepted: \$25 for residents, \$30 for all others.

Hillview Rm 16	Mustard
230525-01	18+yrs
Fri 9/2-10/7	9:30-11am
230525-02	18+yrs
Fri 9/2-10/7	11am-12:30pm
230525-03	18+yrs
Fri 10/21-12/9	9:30-11am
No class 11/25	
230525-04	18+yrs
Fri 10/21-12/9	11am-12:30pm
No class 11/25	
Residents \$122	All Others \$144

SEWING BY MACHINE

Our Sewing by Machine class is listed in its entirety in the Youth Section. Students of all ages are welcome in this "sew" engaging class!

WATERCOLOR WITH CONFIDENCE

Focusing on the joy of watercolor painting for all levels. Beginners will be introduced to basic concepts and techniques; experienced painters will work at their own pace on subjects of their choice. Class includes short demonstrations, lectures and one-on-one coaching.

Equipment Note: Supply list will be sent out prior to start of class; painters should bring them to first class.

Hillview Rm 13	Olsen
230514-01	18+yrs
Fri 9/30-12/16	10am-1pm
Residents \$124*	All Others \$146*
*Materials fee of \$5 due first day.	





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 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.

San Antonio Open Space Preserve* Bartholomew

No Code Required 18+yrs
 M/W/F on-going 9:30-10:45am
 No class 10/7, 10/10, 10/14, 10/17, 11/11,
 11/14, 11/25, 12/2, 12/21, 12/28

*Meet at the information booth near restrooms.

BALLROOM DANCE

Equipment Note for ALL Ballroom Dance classes: Please wear non-stick shoes.

Ballroom & Latin Dance: Beginner

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

LAYC **Minev**
 230202-01 18+yrs
 Thu 9/15-11/17 7-7:45pm
 Residents \$192 All Others \$228

Ballroom & Latin Dance: Intermediate

This class is for people who already know how to dance the ballroom and Latin dances! Focus is on technique, proper footwork, posture and learning new intermediate level dance steps.

LAYC **Minev**
 230239-01 18+yrs
 Thu 9/15-11/17 7:45-8:30pm
 Residents \$192 All Others \$228

BELLY DANCE WITH RAWIYAH

Belly Dance: Beginning

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

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

Hillview Rm 4 **Rawiyah**
 230208-01 12+yrs
 Wed 9/28-11/2 7-8pm
 Residents \$57 All Others \$66

Belly Dance: Intermediate/Advanced

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

Prerequisite: Beginning Belly Dance or teacher approval.

Hillview Rm 4 **Rawiyah**
 230236-01 12+yrs
 Wed 9/28-11/2 8-9pm
 Residents \$57 All Others \$66



HALPER'S FITNESS

fitnesshalpers.com
479-5955

Bodyweight Boot Camp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends; our Bodyweight Boot Camps are perfect for you.

Equipment Note: Please bring yoga mat.

Los Altos Hills Council Chambers Halper

245105-01	18-70yrs
Mon/Wed 9/12-10/5	6-7am
245105-02	18-70yrs
Mon/Wed 10/10-11/2	6-7am
245105-03	18-70yrs
Mon/Wed 11/7-11/30	6-7am
245105-04	18-70yrs
Mon/Wed 12/5-12/28	6-7am

Senior Program Members \$172

All Others \$204*

Hillview MPR

Halper

245105-05	18-70yrs
Mon/Wed 9/12-10/5	8:45-9:45am
245105-06	18-70yrs
Mon/Wed 10/10-11/2	8:45-9:45am
245105-07	18-70yrs
Mon/Wed 11/7-11/30	8:45-9:45am
245105-08	18-70yrs
Mon/Wed 12/5-12/28	8:45-9:45am

Senior Program Members \$172

All Others \$204*

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

Fun + Fitness

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

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

Los Altos Hills Council Chambers Halper

245106-01	55+yrs
Mon/Wed 9/12-10/5	11:45am-12:45pm
245106-02	55+yrs
Mon/Wed 10/10-11/2	11:45am-12:45pm
245106-03	55+yrs
Mon/Wed 11/7-11/30	11:45am-12:45pm
245106-04	55+yrs
Mon/Wed 12/5-12/28	11:45am-12:45pm

Senior Program Members \$172

All Others \$205*

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

JACKI SORENSEN'S FITNESS CLASSES

StrongStep

Jacki's StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, ab work, and stretching. Participate at your own level.

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

New Student Note: Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Hillview Social Hall

Franich

No code required 18+yrs
Mon/Wed on-going 8:30-9:30am
Register at class; 10 classes for \$60
First week FREE!

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

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 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: Body Sculpting

Tone your muscles and strengthen your body with this class. Although there are no fast moving dance steps, you will still increase your heart rate in this class. For beginners and advanced participants. Workouts modified to each ability level.

BODY SCULPTING IS AN ON-GOING CLASS.
 REGISTER AT CLASS, ANYTIME!

Equipment Note: Please bring a mat and water bottle.

Grant MPR	Leone
No code required	18+yrs
Tue/Thu on-going	10:15-11:15am
\$45 per class - for one or two participants	
\$25 per class - for 3 or more participants	



LINE DANCING

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

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

Hillview Social Hall	Campbell
645511-09	18+yrs
Tue 9/6-9/27	1-2pm
645511-10	18+yrs
Tue 10/4-10/25	1-2pm
Senior Program Members \$24	
All Others \$32*	

Hillview Social Hall	Campbell
645511-11	18+yrs
Tue 11/1-11/29	1-2pm
Senior Program Members \$30	
All Others \$40*	

Hillview Social Hall	Campbell
645511-12	18+yrs
Tue 12/6-12/20	1-2pm
Senior Program Members \$18	
All Others \$24*	

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



NORA'S EXERCISE CLASSES

Stretch & Flex

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

Equipment Note: Bring a mat to each class.

Hillview Social Hall		Beltran
645108-07		50+yrs
Tue/Thu	9/13-12/15	8:30-9:30am
No class 11/22, 11/24		
645108-10		50+yrs
Tue/Thu	9/13-12/15	9:35-10:35am
No class 11/22, 11/24		

Senior Program Members \$78

All Others \$104*

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

Strength & Balance

Join group leader Nora Beltran and enjoy gentle exercises that strengthen the body and improve balance.

Equipment Note: Bring your own dumbbells (optional).

Hillview Social Hall		Beltran
645107-05		50+yrs
Tue/Thu	9/13-12/15	10:45-11:30am
No class 11/22, 11/24		

Senior Program Members \$56

All Others \$84*

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



TEAM FITNESS

teamfitness.com

Cross Training with Team Fitness

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

New Student Note: For new members, September through November: get your first two months at 50% off.

Registration Note: To set up your first visit, call or email Team Fitness staff at (877) 751-5100, x3 or

tomgordon@teamfitness.com.

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

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

YOGA

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, breathing techniques and end with deep relaxation.

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

Hillview Rm 4		Graul
231702-01	Beginning	18+yrs
Thu	9/15-12/15	6-7:15pm
<u>No class 11/24</u>		
Residents \$168		All Others \$199

Hillview Rm 4		Graul
231702-02	Continuing	18+yrs
Mon	9/12-12/12	6-7:30pm
Residents \$180		
All Others \$213		

YOGA WITH MIKI

Certified Yoga Therapist
yogawithmiki.ca.nf

Dance-Yoga-Pilates

Enjoy a fun, total body workout: 25 minutes low impact dance based on yoga, tai chi, tae kwon do, jazz, and world dance. It's a joyful fitness party! No dance experience necessary. Then to the mat for yoga, Pilates to strengthen the abs, build core stability, and improve posture.

Equipment Note: Bring a yoga mat and towel.

Shoup Park Garden House		Bouso
231716-01		18+yrs
Fri	9/16-1/13	9:15-10:40am
<u>No class 12/23, 12/30</u>		
Residents \$236		All Others \$281

Yoga-Pilates Combo

Through a series of Pilates and yoga exercises, students will strengthen their abdominals, build core stability, improve posture and alignment, increase flexibility, mobilize the spine, stretch, and release tension throughout the body.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Garden House		Bouso
231706-01		18+yrs
Wed	9/14-1/11	10:45am-11:50pm
<u>No class 12/21, 12/28</u>		
231706-02		18+yrs
Fri	9/16-1/13	9:40-10:40am
<u>No class 12/23, 12/30</u>		
Residents \$188		All Others \$223

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.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Garden House		Bouso
231707-01		18+yrs
Mon	9/12-1/16	9:15-10:15am
<u>No class 12/19, 12/26</u>		
Residents \$200		All Others \$238
Shoup Park Garden House		Bouso
231707-02		18+yrs
Wed	9/14-1/11	9:30-10:30am
<u>No class 12/21, 12/28</u>		
Residents \$188		All Others \$223



HEALTH & SAFETY

NEW!

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

After a large-scale disaster, emergency services may be unavailable. People who are prepared in advance can work as a team. CERT trains participants about emergency preparedness and provides basic disaster response training to assist others when first responders are not immediately available.

Registration Note: To register: email name, address, phone number and course dates to communityoutreach@sccfd.org or call (408) 378-4010.

Hillview Rm 12 Santa Clara County Fire Dept Staff

No Code Required		18+yrs
M	9/12, 9/29, 9/26	6-9pm
W	9/14, 9/21, 9/28	6-9pm
Sa	10/1	9:30-12pm

Residents & All Others \$35*

*This class meets a total of 7 times.

NEW!

EATING FOR ENERGY

What would your life be like with an abundance of energy and vitality? What foods are best to eat to increase your energy? Discussion will include the main foods and stimulants that reduce and those that enhance our energy, as well as the nutrition plate concept.

Hillview Rm 18

250858-01

Wed 9/28

Residents \$37

Tanz

18+yrs

6-7:30pm

All Others \$42

MINDFULNESS MEDITATION

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

Equipment Note: 1. Chairs are available but if you feel comfortable sitting on the floor, please bring a cushion. 2. Wear comfortable clothing.

Hillview Rm 18

250822-01

Mon 9/12-10/31

250822-02

Mon 9/12-10/31

Residents \$186*

Welaratna PhD

18+yrs

10am-12pm

18+yrs

6-8pm

All Others \$221*

*Materials fee of \$30 due first day.

NEW!

MEMORY TRAINING

Empower yourself by maximizing your mental assets. This course provides skills, tools and techniques to get your memory fit, fast, focused to quickly recall names, numbers and lists; learn more in less time; give presentations and speeches without notes; and more!

Hillview Rm 18

233001-01

Sat 9/17-10/22

Residents \$212

Welaratna PhD

18+yrs

10am-12pm

All Others \$252





PERSONAL EMERGENCY PREPAREDNESS

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

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

Hillview Rm 12		Hurst
230813-01		18+yrs
Tue	10/18-10/25	1:30-3pm
230813-02		18+yrs
Wed	11/9	6-9pm

Residents & All Others FREE!

MARTIAL ARTS

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 MPR		Gearhart
231101-01		16+yrs
Mon/Thu	9/12-12/15	7:30-9pm
No class 11/24		
<i>Residents \$158</i>		<i>All Others \$187</i>

CHANG TAI DO KARATE & FITNESS

changtaido.com

Instructor John Chang is offering two family classes, suitable for all ages. See the Youth Section for full details.

TAI CHI FOR LIFE!

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

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

Hillview Rm 4		Scheer
645534-04		50+yrs
Tue	9/13-12/6	11:45am-12:45pm
No class 10/18, 11/1, 11/22		
<i>Senior Program Members \$85</i>		<i>All Others \$95*</i>

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





SPECIAL INTEREST

FAMILY FRIENDS

DOG OBEDIENCE

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

Equipment Notes: 1. Flat buckle collar. (Other collar choices may be approved by instructor.) 2. Six-foot lead/leash of fabric or leather. No retractable leashes. 3. Do not feed dog on morning of class; bring lots of small, tasty treats (or a favorite toy) to reward your dog at class.

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

BEGINNER CLASS

Hillview Baseball Field Adobe Dog Training Staff

230837-01	18+yrs
Wed 10/5-11/9	10:15-11:15am
230837-02	18+yrs
Wed 11/16-12/21	10:15-11:15am
Residents \$92	All Others \$108

ADVANCED CLASS

Hillview Baseball Field Adobe Dog Training Staff

230801-01	18+yrs
Wed 10/5-11/9	9-10am
230801-02	18+yrs
Wed 11/16-12/21	9-10am
Residents \$92	All Others \$108

FINANCIAL

Passport to Retirement

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

Hillview Rm 16

231801-01	40+yrs
Tue 10/11-10/25	6:30-9pm
231801-02	40+yrs
Thu 10/20-11/3	6:30-9pm
Residents \$63*	All Others \$73*

*Spouse/guest may attend at no charge.

Evans

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

230824-01	60+yrs
Mon 9/26-10/3	10am-12:30pm
230824-02	60+yrs
Wed 10/5-10/12	1-3:30pm
Residents \$42*	All Others \$48*

*Spouse/guest may attend at no charge.

Evans

GAMES WE PLAY

TEN WEEKS TO PLAY BRIDGE

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

Hillview Rm 12

645510-01	18+yrs
Mon 10/3-12/19	9:30-11:30am
No class 11/21, 11/28	

Senior Program Members \$110

All Others \$120*

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

Robinson

INTERMEDIATE BRIDGE

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

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

Hillview Rm 12

645530-01	50+yrs
Thu 9/15-1/12	9:15am-12pm
No class 9/29, 10/6, 11/24, 12/29	

Senior Program Members \$70

All Others \$98*

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

Plutynski

VARIOUS

Intro to Chinese: Mandarin

Learn basic speaking, listening, reading, and writing using simplified Chinese characters in a small group setting.

Equipment Note: Students will buy textbooks through the teacher on first day.

Hillview Rm 18 LA Chinese School Staff

231298-01 18+yrs
 Wed 9/21-12/7 6:30-8pm
 No class 10/26, 11/23
 Residents \$312* All Others \$372*
 *Materials fee of \$80 due first day.

MUSIC

Piano Lessons with Mrs. Lee

Got Piano? It's never too late to learn to play the piano. This class offers one-on-one piano lessons in a well-structured but friendly environment. Instructor earned a master's degree in Piano Performance and has more than 20 years of experience teaching piano.

30-MINUTE LESSONS

HV Conference Room 3 Lee

645522-01 18+yrs
 Thu 9/15-12/15 10-10:30am
 No class 11/24
 645522-03 18+yrs
 Thu 9/15-12/15 11-11:30am
 No class 11/24

645522-05 18+yrs
 Thu 9/15-12/15 12-12:30pm
 No class 11/24

Senior Program Members \$390

All Others \$520*

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

45-MINUTE LESSONS

HV Conference Room 3 Lee

645522-02 18+yrs
 Thu 9/15-12/15 10-10:45am
 No class 11/24
 645522-04 18+yrs
 Thu 9/15-12/15 11-11:45am
 No class 11/24

645522-06 18+yrs
 Thu 9/15-12/15 12-12:45pm
 No class 11/24

Senior Program Members \$585

All Others \$715*

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



TACO

(Terrible Adult Chamber Orchestra)

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

Equipment Note: Must bring own instrument and stand.

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

LAYC Humphers/McNulty

230111-01 18+yrs
 Sun 9/25 2-5pm
 230111-02 18+yrs
 Sun 10/30 2-5pm
 230111-03 18+yrs
 Sun 11/27 2-5pm

Residents & All Others \$10

LAYC Humphers/McNulty

230111-04 18+yrs
 Sun 9/25, 10/30, 11/27 2-5pm

Residents & All Others \$25

Family Holiday Sing-A-Long

This gathering precedes the Festival of Lights Parade. The orchestra plays holiday favorites and provides lyric sheets for you to sing along. Join this festive family gathering!

LAYC Humphers/McNulty

No code required 0-99yrs
 Sun 11/27 4-5pm

Residents & All Others FREE!

SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

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

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

Archery 1

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

RWG Field Roan

210918-01 7-17yrs
 Thu 9/22-11/10 4-5pm
 210918-02 7-17yrs
 Fri 9/23-11/11 4-5pm

Residents \$251

All Others \$299

Archery 2

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

RWG Field	Roan
210938-01	8+yrs
Thu 9/22-11/10	5-6pm
Residents \$251	All Others \$299

Archery 3

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

RWG Field	Roan
210939-01	9+yrs
Fri 9/23-11/11	5-6pm
Residents \$251	All Others \$299

ADULT BASKETBALL DROP IN

Looking for some hoop action? Whether you like pick-up games or simply to shoot around, this is the time and place to do it! Bring a friend or come alone. See you there!

Equipment Note: All equipment provided.

Egan Middle School Gym	
LA Recreation & Community Svcs Staff	
No code required	18+yrs
Wed 8/31-12/28	8-10pm
Residents & All Others \$3 at the door	



EQUESTRIAN

ZURAEK STABLES

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

Western Horseback Riding Lessons

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

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

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

Zuraek Stables	Zuraek
No code required	10-99yrs
By appointment only: call to set up.	
Residents \$81	All Others \$95

GOLF

DEEP CLIFF GOLF

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

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

Adult Golf

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

Deep Cliff Golf Course	Deep Cliff Staff
230914-01	18+yrs
Sat 9/10-10/1	1-2:30pm
230914-02	18+yrs
Sat 10/8-10/29	1-2:30pm
Residents \$151	All Others \$179

Golf for Women

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

Deep Cliff Golf Course Deep Cliff Staff

230915-01		18+yrs
Sat	9/17-10/8	10-11:30am
230915-02		18+yrs
Sat	10/15-11/5	10-11:30am
230915-03		18+yrs
Sat	11/12-12/10	10-11:30am
No class 11/26		
Residents \$151		All Others \$179

ICE SKATING

NAZARETH ICE OASIS (NIO)

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 immediately following lesson included in fee.

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

Nazareth Ice Oasis

230903-01		15+yrs
Sat	9/10-10/15	11-11:30am
230903-02		15+yrs
Wed	10/19-11/30	6:20-6:50pm
No class 11/23		
230903-03		15+yrs
Sat	10/22-12/3	11-11:30am
No class 11/26		
Residents \$157		All Others \$186

NIO Staff

SOCCER

COACH KEN'S WOMEN'S SOCCER

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

Equipment Note: Shin guards and water are mandatory.

Heritage Oaks Park Coach Ken's Staff

230929-01		18+yrs
Thu	9/15-11/17	9:30-10:45am
Residents \$162		All Others \$192



TENNIS

WHITLINGER/SARFIELD TENNIS

whitlingersarsfield.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 and Youth (8-14) classes of 3-8 students will consist of six or eight hours of instruction. Classes of two students will consist of four hours of lessons. Terrific Tiny Tennis classes will consist of eight 40 minute or four hours of lessons.

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

Rain Policy: In case of rain, contact Recreation & Community Services at 947-2790, Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or by Recreation & Community Services.



Adult Novice Tennis

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

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

230948-01		15+yrs
Sat	9/17-11/5	9-10am
Residents	\$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230948-02		15+yrs
Wed	9/14-11/2	10-11am
Residents	\$105	All Others \$123

Adult Intermediate Tennis

For players (National Tennis Rating Program/ NTRP 2.5-3.0) who are consistent on slow-to-medium paced shots but need to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance-enhancing drills.

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230949-01		15+yrs
Tue/Thu	9/13-10/6	6:30-7:30pm
230949-02		15+yrs
Wed	9/14-11/2	11am-12pm
Residents	\$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230949-03		15+yrs
Tue/Thu	10/18-11/3	6:30-7:30pm
230949-04		15+yrs
Tue/Thu	11/15-11/29	6-7:30pm
No class	11/24	
Residents	\$85	All Others \$99

Adult High Intermediate Tennis

For NTRP 3.0-3.5 players. Refine techniques and shot selection with competitive drills. Class will cover intermediate-to-advanced strategy tactics.

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230902-01		15+yrs
Tue/Thu	9/13-10/6	7:30-8:30pm
Residents	\$105	All Others \$123

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230902-02		15+yrs
Tue/Thu	10/18-11/3	7:30-8:30pm
230902-03		15+yrs
Tue/Thu	11/15-11/29	7:30-9pm
No class	11/24	
Residents	\$85	All Others \$99



TRIPS

ADVENTURE TRIPS WITH GREG MEYER

gregmeyernaturalist@gmail.com
(831) 345-1973

Greg Meyer is a professional naturalist, and currently teaches Outdoor Education at California State University Monterey Bay. Since 1985, he has been leading expeditions and adventures from Alaska to the Antarctic. His expertise, humor and enthusiasm for nature will help cap a delightful day.

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

Hike to Eagle Rock, Big Basin State Park

Eagle Rock sits at the crest of Ben Lomond Mountain high above Big Basin State Park. This steep, four mile hike gains about 1,000 feet in elevation on a lightly used trail. Join us as we talk about the human and natural history of the Santa Cruz Mountains.

Equipment Note: Instructor will send an email to participants prior to trip specifying meeting place and equipment needed.

Note: Light Rain will not cancel our hike.

Boulder Creek Meeting Place	Meyer
230838-01	18+yrs
Sat 9/24	10am-4pm
Residents \$50	All Others \$58

Birdwatching Fundamentals

This class will introduce you to the exciting hobby of birding. Our evening class will discuss optics, field guides and the classification of major bird groups and we will take two field trips to build our skills. We will also learn about the natural history of birds and discuss other aspects of birding.

Equipment Needed: Binoculars

Meeting: Wed, Nov 2 from 7 to 9:30pm at Los Gatos Recreation Dept

FIELD TRIP 1: SUN, NOV 6, 9AM TO 4PM.
FIELD TRIP 2: SAT, NOV 12, 8AM TO 4PM.

Directions will be discussed at first meeting.

Los Gatos	Meyer
230829-01	18+yrs
Sat/Sun 11/6, 11/12	9am-4pm
Residents \$50	All Others \$58

San Francisco Bay Sunset Kayak Tour

This is a great beginner's paddle in the marshlands next to Redwood Creek. Harbor seals and many species of shorebirds are often spotted as we kayak quietly in the protected inlets. No kayak experience is necessary.

Equipment Note: Instructor will send an email to participants prior to trip specifying meeting place and equipment needed.

Note: Our trip will go rain or shine.

Harbor Master's Office, RWC Marina	Meyer
233201-01	18+yrs
Sun 9/25	3-7:30pm
Residents \$50*	All Others \$58*

**Materials fee of \$50 is due day of trip.*

Brooks Island Kayak

This is a beautiful kayak trip in northern SF Bay to view a 'secret spot' — the scenic Brooks Island. We will paddle along the shoreline, looking for wintering birds and resident harbor seals and then pull ashore to eat lunch. No prior experience is necessary.

Equipment Note: Instructor will send an email to participants prior to trip specifying meeting place and equipment needed.

Note: Our trip will go rain or shine.

Richmond, CA	Meyer
233101-01	18+yrs
Sat 12/3	9am-2:30pm
Residents \$50	All Others \$58



SENIOR Program

TWO LOCATIONS!

@ Hillview

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

947-2797

@ Grant

1575 Holt Ave
Hours*: Monday & Wednesday, 10am-2pm

947-2797

***The Senior Program will be closed in both locations the week of Aug 29-Sept 2, and will reopen on Tuesday, Sept 6.**

The Grant location also will be closed August 22 and 24 due to facility renovations.

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

MEMBERSHIP

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

BECOME A MEMBER

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

Los Altos Senior Program
97 Hillview Ave
Los Altos, CA 94022

*Residents \$26**

*All Others \$40**

*If desired, add \$6 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.

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.

NEW AT GRANT!

COFFEE, CONVERSATION & CARDS

Drop in at Grant Community Center & Park on Mondays from 10am-2pm. Card tables are available on a first-come, first served basis. Come enjoy a cup of coffee or tea while chatting with friends! Meet your neighbors and continue growing those relationships. Drop in is FREE but membership is encouraged. Do join us!



WEDNESDAY ACTIVITIES @ GRANT

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

ON-GOING ACTIVITIES @ HILLVIEW

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



DAILY ACTIVITIES @ HILLVIEW

<p>Monday</p> <p>Scrabble 1:39-2:30pm / Rm 10</p> <p>Technology Tutoring 2-3pm / Rm 10 By appointment</p> <p>Monkey Toy Project 9:30-11:30am / Rm 11</p> <p>Poker 12-3:30pm / Rm 11</p> <p>Yoga 1:30-2:30pm / Rm 12</p> <p>Advanced Bocce Ball 10am-12pm Bocce Courts</p>	<p>Tuesday</p> <p>Bridge 8:30am-3:30pm Rm 11</p> <p>Ping Pong 2pm / Rm 12</p> <p>Beginning Bocce Ball 10-11:30am Bocce Courts</p>	<p>Wednesday</p> <p>Bridge 8:30am-12pm / Rm 11</p> <p>Mah-Jongg Intermediate 1-3:30pm / Rm 11 Free Play</p> <p>ArtVentures 9:30am-12pm / Rm 12 Fee: Members \$1 All Others \$3</p> <p>Advanced Bocce Ball 10am-12pm Bocce Courts</p>	<p>Thursday</p> <p>Pinochle 12-3:30pm / Rm 11</p> <p>Beginning Mah Jongg 1-3:30pm / Rm 12 Fee: Members FREE! All Others \$3</p> <p>Beginning Bocce Ball 10-11:30am Bocce Courts</p>	<p>FUN Friday Holiday dates may vary.</p> <p>1st Friday Movie Day 1pm / Rm 12 Fee: Members FREE! All Others \$1</p> <p>2nd Friday Friday Lunch 12pm / Rm 11 Fee: Members \$4 All Others \$6</p> <p>3rd Friday Birthday Party 12pm / Rm 11 Fee: Members \$4* All Others \$6 *Birthday month? FREE! lunch during your birth month if you are a Senior Program Member!</p> <p>4th Friday Friday Lunch 12pm / Rm 11 Fee: Members \$6 All Others \$8</p> <p>5th Friday Various Special Programs</p> <p>Various Fridays Smart Driver Safety Class 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20</p>
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MONTHLY ACTIVITIES @ HILLVIEW

<p>Monday</p> <p>1st Monday Senior Commission Meeting 4pm / Various</p>	<p>Tuesday</p> <p>2nd Tuesday Fuschia Society 7:30pm / Rm 17</p> <p>3rd Tuesday HICAP 10am-12pm / Rm 12 By appointment</p> <p>4th Tuesday Real Estate Corner 9am / Conf Rm 3 By appointment</p>	<p>Wednesday</p> <p>1st Wednesday Legacies Board Meeting 10am / Neutra House (Meets quarterly; call Senior Center for date.)</p> <p>Rhododendron Society 7:30pm / Rm 12</p>	<p>Thursday</p> <p>1st Thursday Men's Group 10-11:30am / Rm 10</p> <p>2nd Thursday Book Club 1-2pm / Rm 18</p> <p>3rd Thursday Camera Club 7pm / Rm 12</p>	<p>NOTE: All activities are FREE with Senior Program membership, unless otherwise noted.</p> <p>Actual dates may vary; call to verify schedule.</p>
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TEEN PROGRAM

TEEN VOLUNTEERISM

The City of Los Altos is FULL of opportunities for volunteerism for everyone in the community, including our teens. We have volunteer options available throughout the City. Or, if you have a specific interest, let us know ... we might have a volunteer opportunity just for that! Call Volunteer Coordinator Barbara Smith at 947-2897 or email her at bsmith@losaltosca.gov to find out how to volunteer for Los Altos!



LOS ALTOS YOUTH COMMISSION

The 11-member Youth Commission is comprised of 7th-12th graders who live in Los Altos. Representing the needs of youth and teens in Los Altos, the Youth Commission meets the first Monday of every month at 6:30pm at Hillview Community Center, Room 2. All teens are welcome to attend meetings and provide feedback on issues and programming.

NEED MORE INFO?

If you'd like more information about The Underground, Teen Programs, and/or Youth Commission, call Zack Silva at 947-2727 or email him at zsilva@losaltosca.gov.

THE UNDERGROUND



TEEN CENTER

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

Fall Hours*

Fridays 3-6pm

Saturdays 2-6pm

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

Activities are FREE (unless noted)!

*The Underground is closed on LAYC Dance dates.



L A Y C D A N C E S

2016/2017 LAYC Schedule

October 7

November 4

December 2

January 6

Costume
Western

Movie Night

Black & White

February 3

March 3

April 7

May 19

Underground LAYC

90s

Semi-Formal

Block Party -

Summer Kickoff

All* dances take place on Fridays from 7-9pm at the LAYC building
(1 N San Antonio Rd)

December 2, February 3 and May 19 are part of our LAYC Member events!
Must have a membership to attend

*February 3 dance will take place at The Underground
(in Shoup Park, 400 University Ave)

LAYC Dances are offered by Los Altos Recreation & Community Services in
conjunction with the Los Altos Youth Commission

LAYC Dance Memberships

- Participants must have a LAYC Membership Card or ticket in order to participate.
- Memberships for the 2016-2017 school year are \$75 for 8 scheduled events.
- Individual dance tickets will be sold for \$10 for dances in October, November, January, March, and April.
- LAYC Cards and tickets are offered to 7th and 8th graders who live in Los Altos or attend a Los Altos school.
- LAYC Cards will be sold on campus at Blach and Egan Middle Schools in September. Dates will be posted online at LosAltosRecreation.org beginning August 26.

OR

- Beginning August 26, to purchase a membership, please download an application (which can be found online at LosAltosRecreation.org). Then come to the Hillview Community Center Recreation & Community Services office (97 Hillview Ave) with a completed application and your child (or email a current photo of your child to info@losaltosrecreation.org prior to your office visit). Office hours are Monday-Friday, 8am-5pm.



VOLUNTEER Program

REDWOOD GROVE Happenings

City of Los Altos
Municipal Volunteer Program

MVP



MUNICIPAL VOLUNTEER PROGRAM

Fall in love with Volunteering

Quotes from our volunteers:

"I always feel that I receive and learn a lot more than I actually give by volunteering. Everyone is nice and I get energy just by interacting with them."

"I love to be a Los Altos volunteer so that I can be part of the solution and not that person who just complains."

"To me, the best part about volunteering in Los Altos is the people I get to meet."

"I love being able to see the difference being involved has made for others, as well as myself."

"I enjoy the laughs and stories we share at the Senior Center and the people are great. Hugs are the way to start the day."

Currently recruiting for many vital volunteer areas throughout our city, including:

- 🍌 City Hall Front Reception Lunch Relief
- 🍌 Senior Program Reception Desk
- 🍌 Senior Program Friday Luncheons
- 🍌 Monkey Sock Toy Makers

Find out in which area you will love to volunteer!

Contact our office for volunteer info!
947-2790 or info@losaltosrecreation.org

LosAltosRecreation.org,
then click on the volunteer tab.

Redwood Grove Restoration Workdays

Come Volunteer!

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

Weekend workdays are held 1-2 times per month. For dates and to register, visit our website at: grassrootsecology.org



Redwood Grove Nature Preserve
482 University Ave., Los Altos

For more information or to arrange a separate workday for your group, please contact Kristen Williams: kristen@grassrootsecology.org.



grassrootsecology.org

a fiscally sponsored project of Acterra

Grassroots Ecology formerly the Acterra Stewardship Program

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 our 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: \$340

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/15 guest max

At Redwood Grove
Residents: \$200
All Others: \$238

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: \$268

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: \$238

Book Now!

To book your party, please complete the Party Application Form, which can be found online at LosAltosRecreation.org or picked up at the Recreation & Community Services 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!

* Friendly facility attendant included

SERVICES & Organizations

YOUTH Theatre

Sports

- A.Y.S.O. Region 43 ayso43.org
 A.Y.S.O. Region 45 ayso45.org
 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 registrar@lamvpb.org
 Los Altos Tennis Club (Adult) losaltostennisclub.com
 Mountain View Los Altos Soccer Club mvlasc.org
 Mountain View Los Altos Girls Softball mvlags.org / 964-6489
 Mountain View Masters Swim & Social Club (Adult) mvm.org
 336-8603
 Pop Warner Football mvmarauders.com
 Red Star Soccer redstarsoccer.com / 380-0099
 Tomahawks Lacrosse tomahawkslacrosse.org / (888)599-5096
 YMCA Youth Sports 969-9622

Adults

- Acterra acterra.org / 962.9876
 Community Health Awareness Council (CHAC) chacmv.org
 965-2020
 Federated Woman's Club of Los Altos 948-3553
 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
 League of Women Voters lwv.org / 429-8382
 Los Altos Art Club losaltosartclub.org
 Los Altos Chamber of Commerce losaltoschamber.org/948-1455
 Los Altos Community Foundation losaltoscf.org / 949-5908
 BAT, CERT, LEAD
 Los Altos/Los Altos Hills Newcomers 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 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 704-9656 / (408) 246-4642
 Ye Olde Town Band windband.org/oldtowne

Youth

- American Red Cross Babysitter Training 1(800) 733-2767
 Boy Scouts of America Pacific Skyline Council 327-5900
 Children's Corner Inc. lamvchildrenscorner.org / 948-8950
 Music for Minors 237-9130

Los Altos Recreation & Community Services



Come audition with LAYT!
Our year of magic continues...

UPCOMING AUDITIONS

SNOW WHITE AND THE PRINCE

*Book, Music and Lyrics by
 Janet Yates Vogt and Mark Friedman
 Directed by Jillian Cummings
 Vocal Direction by Deborah Rosengaus*

ACTOR INFO

*Casting ages: 9-20 years
 Auditions: Aug 22, 4-6:30pm, by appt
 For audition guidelines, forms and to sign up
 for audition appointments, see the LAYT web-
 site (listed below).
 Prepare one minute of a musical theater song and
 one speech from those sent to you when you sign
 up to audition. Come prepared to act and dance.
 Callbacks: Aug 24, 4-7pm*

Parent Meeting: Aug 29 at 7pm

*Rehearsals: Aug 29-Oct 13,
 M-Th, 4-6pm (possible additional hours in
 October)*

*Location: Hillview Community Center MPR
 97 Hillview Ave, Los Altos*

Performances: Oct 14-30

Fees: Residents \$289 All Others \$344
 Scholarships available

THE LITTLE PRINCESS

*A drama adapted by Cynthia Mercati
 Directed by Anne Yumi Kobori
 A JOINT PRODUCTION WITH SF SHAKESPEARE FESTIVAL*

ACTOR INFO

*Casting ages: 10-20 years
 Auditions: Dec 12, 4-6:30pm, by appt
 For audition guidelines, forms and to sign up
 for audition appointments, see the LAYT
 website (listed below) in November.
 Prepare a one-minute dramatic monologue from
 a play (not a musical, please) or from a novel. It
 should be in the first person.
 Callbacks: Dec 14, 4-7pm*

Parent \$ Cast Meeting: Jan 9 at 6-7pm

*Rehearsals: Jan 9-Feb 27, M-Th, 4-7pm
 (additional hours in weeks of Feb 13 and 27)
 No rehearsal Jan 16, Feb 20-24*

*Location: Hillview Community Center MPR
 97 Hillview Ave, Los Altos*

Performances: Mar 10-26

Fees: Residents \$289 All Others \$344
 Scholarships available



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



LIBRARY

HISTORY Museum

Los Altos Library

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

Woodland Branch Library

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

Library telephone numbers

Main. . .948-7683 Woodland. . .969-6030 TeleCirc. . .877-471-0991

Santa Clara County Library website: sccl.org

KIDDIE PROGRAMS (partial listing)

at the 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

at Woodland Library

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

Family Storytime (all ages)
Mon at 7pm

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

Mandarin Bilingual Storytime
(all ages)
Thu at 11am

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

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

TEEN PROGRAMS

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

ADULT PROGRAMS

English Conversation Club at Los Altos Main Library Program Room
Meet with other English learners (18+yrs) for weekly discussions, in a friendly and supportive setting. Some English knowledge is recommended to participate, and no registration is required.
Every Thurs at 2-3:30pm

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 at 7pm

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



Great Family-friendly Programs:

9/17 & 18 – Train Days! Two days of model train layouts all through the Museum and grounds, 10am– 4pm

10/15 – MoonFest! Explore Asian festivals with storytelling, moon cakes, crafts, music and more!

Exhibit Programs:

9/25 – Save Your Treasures! Get advice from museum experts about how to take care of your historical treasures, 10am–12noon

9/29 – The Future of Community Engage with a distinguished panel to discuss how our communities are developing and changing, 7:30– 9:30pm @Los Altos Library

On Exhibit: 10/13 to 11/13 – Paul Hau@100:

Works from the Old Apricot Villa Since 1962 “Old Apricot Villa” in Los Altos has been both home and inspiration for the groundbreaking work of internationally acclaimed painter Hau Beiren.

Special Event: 11/16 – Catch the Spirit! Holiday boutique and decorated house tours, music, food & more. Free! Noon– 4pm

On Exhibit: beginning 11/16 – Seaweed, Salmon, and Manzanita Cider: A California Indian Feast

Explore traditional hunting, collecting, food preparation and food preservation by California Indian cultures from all regions of the state.

Every Second Wednesday – Lean In Circle, Networking for emerging professional women. Free, registration required, 6– 8pm

Visit your museum all year ‘round! Ohlone, rancho days, people of note, railroad history–free audio tour. Gardens, picnic tables, tractors, 1915 tank house and more! Enjoy docent-lead tours of the Smith House every Sun at 2pm.

Make Your Own History! Rent the museum for your special event at 650.948.9427 x12.

LosAltosHistory.org
visit | get details |
sign up for emails |
join/renew | rent |
volunteer

51 S. San Antonio Road,
in the Civic Center next to the library.

Open Thurs– Sun, noon– 4pm, **FREE**



Old Apricot Villa, Los Altos
Hau Beiren

REGISTRATION Form

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

Head of Household Information (Please Print)

	Home Phone
Last Name	First Name
E-mail 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 & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, at its sole discretion. Money paid in advance for any class or program that is canceled by the City of Los Altos will be refunded in full.

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

PARTICIPANT SIGNATURE (Parent or Guardian if under 18)	Date
--------------------------------------------------------	------

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

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS TITLE	FEE

TOTAL DUE:

CREDIT CARD PAYMENT (check one)



- Visa
 MasterCard
 Discover
 American Express

Cardholder Name: _____

Card Number: _____

Exp. Date: _____

Signature: _____

PAYMENT OPTIONS:

- Checks made payable to City of Los Altos
- Visa, MasterCard, Discover or American Express credit cards
- Cash payments must be made in person; please do not mail cash

REGISTRATION FORM RETURN OPTIONS:

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

REGISTRATION Info

Fall 2016 Registration Date

Los Altos Resident Courtesy Registration Days: August 22-24
Registration Opens for All: August 25

4 Easy Ways To Register

ONLINE

LosAltosRecreation.org

FAX

947-2738

MAIL IN

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

WALK IN

Hillview Community Center
97 Hillview Ave, Los Altos

Registration Details

- Any class canceled by Recreation & Community Services will be refunded in full.
- Returned checks will be charged a \$25 service fee.
- A resident is anyone living within the city of Los Altos. All others living outside the city limits (including unincorporated areas, Los Altos Hills and Mountain View, etc.) are nonresidents.

Refunds & Transfers

- Refund and transfer requests must be submitted in writing up to the day prior to the second class meeting.
- All refunds will be charged a \$20 service fee.
- E-mail your refund and transfer requests to info@losaltosrecreation.org.
- No refunds or transfers will be given after the day prior to the second class meeting.

City of Los Altos Recreation & Community Services 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



Become a fan of
Los Altos Recreation

Recreation & Community Services Department Mission Statement

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



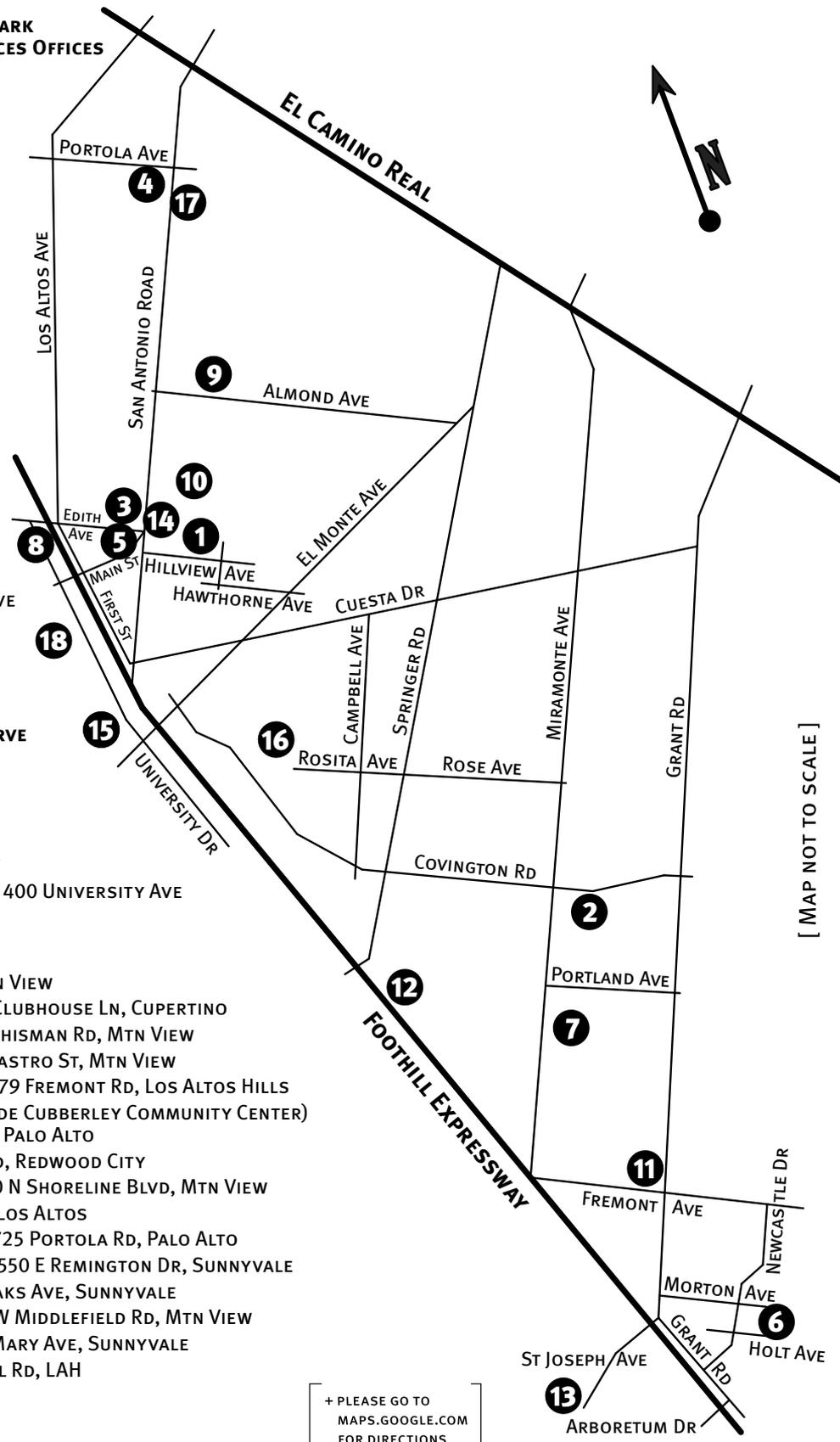
RECREATION & COMMUNITY SERVICES LOCATIONS

Parks, Indoor Facilities & Schools

1. **HILLVIEW COMMUNITY CENTER & PARK
RECREATION & COMMUNITY SERVICES OFFICES**
97 HILLVIEW 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. **LINCOLN PARK**
UNIVERSITY/LINCOLN AVE
9. **LOS ALTOS HIGH SCHOOL**
201 ALMOND AVE
10. **LOS ALTOS YOUTH CENTER - LAYC**
1 N SAN ANTONIO RD
11. **MARYMEADE PARK**
FREMONT/GRANT RD
12. **McKENZIE PARK**, 707 FREMONT AVE
13. **MONTCLAIRE PARK**
2068 STONEHAVEN DR
14. **BUS BARN THEATER**
161 S SAN ANTONIO RD
15. **REDWOOD GROVE NATURE PRESERVE**
482 UNIVERSITY AVE
16. **ROSITA PARK**, 401 ROSITA AVE
17. **SAN ANTONIO CLUB - TINY TOTS**
647 N SAN ANTONIO RD
18. **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
- + **GOLD STAR GYMNASTICS**, 240 S WHISMAN RD, MTN VIEW
- + **GRAHAM MIDDLE SCHOOL**, 1175 CASTRO ST, MTN VIEW
- + **LOS ALTOS HILLS TOWN HALL**, 26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC (INSIDE CUBBERLEY COMMUNITY CENTER)**
4000 MIDDLEFIELD ROAD, ROOM V, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **SHORELINE AQUATIC CENTER**, 3160 N SHORELINE BLVD, MTN VIEW
- + **SKATEWORKS**, 379 STATE STREET, LOS ALTOS
- + **SPRING DOWN EQUESTRIAN CTR**, 725 PORTOLA RD, PALO ALTO
- + **SUNNYVALE COMMUNITY CENTER**, 550 E REMINGTON DR, SUNNYVALE
- + **TWISTERS SPORTS**, 1165 N FAIR OAKS AVE, SUNNYVALE
- + **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

FACILITY & PARK RENTALS

FOR FACILITY & GROUP
PICNIC RESERVATIONS,
PLEASE CALL

947-2790

or email

info@losaltosrecreation.org

Looking for a facility for your upcoming holiday gathering? See Below!

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

PARK FACILITIES

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

GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4).
For gym reservations
Zack Silva at 947-2727 or zsilva@losaltosca.gov
For field reservations
Jaime Chew at 947-2848
jchew@losaltosca.gov

INDOOR RENTAL FACILITIES

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

WALK-IN RESERVATIONS

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



CITY OF LOS ALTOS
RECREATION & COMMUNITY SERVICES
 97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

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

POSTMASTER: PLEASE
 DELIVER BETWEEN
 8/18 AND 8/20

*****ECRWSEDDM*****
RESIDENTIAL CUSTOMER

Check us out **HERE ... from THERE!**

Take our new Facilities 360° Virtual Tour!



Yes, we have a variety of facilities available for your upcoming events! And, yes, now you can check them out virtually on your computer and mobile devices.

Go to LosAltosRecreation.org to take the tour. Call us at 947.2790 with *virtually* any questions!