Los Altos Resident Courtesy Registration Days: March 10-12
Registration Opens for All: March 13
EGG HUNT

Saturday, April 11

NEW LOCATION!

10am
Egg Hunt
Hunt will feature 4 age groups from walking to 10 years

9:30am
Activities

10:15am
Post-hunt Performance
Co-sponsored by the Friends of the Library

Bring Your Own Basket
We hunt rain or shine

NEW LOS ALTOS COMMUNITY CENTER:
Great Things to Come!

Excitement is building!

EMAIL YOUR IDEAS FOR CLASSES YOU WANT TO SEE AT THE NEW LOS ALTOS COMMUNITY CENTER:
INFO@LOSALTOSRECREATION.ORG

CHECK THE STATUS OF THE BUILDING AT: LOSALTOSCA.GOV/COMMUNITYCENTER

Office Locations & Mailing Addresses During New Community Center Construction

Los Altos Recreation & Community Services
Location during Construction
Shoup Park
400 University Ave, Los Altos

Mailing Address during Construction:
City of Los Altos
Attn: Recreation & Community Services
1 N San Antonio Rd
Los Altos, CA 94022

Los Altos Senior Program
Location during Construction
Grant Park
1575 Holt Ave, Los Altos

Mailing Address during Construction:
City of Los Altos
Attn: Senior Program
1 N San Antonio Rd
Los Altos, CA 94022

Special Events At-A-Glance

Spring Egg Hunt
April 11
9:30am: Activities
10am SHARP: Egg Hunt
Rosita Park
Info? 947-2790

Spring Plant Exchange
May 2
10am–12pm
Los Altos History Museum Grounds
Must bring labeled plants to exchange!
Info? 947-2790

Los Altos Recreation & Community Services
LosAltosRecreation.org
947-2790

@LosAltosRec

NEW LOS ALTOS COMMUNITY CENTER:
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CHECK THE STATUS OF THE BUILDING AT: LOSALTOSCA.GOV/COMMUNITYCENTER
JOIN OUR TEAM!

Now hiring friendly, committed and all-around great people:

- Recreation Leaders (summer camps)
- Facility Attendants (year round)
- Tiny Tot Program Teachers (school year)

Check job postings and complete application at losaltosca.gov/adminservices/page/employment-opportunities
Los Altos Recreation & Community Services Office

physical location
400 University Ave (Shoup Park)

mailing address
1 N San Antonio Rd, Los Altos, California 94022

Tel: 947-2790 | Fax: 947-2738 | LosAltosRecreation.org
Office hours Monday-Friday*, 8am-5pm

*Office is closed every other Friday. Please see city website for schedule.

Recreation & Community Services Department Staff

Director
DONNA LEGGE
dlegge@losaltosca.gov | 947-2889

Recreation Manager
JAIME CHEW
jchew@losaltosca.gov | 947-2848

Recreation Supervisor
BRIDGET MATHESON
bmatheson@losaltosca.gov | 947-2887

Recreation Coordinator:
Senior Programs
CHERI ANDERSON
canderson@losaltosca.gov | 947-2894

Recreation Coordinator:
Tiny Tots, Special Events,
Basketball League
CANDACE AVINA
cavina@losaltosca.gov | 947-2890

Recreation Coordinator:
Facilities
WILLIAM WELLS
wwells@losaltosca.gov | 947-2712

Recreation Coordinator:
Teens, Camps, Junior High Sports,
Drop-in Basketball
VACANT

Office Manager
CASEY JENSEN-RICHARDSON
crichardson@losaltosca.gov | 947-2726

We create community through people, parks and programs.

Recreation & Community Services Advisory Commissions

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

Library
Pierre Bedard Chair LA
Garo Kiremidjian Chair LAH
Eric Steinele Vice Chair
Melvin Gee, Richard Liu, Ying Liu & Freddie Wheeler
Meets second Thursday of each month, 6:30pm, Main Library’s Program Room.

Parks & Recreation
Yong Yeh Chair
Stuart Eckman Vice Chair
Pete Dailey, Tanya Lindermeier, Teresa Morris, Scott Spielman & Jonathan Weinberg
Meets second Wednesday of each month, 7pm, City Hall’s Community Meeting Chambers.

Senior
Kevin O’Reilly Chair
Chris Nagao Vice Chair
Jim Basiji, William Buchholz, Doris Torbeck & Zee Yu
Meets first Monday of each month, 3:30pm, rotating locations of Grant Park (Room 2), and Los Altos Hills Town Hall.

Youth
Mahi Kolla Chair
Boladale Erogbogbo Vice Chair
Vivek Bharati, Krish Gujral, Tom Harpaz, Connie Hong, Devon Montgomery-Eder, Medha Rajagopalan, Anisha Reddy, Serra Tulu & Jessica Young
Meets first Monday of each month during school year, 6:30pm, Grant Park.

Los Altos Recreation & Community Services Office

1 N San Antonio Rd, Los Altos, California 94022
Tel: 947-2790 | Fax: 947-2738 | LosAltosRecreation.org
Office hours Monday-Friday*, 8am-5pm

*Office is closed every other Friday. Please see city website for schedule.

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Printed on recycled paper with eco-friendly ink.

Unless otherwise stated, all telephone numbers herein are area code (650).
THE LOS ALTOS/LOS ALTOS HILLS SENIOR COMMISSION & CLUB 55 PRESENT

3rd Annual

SENIOR SPRING FLING

Friday, April 3 | 6:30 to 9pm
Garden House | 400 University Ave, Los Altos

JOIN OLD AND NEW FRIENDS FOR A CASUAL EVENING OF “OUR” MUSIC, CONVERSATION, DANCING, SINGING, APPETIZERS AND BEVERAGES.

Tickets: $15 for Adult 50+ Program Members, $18 for all others. Tickets must be purchased in advance by Friday, March 27

Tickets may be purchased at the Underground at Shoup Park
400 University Ave, Los Altos | 947-2790
Or online at LosAltosRecreation.org
Activity Code: 440711-01
ACADEMIC FUN!

ECONOMIC DRIVING SCHOOL

Online Driver’s Ed
This online class is approved by the California DMV. Reading, flash graphics, videos, quizzes, and free practice tests prepare the reader to pass the DMV permit test.

Registration Note: To register, visit economicdrivingschool.com/online. To complete the question “How did you hear about us?” choose code 2790.

Residents & All Others $68.50

DANCE & PERFORMING ARTS

TIPTON’S TUTUS
Equipment Note for ALL Tipton’s Tutus classes: Leotards and soft ballet shoes required.

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

Grant Rm 2
460209-01
Thu 4/9-6/4 10:45-11:15am
Residents $120

Tipton
2.5-3yrs

Ballet
Designed for the little dancers in mind. An introduction to barre work along with positions, technique and across-the-floor fundamentals.

Grant Rm 2
460203-01
Thu 4/9-6/4 10:45-11:15am
Residents $120

Tipton
3.5-5yrs

All Others $142
Beginner/Intermediate Ballet & Tap

This mixed level ballet and tap class is a great way for your child to increase their dance skills. Half the class is devoted to ballet technique and the other half we’ll be tapping our feet!

Grant Rm 2  Tipton
410214-01 3.5-5yrs
Thu 4/9-6/4 12:30-1:15pm
Residents $134  All Others $159

Grant Rm 2  Tipton
410246-01 6-8yrs
Thu 4/9-6/4 3:45-4:45pm
Residents $143  All Others $170

HIP HOP & BREAK DANCE

Current Hip-Hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. Dancers will also learn the 7 elements of Break-Dance: Top Rock, Feet-Work, Freezes, Spins, Drops, Treading, and Swipes.

Grant Rm 2  All
410249-01 6-8yrs
Sat 4/11-5/30 12:45-1:45pm
410249-02 9-13yrs
Sat 4/11-5/30 1:45-2:45pm
Residents $200  All Others $238

MARTIAL ARTS

CHANG TAI DO (CTD)

KARATE & FITNESS

changtaido@yahoo.com

Equipment Note 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.

Note for ALL Chang Tai Do classes: Hitting or striking another student is not permitted. Testing and private lessons available for additional fees.

CTD: Karate for Tots

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

Shoup Park Garden House  CTD Staff
411104-01 4-7yrs
Thu 4/9-6/4  5-6pm
Residents $183  All Others $218

CTD: Karate for Families

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.

Shoup Park Garden House  CTD Staff
411102-01 8+yrs
Tue/Thu 4/7-6/4  6-8pm
Residents $273*  All Others $326*
*Fee is per person.

Shoup Park Garden House  CTD Staff
411102-02 8+yrs
Tue 4/7-6/2  6-8pm
411102-03 8+yrs
Thu 4/9-6/4  6-8pm
Residents $188*  All Others $224*
*Fee is per person.

JUJITSU

For beginning students. Through a unique and supportive teaching style, students 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
411101-01 7-16yrs
Mon/Thu 4/6-6/4  6-7pm
No class 5/25
Residents $199  All Others $237

EXCITEMENT IS BUILDING!

Go to info@LosAltosRecreation.org
Let us know what you'd love to see at the New Community Center!
MUSIC

MELODY ACADEMY OF MUSIC (MAM)
4000 Middlefield Rd, Rm V, Palo Alto
(Inside the Cubberley Community Center)

GROUP FLUTE: 9-13 yrs
This class is a group flute class for beginner students. The students will learn music fundamentals such as note reading, rhythm, music theory, and basic flute playing.

Equipment Note: Please bring your own flute or contact the instructor to rent one.

Melody Academy of Music  MAM Staff
410110-01  9-13yrs
Sat  4/11-5/16  4-4:45pm
Residents $192*  All Others $228*
*Materials fee of $25 due first day and does not include flute rental.

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

Equipment Note: Please bring your own ukulele or contact the instructor to rent one.

Melody Academy of Music  MAM Staff
420113-01  8-10yrs
Sat  4/11-5/16  4-4:45pm
Residents $192*  All Others $228*
*Materials fee of $25 due first day and does not include ukulele rental.

GROUP Guitar: 8-10 yrs
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 or contact the instructor to rent one.

Melody Academy of Music  MAM Staff
410122-01  8-10yrs
Sat  4/11-5/16  2-2:45pm
Residents $192*  All Others $228*
*Materials fee of $25 due first day and does not include guitar rental.

GROUP Violin: 6-13 yrs
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.

Equipment Note: Please bring your own violin or contact the instructor to rent one.

Melody Academy of Music  MAM Staff
410103-01  6-13yrs
Sat  4/19-5/24  10:30-11:15am
Residents $192*  All Others $228*
*Materials fee of $45 due first day and includes 6-week violin rental. Materials fee is $25 if student has own violin.

MELODY'S PIANO: 4-5 yrs
This course will introduce children to the world of music through various music skills such as singing, ear training, keyboard playing, rhythm ensemble, and reading music. Let’s have fun!

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
410104-01  4-5yrs
Wed  4/8-5/13  3-3:45pm
410104-02  4-5yrs
Thu  4/16-5/21  3-3:45pm
410104-03  4-5yrs
Sun  4/19-5/24  10:30-11:15am
Residents $192*  All Others $228*
*Materials fee of $45 due first day.

MELODY's Piano: 5-7 yrs
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
410115-01  5-7yrs
Wed  4/8-5/13  5:30-6:15pm
410115-02  5-7yrs
Thu  4/16-5/21  5:30-6:15pm
410115-03  5-7yrs
Sun  4/19-5/24  11:30am-12:15pm
Residents $192*  All Others $228*
*Materials fee of $45 due first day.

YOUTH Classes
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 45 years and has been teaching for more than 40 years.

Equipment Note for ALL The Art & Enjoyment of Archery classes: Basic archery equipment will be provided.

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.

Archery 2
This class is a continuation for those who are ready to move to the next level, or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

Note: Also listed in the adult section, this class is quite suitable for youth (8+yrs)

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.

Note: Also listed in the adult section, this class is quite suitable for youth (9+yrs)

BASKETBALL

REBOUND BASKETBALL ACADEMY

Basketball classes focus on developing sports skills, improving self-esteem, and fair play while teaching the fundamentals of basketball such as dribbling, passing, and shooting. Fun games will be played in each class.

Bonus: Each participant receives a participation ribbon.

Note: Please bring a water bottle.

GOLF

DEEP CLIFF GOLF

10700 Clubhouse Ln, Cupertino

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.

Family 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 common rules.

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.

Los Altos Recreation & Community Services
Spring 2020
947-2790
MULTI-SPORTS

SKYHAWKS

Required for ALL Skyhawks classes: Participants should bring appropriate clothing, athletic shoes, snacks and a 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
411228-01  4-6yrs
Sat 4/25-6/6 11:30am-12:30pm
No class 5/23
Residents $149  All Others $177

Skyhawks STEM & Play: Basketball
This program combines strategic STEM-based activities with traditional Skyhawks basketball instruction and a focus on teamwork and sportsmanship life skills. The STEM Sports basketball curriculum educates children on subjects including velocity and acceleration, basketball shoe design, tracking and technology and more!

Whisman Sports Complex
Skyhawks Staff
410907-01  8-12yrs
Sat 4/25-6/6 1-2:30pm
No class 5/23
Residents $199  All Others $237

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

Graham Middle School
Skyhawks Staff
410933-01  6-13yrs
Fri 4/24-5/29 3:30-5pm
Residents $179  All Others $213

Skyhawks Volleyball
This co-ed program, designed for beginner to intermediate, takes the energy and excitement of this sport and puts it 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
411273-01  8-14yrs
Sat 4/25-6/6 3-4:30pm
No class 5/23
Residents $179  All Others $213

Skyhawks Instructional League: Basketball
This instructional league emphasizes individual skill development, teamwork, character building and FUN! Participants placed in teams by age and skill level; teams have 60-minute time-slots. First week is skill evaluation; following weeks are practice and games.

Bonus: All participants receive a jersey.

Note: Specific game times will be decided once teams are formed and will take place between 1-6pm.

Egan Gym

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Participants</th>
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</thead>
<tbody>
<tr>
<td>410932-01</td>
<td>4/26-6/7</td>
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</tbody>
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Residents $189  All Others $213

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Let us know what you’d love to see at the New Community Center!
**SOCCER**

**COACH KEN’S SOCCER**

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

**Coach Ken’s Soccer: 6-7 yrs**
Young players are introduced to soccer in a positive environment and they eventually play the real game. They learn FUNdamental touches and moves while enjoying running through “the obstacle course” of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

<table>
<thead>
<tr>
<th>Heritage Oaks Park</th>
<th>Coach Ken’s Staff</th>
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<tr>
<td>410942-01</td>
<td>4-7yrs</td>
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<tr>
<td>410942-04</td>
<td>6-7yrs</td>
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<td>10:15-11:30am</td>
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<tr>
<td>Residents $172</td>
<td>All Others $204</td>
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</tbody>
</table>

**Coach Ken’s Soccer: 8-12 yrs**
Young players are introduced to soccer in a positive environment and they eventually play the real game. They learn FUNdamental touches and moves while enjoying running through “the obstacle course” of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

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<td>Residents $172</td>
<td>All Others $204</td>
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<td>410923-06</td>
<td>4-5yrs</td>
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<td>4/11-5/30</td>
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</table>
KIDZ 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 are required for all levels after the first meeting. NO EXCEPTIONS!

Note: 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.

Heritage Oaks Park  KLS Staff
450916-01  2-3.5yrs
Thu 4/23-6/4  5:45-6:15pm
Residents $124  All Others $147

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!

Heritage Oaks Park  KLS Staff
460904-01  3.5-4yrs
Thu 4/23-6/4  3:45-4:15pm
Residents $124  All Others $147

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.

Heritage Oaks Park  KLS Staff
410904-01  4-5yrs
Thu 4/23-6/4  4:15-4:50pm
Residents $124  All Others $147

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

Heritage Oaks Park  KLS Staff
410922-01  5-7yrs
Thu 4/23-6/4  4:50-5:35pm
Residents $124  All Others $147
YOUTH Classes

Junior Novice Tennis
Special Service, only 2-6 players per class!
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, sportsmanship, and basic double play.

Marymeade Courts 2/3
Whitlinger/Sarsfield Staff
420946-01  11-14yrs
Tue/Thu 4/14-4/30 5-6pm
420946-02  11-14yrs
Tue/Thu 5/12-5/28 5-6pm
Residents $115  All Others $136

Terrific Tiny Tennis
Special Service, only 2-6 players per class!
Children play FUN activities and games on the "42-foot court" with low compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success-oriented environment.

Equipment Note: We recommend the 21" to 23" rackets.

Marymeade Courts 2/3
Whitlinger/Sarsfield Staff
410902-01  5-7yrs
Sat 4/18-5/23 8:10-8:50am
410902-02  5-7yrs
Sat 4/18-5/23 8:50-9:30am
410902-03  5-7yrs
Tue/Thu 4/14-4/30 3:20-4pm
410902-04  5-7yrs
Tue/Thu 5/12-5/28 3:20-4pm
Residents $95  All Others $112

Junior Low Intermediate Tennis
Special Service, only 2-6 players per class!
For players who are consistent on a slow pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

Marymeade Courts 2/3
Whitlinger/Sarsfield Staff
420947-01  11-14yrs
Sat 4/18-5/23 10:30-11:30am
Residents $115  All Others $136

Quickstart Tennis
Special Service, only 2-6 players per class!
Learn simple and efficient techniques on the "60-foot court" with low compression tennis balls. Emphasis on control, consistency, sportsmanship, and FUN!

Equipment Note: We recommend the 25" rackets.

Marymeade Courts 2/3
Whitlinger/Sarsfield Staff
420947-01  8-10yrs
Sat 4/18-5/23 9:30-10:30am
420947-02  8-10yrs
Tue/Thu 4/14-4/30 4-5pm
420947-03  8-10yrs
Tue/Thu 5/12-5/28 4-5pm
Residents $115  All Others $136

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and longtime Stanford/USPTA Professional Tom Sarsfield. All classes will consist of only two-six players and six 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 up 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 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. Or check with the instructor whose contact information is listed on whitlingersarsfieldtennis.com. 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 Recreation & Community Services.

*Office is closed alternating Fridays: check City website for schedule.
**Individual Tennis Lessons**  
Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:  
Francois Chan ………………….... 345-8768  
James Knoller ………………….(408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:  
James Knoller ………………….(408) 410-0434  
Sharon Lamond ……………….. (408) 712-7361  
Glenn Uguccioni ……………..(408) 797-9471

For lessons at Montclaire Park, Court 1:  
Joe Bassi ……………………….. 576-0988  
Glenn Uguccioni ……………..(408) 797-9471

**Hourly Rate* & Payment**  
For one player: $80 per hour  
For two players: $42.50 per hour each  
For three players: $30 per hour each  
For four players: $25 per hour each

*Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day.

**WATER SPORTS**

**SHORELINE LAKE BOATHOUSE (SLB)**  
3160 N Shoreline Blvd, Mtn View

Equipment Note for ALL Shoreline Lake Boathouse classes: Participants should bring/wear comfortable clothes, including a jacket or fleece, a bathing suit, a towel, a change of clothes, sun protection, a bottle of water, and non-skid shoes (water booties, aqua socks or Teva sandals work great). No flip-flops allowed.

Note for ALL Shoreline Lake Boathouse classes: Sunglasses (with a lanyard) and hat recommended.

Required for ALL Shoreline Lake Boathouse classes: Students must be comfortable swimming and treading water.

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**Intro to Sailing**  
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.

<table>
<thead>
<tr>
<th>Shoreline Lake Boathouse</th>
<th>SLB Staff</th>
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<tr>
<td>420944-01</td>
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<tr>
<td>Sat/Sun 4/11-4/12</td>
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<tr>
<td>420944-06</td>
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<tr>
<td>Sat/Sun  5/16-5/17</td>
<td>9am-1pm</td>
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Residents $337  All Others $402

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

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Residents $337  All Others $402
SPORTS

DEEP CLIFF GOLF
10700 Clubhouse Ln, Cupertino

Golf Camp One
Golf is a challenging game and waaay fun! This camp teaches you the basic skills of golf including the proper etiquette and the most common rules. You will learn and strengthen your abilities to prepare yourself for the next level.

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

Note: Lunch is included each day.

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.

Deep Cliff Golf Course  Deep Cliff Staff
411210-01    7-16yrs
M-F               4/6-4/10 9am-12pm
Residents $227  All Others $270

ACADEMIC FUN!

MAD SCIENCE

NEW!

Mad Science: Checkmate Chess Camp
Chess pieces come to life with creative personalities! Play with our GIANT chess set and learn chess rules, strategies and tactics. Participants will receive a chess set to take home. Appropriate for beginners.

Mad Science: NASA: Journey into Outer Space
Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. Explore the farthest reaches of our solar system. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena!

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

Bonus: All participants receive a Skyhawks T-shirt and player evaluation card.

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

Spring 2020
SUMMER Camps

ELIGIBLE FOR A 10% DISCOUNT ON CAMP FEES?

Applicable Camps
Camp jelly bean
Combo Camp
Redwood Grove Camp
Camp Shoup

Eligibility
1. Enrolling multiple siblings in camps – or –
2. Sending child to more than one week of camp

To Receive Discount
Register at one time at the Recreation & Community Services office.

FAMILY OVERNIGHT CAMP
Family Overnight Camp at Redwood Grove is a great experience for the whole clan! Parents and kids can enjoy camping fun together under the Redwoods and starry night! During the camp out, family fun awaits you along with dinner and breakfast. Don’t miss this local family camping experience for you and your kids!

Equipment Note: Campers are asked to bring a sleeping bag for each individual and additional overnight items to make them feel at home. Please contact the Recreation & Community Services office at 947-2790 should you have any questions. An overnight packing list will be emailed prior to camp.

Pre-requisite: Must have a child signed up in any one of the Redwood Grove Summer camps (Explorers, Adventurers, Naturalists, or Survivors) in order to attend Family Overnight Camp.

APPLY TO BE A COUNSELOR-IN-TRAINING!
Teens (ages 12-15) learn leadership skills, how to work with young children, the natural history of the redwoods, and California habitats in a one-day workshop. Then they will gain work experience firsthand as Counselors to our campers. No experience with children is needed. Each one-week session includes an introduction to training in leading camp activities and participant safety. All participants are highly encouraged to attend the training workshop at Redwood Grove on Saturday, June 13 or June 20 from 9am to 12:30pm. Training for Redwood Grove, Camp Shoup, and Camp Jellybean will be provided on this day. No make-up day is available.

Application process: Pick up the form at the Recreation & Community Services office or download it on our website, losaltosrecreation.org. Fill out the application and return it to staff by April 30. Staff will contact you regarding your application and assign weeks based on your priority and availability and accept payment.

Limited space is available!

ELIGIBLE FOR A 10% DISCOUNT ON CAMP FEES?

Applicable Camps
Camp jelly bean
Combo Camp
Redwood Grove Camp
Camp Shoup

Required: All participants should wear their camp T-shirt (handed out on Monday), play clothes, and closed-toe shoes everyday. Please send your camper with a water bottle and a “no-trash” snack using reusable containers every day. Sunscreen recommended daily. Calendars detailing each week’s activities will be given out the start of the week.

Note: Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.
Residents $125  All Others $148

FAMILY OVERNIGHT CAMP
Family Overnight Camp at Redwood Grove is a great experience for the whole clan! Parents and kids can enjoy camping fun together under the Redwoods and starry night! During the camp out, family fun awaits you along with dinner and breakfast. Don’t miss this local family camping experience for you and your kids!

Equipment Note: Campers are asked to bring a sleeping bag for each individual and additional overnight items to make them feel at home. Please contact the Recreation & Community Services office at 947-2790 should you have any questions. An overnight packing list will be emailed prior to camp.

Pre-requisite: Must have a child signed up in any one of the Redwood Grove Summer camps (Explorers, Adventurers, Naturalists, or Survivors) in order to attend Family Overnight Camp.

RWG Nature Preserve
LA Recreation & Community Srvs Staff
151407-01  3.5-4yrs
Fri/Sat 7/10-7/11  6pm-8:30am
Residents $75*  All Others $88*
*Price is for up to 4 family members.

Additional family members?
Register them with the activity code below for an additional $10 per person.

RWG Nature Preserve
LA Recreation & Community Srvs Staff
151407-02  3.5-4yrs
Fri/Sat 7/10-7/11  6pm-8:30am
Residents & All Others $10

WEEKLY CALENDAR
Go to LosAltosRecreation.org to download summer camp weekly calendar!
REDWOOD GROVE CAMP

Required for ALL Redwood Grove Camp sessions:
1. All participants should wear their camp T-shirt (handed out on Monday), play clothes and closed-toe shoes every day.
2. Please send your camper with a water bottle, a “no-trash” snack and lunch using reusable containers daily.
3. Sunscreen recommended daily.
4. Calendars detailing each week’s activities will be given out the start of each week.
5. Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.

RWG Explorers
Let’s play outside! Discover nature through all five senses and find the wonders in our own backyard. Engaging their curiosity, campers will explore the redwoods through multi-sensory experiences of games, arts and crafts, songs, and story telling.

Required: Campers must be potty trained in order to attend this camp.

Bonus: Every Friday, parents are invited to a sing-a-long with their campers at 11:50am.

RWG Naturalists
Unplug and explore Redwood Grove through hands-on activities, experiments, and discover what it has in store for you! Campers will develop a love of the outdoors, live animal presentations and lessons in archery. Explore concepts such as ecology conservation and biology as they take on new meaning when sitting under 100-foot redwood trees!

RWG Adventurers
What’s happening under that rock? Let’s find out together! Campers will develop observation skills using their five senses while discovering the great outdoors! Each week will bring new themes to teach nature concepts. The program is designed to foster the love of the outdoors through gardening, hiking, animal presentations, crafts, and hands-on activities.

Bonus: Every Friday, parents are invited to a sing-a-long with their campers at 11:50am at Redwood Grove.

RWG Survivors
Reconnect with the outdoors this summer at Redwood Grove. Campers will challenge their understanding of ecology and science through activities under the big trees. All campers will have a chance to learn archery, develop a passion and understanding for our environment through wildlife presentations, arts and crafts, team building, and games.

RWG Nature Preserve
LA Recreation & Community Srvs Staff

111401-01 3.5-4yrs
M-F 6/22-6/26 9am-12pm
111401-02 3.5-4yrs
M-F 7/6-7/10 9am-12pm
111401-03 3.5-4yrs
M-F 7/20-7/24 9am-12pm
111401-04 3.5-4yrs
M-F 8/3-8/7 9am-12pm
Residents $194 All Others $231

111402-01 5-6yrs
M-F 6/22-6/26 9am-12pm
111402-02 5-6yrs
M-Th 6/29-7/2 9am-12pm
111402-03 5-6yrs
M-F 7/6-7/10 9am-12pm
111402-04 5-6yrs
M-F 7/13-7/17 9am-12pm
111402-05 5-6yrs
M-F 7/20-7/24 9am-12pm
111402-06 5-6yrs
M-F 7/27-7/31 9am-12pm
111402-07 5-6yrs
M-F 8/3-8/7 9am-12pm
Residents $194 All Others $231

111403-01 7-8yrs
M-F 6/22-6/26 1-4pm
111403-02 7-8yrs
M-Th 6/29-7/2 1-4pm
111403-03 7-8yrs
M-F 7/6-7/10 1-4pm
111403-04 7-8yrs
M-F 7/13-7/17 1-4pm
111403-05 7-8yrs
M-F 7/20-7/24 1-4pm
111403-06 7-8yrs
M-F 7/27-7/31 1-4pm
111403-07 7-8yrs
M-F 8/3-8/7 1-4pm
Residents $194 All Others $231

111404-01 9-11yrs
M-F 6/22-6/26 1-4pm
111404-02 9-11yrs
M-Th 6/29-7/2 1-4pm
111404-03 9-11yrs
M-F 7/6-7/10 1-4pm
111404-04 9-11yrs
M-F 7/13-7/17 1-4pm
111404-05 9-11yrs
M-F 7/20-7/24 1-4pm
111404-06 9-11yrs
M-F 7/27-7/31 1-4pm
111404-07 9-11yrs
M-F 8/3-8/7 1-4pm
Residents $194 All Others $231

REDWOOD GROVE CAMP Required for ALL Redwood Grove Camp sessions:
1. All participants should wear their camp T-shirt (handed out on Monday), play clothes and closed-toe shoes every day.
2. Please send your camper with a water bottle, a "no-trash" snack and lunch using reusable containers daily.
3. Sunscreen recommended daily.
4. Calendars detailing each week’s activities will be given out the start of each week.
5. Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.

RWG Explorers
Let’s play outside! Discover nature through all five senses and find the wonders in our own backyard. Engaging their curiosity, campers will explore the redwoods through multi-sensory experiences of games, arts and crafts, songs, and story telling.

Required: Campers must be potty trained in order to attend this camp.

Bonus: Every Friday, parents are invited to a sing-a-long with their campers at 11:50am.

RWG Naturalists
Unplug and explore Redwood Grove through hands-on activities, experiments, and discover what it has in store for you! Campers will develop a love of the outdoors, live animal presentations and lessons in archery. Explore concepts such as ecology conservation and biology as they take on new meaning when sitting under 100-foot redwood trees!

RWG Adventurers
What’s happening under that rock? Let’s find out together! Campers will develop observation skills using their five senses while discovering the great outdoors! Each week will bring new themes to teach nature concepts. The program is designed to foster the love of the outdoors through gardening, hiking, animal presentations, crafts, and hands-on activities.

Bonus: Every Friday, parents are invited to a sing-a-long with their campers at 11:50am at Redwood Grove.

RWG Survivors
Reconnect with the outdoors this summer at Redwood Grove. Campers will challenge their understanding of ecology and science through activities under the big trees. All campers will have a chance to learn archery, develop a passion and understanding for our environment through wildlife presentations, arts and crafts, team building, and games.

RWG Nature Preserve
LA Recreation & Community Srvs Staff

111401-01 3.5-4yrs
M-F 6/22-6/26 9am-12pm
111401-02 3.5-4yrs
M-F 7/6-7/10 9am-12pm
111401-03 3.5-4yrs
M-F 7/20-7/24 9am-12pm
111401-04 3.5-4yrs
M-F 8/3-8/7 9am-12pm
Residents $194 All Others $231

111402-01 5-6yrs
M-F 6/22-6/26 9am-12pm
111402-02 5-6yrs
M-Th 6/29-7/2 9am-12pm
111402-03 5-6yrs
M-F 7/6-7/10 9am-12pm
111402-04 5-6yrs
M-F 7/13-7/17 9am-12pm
111402-05 5-6yrs
M-F 7/20-7/24 9am-12pm
111402-06 5-6yrs
M-F 7/27-7/31 9am-12pm
111402-07 5-6yrs
M-F 8/3-8/7 9am-12pm
Residents $194 All Others $231

111403-01 7-8yrs
M-F 6/22-6/26 1-4pm
111403-02 7-8yrs
M-Th 6/29-7/2 1-4pm
111403-03 7-8yrs
M-F 7/6-7/10 1-4pm
111403-04 7-8yrs
M-F 7/13-7/17 1-4pm
111403-05 7-8yrs
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111404-01 9-11yrs
M-F 6/22-6/26 1-4pm
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M-F 7/27-7/31 1-4pm
111404-07 9-11yrs
M-F 8/3-8/7 1-4pm
Residents $194 All Others $231
CAMP SHOUP

Camp Shoup is the fun-filled week of camp we remember from our youth: where we learned to play well together, made friends, whiled away the hours just enjoying summer, and had fun the old-fashioned way — through PLAY! Participants will partake in games and activities much loved by kids: Steal the Bacon, Sharks and Minnows, and Dodgeball. We’ve added some new ones too. We'll even sing songs and join in craft projects that are sure to be a hit! Themed days plus a lot more, round out this enjoyable and rambunctious traditional day camp. Come join in the fun!

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<th>LA Recreation &amp; Community Srvs Staff</th>
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<tr>
<td>Residents $129</td>
<td>All Others $153</td>
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Required For ALL Camp Shoup sessions:
1. All participants should wear their camp T-shirt (handed out on Monday), play clothes and closed-toe shoes every day.
2. Please send your camper with a water bottle, a “no-trash” snack and lunch using reusable containers daily.
3. Sunscreen recommended daily.
4. Calendars detailing each week’s activities will be given out the start of each week.
5. Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.
COMBO CAMP

Combine our Camp Shoup, with one of our eligible afternoon Redwood Grove camps and, presto, you have an all-day camp!

Here’s how it works: Your child will attend one of our classic camps, Camp Shoup or Redwood Grove, from 9am-12pm. Then, at 12pm, we will take all campers signed up for Combo Camp to the Patriot Corner for lunch and games. At 1pm, staff will walk campers to the appropriate afternoon camp.

Descriptions of Camp Shoup and all our Redwood Grove camps are listed under the individual camp. Take a look and see what your camper might enjoy. If you are looking for half-day camps, just use the class codes listed under your desired camp; if you want to register for our combo camps, use the class code listed with these camps. Combo Camps not offered for the Explorer age group.

Adventurers Morning + Camp Shoup Afternoon

DROP OFF: RWG Nature Preserve
PICKUP: Shoup Park

LA Recreation & Community Srvs Staff

<table>
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<td>8/3-8/7</td>
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Residents $294  All Others $350

Camp Shoup Morning + Naturalists Afternoon

DROP OFF: Shoup Park
PICKUP: RWG Nature Preserve

LA Recreation & Community Srvs Staff

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<td>8/3-8/7</td>
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Residents $294  All Others $350

Camp Shoup Morning + Survivors Afternoon

DROP OFF: Shoup Park
PICKUP: RWG Nature Preserve

LA Recreation & Community Srvs Staff

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Residents $294  All Others $350

Required For ALL Combo Camp sessions:
1. All participants should wear their camp T-shirt (handed out on Monday), play clothes and closed-toe shoes every day.
2. Please send your camper with a water bottle, a “no-trash” snack and lunch using reusable containers daily.
3. Sunscreen recommended daily.
4. Calendars detailing each week’s activities will be given out the start of each week.
5. Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.
CAMP jelly bean

Camp jelly bean is a camp for our younger campers, an “introductory” camp, if you will. Set at the San Antonio Club, which is home to our Tiny Tots Program’s Terrific 3s and Fabulous 4s classes, it is a natural setting for these tiny participants. Camps are, in fact, run by some of our Tiny Tot staff so the campers are in a safe, fun, and age-appropriate environment.

Disney® Duos
Anna and Elsa, Moana and Maui, Woody and Buzz, plus other favorites are the focus of the week! Join us as we highlight these duos’ friendships.

San Antonio Club
LA Recreation & Community Srvs Staff
161310-01  3-4yrs
M-Th  6/29-7/2  9am-12pm
Residents $189  All Others $225

Required for ALL Camp jelly bean sessions:
1. All participants must be potty trained, should wear their camp T-shirt (handed out Monday), play clothes, and closed-toe shoes every day.
2. Please send your camper with a water bottle and a snack daily.
3. Calendars detailing each week’s activities will be given out at the start of each week.
4. Parents must fill out a City of Los Altos medical release form prior to the beginning of camp. Please go to LosAltosRecreation.org to download a form. Email completed form to info@losaltosrecreation.org or fax to 947-2738.

Superheroes & Heroines
Calling all superheroes in training for a week of SUPER fun! Harness your superpower and join us playing games and making crafts about all things heroic.

San Antonio Club
LA Recreation & Community Srvs Staff
161308-01  3-4yrs
M-F  7/13-7/17  9am-12pm
Residents $189  All Others $225

Singers & Dancers
Love to sing along to your favorite tunes? Or are you more of a dancing machine? We’ll embrace the music and fill the classroom with melodies throughout the week! We’ll play games like freeze dance and make our own instruments.

San Antonio Club
LA Recreation & Community Srvs Staff
161311-01  3-4yrs
M-F  7/27-7/31  9am-12pm
Residents $189  All Others $225
ACADEMIC FUN!

PLAY-WELL TEKNOLOGIES

Note for ALL Play-Well TEK camps: Please bring a nut-free snack daily.

Intro to STEM with LEGO®
Bring your craziest ideas to life with Play-Well TEKnoologies and tens of thousands of LEGO parts! Build engineer-designed projects such as: chugging Steamboats, enchanting Moon Bridges, and bustling Airports. Design and build as never before and explore your craziest ideas.

Grant Rm 1 Play-Well TEK Staff
111208-01 5-7yrs
M-F 6/29-7/3 9am-12pm
Residents $198 All Others $236

Jedi Engineering with LEGO®
The Force Awakens in this introductory class for a young Jedi! Explore engineering principles as we construct the Ewok Village on Endor, fly through space on our X-Wings, and more. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Grant Rm 1 Play-Well TEK Staff
111294-01 5-7yrs
M-F 7/13-7/17 9am-12pm
Residents $227* All Others $270*
*Materials fee of $35 due first day.

STEM FUNdamentals with LEGO®
Refine your construction skills as you tinker with tens of thousands of LEGO parts! Apply real-world concepts through projects such as: chugging Steamboats, customized Cuckoo clocks, and the historic Wright Flyer. Design and build as never before and explore your craziest ideas.

Grant Rm 1 Play-Well TEK Staff
111209-01 5-12yrs
M-F 6/29-7/3 1-4pm
Residents $198 All Others $236

Jedi Masters Engineering with LEGO®
The Force is strong in this advanced class! Use the force to raise your X-Wing, challenge the AT-AT walkers, and fly the Millennium Falcon. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away.

Grant Rm 1 Play-Well TEK Staff
111246-01 7-12yrs
M-F 7/27-7/31 1-4pm
Residents $205* All Others $244*
*Materials fee of $35 due first day.

INCREDIFLIX

Live Action Flix
From “Action” to “That’s a wrap,” we will guide you through the Hollywood process of filmmaking as you location scout, bring in props, direct, and act in a collaborative movie that’ll be fun for the entire audience!

Grant Rm 1 Incrediflix Staff
112605-01 7-12yrs
M-F 7/13-7/17 9am-12pm
Residents $227* All Others $270*
*Materials fee of $35 due first day.

Claymation Flix
Test the limits of your imagination as you use green screen technology to transport your movies anywhere! You’ll create your own clay character (that you get to keep) to star in these flix where you’ll film, direct, and voice over in a small group.

Note: The Flix will be emailed within a month after camp ends.

Grant Rm 1 Incrediflix Staff
111202-01 7-12yrs
M-F 7/27-7/31 1-4pm
Residents $205* All Others $244*
*Materials fee of $35 due first day.
MAD SCIENCE

Note for ALL Mad Science Camps: participants should bring a peanut-free snack/lunch and wear close-toed shoes.

Mad Science: Reactions in Action
A crazy week of non-stop Action — and Reaction! Explore our wonderlab and find eggs that don’t break, ice that doesn’t melt, and how to freeze time! Experiments performed in class and at home with the gadgets you’ve designed in the lab!

Grant Rm 1  Mad Science Staff
111259-01  6-11yrs
M-F  6/22-6/26  9am-12pm
Residents $261*  All Others $311*
*Materials fee of $10 due first day.

Grant Rm 1  Mad Science Staff
111259-02  6-11yrs
M-F  6/22-6/26  9am-3pm
Residents $351*  All Others $419*
*Materials fee of $10 due first day.

NEW!

Mad Science: Young Inventors
Overcome a series of challenges using basic materials, simple machines, tips from world famous inventors and, most importantly, your imagination! You’ll construct catapults and forts, then lay siege to the castle. Assemble a working light stick to take home and rule the galaxy!

Grant Rm 1  Mad Science Staff
111296-01  7-12yrs
M-F  8/10-8/14  9am-12pm
Residents $261*  All Others $311*
*Materials fee of $10 due first day.

Grant Rm 1  Mad Science Staff
111296-02  7-12yrs
M-F  8/10-8/14  9am-3pm
Residents $351*  All Others $419*
*Materials fee of $10 due first day.

NEW!

Mad Science: Brixology
Take home LEGO® inspired projects each day! Learn engineering concepts while assembling a space station, boats and vehicles. From carnival rides to machines that draw, take creativity to a whole new level and solve real-world design challenges!

Grant Rm 1  Mad Science Staff
111218-01  8-12yrs
M-F  7/6-7/10  9am-12pm
Residents $261  All Others $311

Mad Science: Brixology & Ancient Adventurers Combo
Morning Brixology camp combined with afternoon Ancient Adventurers camp to create a full day of Mad Science fun! See above for individual camp descriptions.

Grant Rm 1  Mad Science Staff
111257-01  8-12yrs
M-F  7/6-7/10  9am-4pm
Residents $381*  All Others $455*
*Materials fee of $10 due first day.

NEW!

Mad Science: Ancient Adventurers
Dinosaurs, Myths, and Legends! Learn about archaeologists, paleontologists, and the techniques scientists use to excavate and discern fact from fiction! Make and take home projects each day like fossil reproductions, an amber time capsule, and coins from around the world!

Grant Rm 1  Mad Science Staff
111257-01  8-12yrs
M-F  7/6-7/10  1-4pm
Residents $261*  All Others $311*
*Materials fee of $10 due first day.

LITTLE MEDICAL SCHOOL (LMS)

Little Medical School Camp
Through hands-on crafts, games and role playing, participants will learn STEM concepts in a fun and unique way! From broken bones to stitches, there’s something for every future healthcare provider and science lover. Each student will receive a working stethoscope!

Grant Rm 1  LMS Staff
111823-01  5-10yrs
M-F  7/27-7/31  9am-12pm
Residents $262*  All Others $312*
*Materials fee of $25 due first day.
**Los Altos Recreation & Community Services**

**Spring 2020**

947-2790

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**Little Vet School Camp**

Little Veterinarian School encourages students to explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use.

**Grant Rm 1**  
**LMS Staff**

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Residents $262*  All Others $312*

*Materials fee of $25 due first day.

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**CHALLENGE ISLAND (CI)**

**Slime-Topia**

Introducing a brand new ooey, gooey, squishy, squishy slime-drenched camp extravaganza! Learn the science behind the slime while making at least 10 different kinds of the additively fluffy polymer. From butter bubble, fluffy to foamy — we’ve got you covered (in slime!)

**Grant Rm 1**  
**CI Staff**

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Residents $347*  All Others $414*

*Materials fee of $15 due first day.

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**SPORTS**

**BASKETBALL**

**REBOUND BASKETBALL CAMP**

Camp emphasizes basketball skills through fun activities as well as games at the end of the day. Campers should wear appropriate sport clothing and bring snacks and water.

**Bonus:** Fee includes a participation ribbon.

**Egan Gym**  
**Minzer**

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Residents $227  All Others $270

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**GOLF**

**DEEP CLIFF GOLF**

10700 Clubhouse Ln, Cupertino

Required for ALL Deep Cliff Golf Camps: bring a bottle of water daily.

**Weather Policy for ALL Deep Cliff Golf Camps:**

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.

**Golf Camp One**

Golf is a challenging game and waayy fun! This camp teaches you the basic skills of golf including the proper etiquette and the most common rules. You will learn and strengthen your abilities to prepare yourself for the next level.

**Note:** Lunch is included each day.

**Deep Cliff Golf Course**  
**Deep Cliff Staff**

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Residents $227  All Others $270

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**SUMMER Camps**

**WEEKLY CALENDAR**

Go to LosAltosRecreation.org to download summer camp weekly calendar!
**MULTI-SPORTS**

**SKYHAWKS**

**Bonus for ALL Skyhawks camps:** All participants receive a T-shirt and merit award or player evaluation. Shirt will be distributed Monday at end of camp.

**Required for ALL Skyhawks camps:** Participants should bring appropriate clothing, athletic shoes, snacks, lunch (for full-day camps), sunscreen, and a water bottle.

**Skyhawks Mini-Hawk**

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

**Grant Park**  
**Skyhawks Staff**

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</table>

**Residents $198  All Others $236**

**Skyhawks Multi Sport Camp**

In this fun camp, young athletes will learn the rules and essentials of a variety of sports through skill-based games and scrimmages. Your child will develop knowledge of soccer, baseball and basketball, along with vital life lessons such as respect, teamwork, and self-discipline.

**Grant Park**  
**Skyhawks Staff**

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Grade</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>161222-01</td>
<td>6-12yrs</td>
<td>6/15-6/19</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>161222-02</td>
<td>6-12yrs</td>
<td>7/13-7/17</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>161222-03</td>
<td>6-12yrs</td>
<td>2/27-7/31</td>
<td>9am-12pm</td>
</tr>
</tbody>
</table>

**Residents $239  All Others $285**

**Deep Cliff Golf Course**  
**Deep Cliff Staff**

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Grade</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>111211-01</td>
<td>8-17yrs</td>
<td>6/15-6/19</td>
<td>1-3pm</td>
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<tr>
<td>111211-02</td>
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<td>6/22-6/26</td>
<td>1-3pm</td>
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<tr>
<td>111211-03</td>
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<td>111211-05</td>
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<tr>
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<td>7/20-7/24</td>
<td>2-4:30pm</td>
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<tr>
<td>111211-07</td>
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<td>7/27-7/31</td>
<td>1-3pm</td>
</tr>
<tr>
<td>111211-08</td>
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<tr>
<td>111211-09</td>
<td>8-17yrs</td>
<td>8/10-8/14</td>
<td>1-3pm</td>
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</tbody>
</table>

**Residents $192  All Others $228**

**Skyhawks Flag Football**

Through our “skill of the day” activities, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning — all presented in a fun and positive environment.

**Grant Soccer Field**  
**Skyhawks Staff**

<table>
<thead>
<tr>
<th>Camp Code</th>
<th>Grade</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>111224-01</td>
<td>6-12yrs</td>
<td>6/15-6/19</td>
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<td>111224-03</td>
<td>6-12yrs</td>
<td>6/29-7/3</td>
<td>9am-12pm</td>
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<tr>
<td>111224-04</td>
<td>6-12yrs</td>
<td>7/6-7/10</td>
<td>9am-12pm</td>
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<tr>
<td>111224-05</td>
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<td>7/20-7/24</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>111224-07</td>
<td>6-12yrs</td>
<td>7/27-7/31</td>
<td>9am-12pm</td>
</tr>
</tbody>
</table>

**Residents $198  All Others $236**

**SUMMER Camps**

- The Player’s Camp
- Multi-Sports
- Skyhawks Flag Football
- Skyhawks Multi Sport Camp
Skyhawks Baseball Camp
Skyhawks baseball progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment coached by local Skyhawks staff.

Hillview Baseball Field  Skyhawks Staff
111223-01  6-12yrs
M-F  7/13-7/17  9am-12pm
Residents $198  All Others $236

Skyhawks Dodgeball
Skyhawks Dodgeball is a great camp for athletes who want a fun introduction to the sport. Through our skill-based system players, regardless of skill level, will learn the fundamentals. Including throwing, catching, dodging, tactics and teamwork.

Blach Gym  Skyhawks Staff
111293-01  8-14yrs
M-F  6/22-6/26  9am-12pm
Residents $198  All Others $236

Graham Middle School  Skyhawks Staff
111298-02  7-13yrs
M-F  7/13-7/17  9am-12pm
Residents $198  All Others $236

Skyhawks Volleyball
All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Develop fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

HALF DAY CAMPS
Blach Gym  Skyhawks Staff
111273-01  8-14yrs
M-F  7/6-7/10  9am-12pm
Residents $198  All Others $236

FULL DAY CAMPS
Blach Gym  Skyhawks Staff
111273-02  8-14yrs
M-F  7/13-7/17  9am-3pm
Residents $279  All Others $333

Skyhawks Basketball
This fun, skill-intensive program is designed for the beginner to intermediate player. Using our progression curriculum, staff focuses on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this a most popular program.

Blach Gym  Skyhawks Staff
111225-01  6-13yrs
M-F  7/13-7/17  9am-3pm
111225-02  6-13yrs
M-F  7/27-7/31  9am-3pm
111225-03  6-13yrs
M-F  8/3-8/7  9am-3pm
111225-04  6-13yrs
M-F  8/10-8/14  9am-3pm
Residents $279  All Others $333
TENNIS

WHITLINGER/SARSFIELD TENNIS
whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and longtime Stanford/USPTA Professional Tom Sarsfield. All classes will consist of only two-six players and six 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, 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 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. Or check with the instructor whose contact information is listed on whitlingersarsfieldtennis.com. 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 Recreation & Community Services.

*Office is closed alternating Fridays: check City website for schedule.

SOCCER

COACH KEN’S SOCCER CAMP

Our camps are for kids 4-12 but we separate kids into groups of up to 10 by age and ability. Kids younger than 6 only play soccer till 11am. After snack break younger kids go to play structures for supervised fun activities.

Bonus: All participants receive a Coach Ken’s Soccer Academy jersey.

Equipment Note: Shin guards are mandatory. Bring a water bottle and snack. Sunscreen is recommended.

Heritage Oaks Park  Coach Ken’s Staff
111268-01  4-12yrs  M-F  6/22-6/26  9am-1pm
111268-02  4-12yrs  M-F  7/6-7/10  9am-1pm
111268-03  4-12yrs  M-F  7/20-7/24  9am-1pm
111268-04  4-12yrs  M-F  8/3-8/7  9am-1pm
111268-05  4-12yrs  M-F  8/10-8/14  9am-1pm
111268-06  4-12yrs  M-F  8/17-8/21  9am-1pm
Residents $182  All Others $216

Terrific Tiny Tennis Camp

Special Service, only 2-6 players per camp!

Children play FUN activities and games on the "42-foot court" with low compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success-oriented environment.

Equipment Note: We recommend the 21"-23" rockets.

Marymeade Courts 2/3

Whitlinger/Sarsfield Staff
110902-01  5-7yrs  M-Th  6/22-6/25  9-10am
110902-02  5-7yrs  M-Th  6/29-7/2  9-10am
110902-03  5-7yrs  M-Th  7/27-7/30  9-10am
110902-04  5-7yrs  M-Th  8/3-8/6  9-10am
Residents $95  All Others $112

Tennis Youth Camps

Special Service, only 2-6 players per camp!

Our popular tennis camps emphasize stroke FUNdamentals with dynamic games and exciting drills. Courts grouped by ability, novice to low intermediate. Camps will have the appropriate court size and tennis balls for their age group.

Marymeade Courts 2/3

Whitlinger/Sarsfield Staff
111213-01  8-12yrs  M-Th  6/22-6/25  10-11:30am
111213-02  8-12yrs  M-Th  6/29-7/2  10-11:30am
111213-03  8-12yrs  M-Th  7/27-7/30  10-11:30am
111213-04  8-12yrs  M-Th  8/3-8/6  10-11:30am
Residents $113  All Others $136
WATER SPORTS

SHORELINE LAKE BOATHOUSE (SLB)
3160 N Shoreline Blvd, Mtn View

Equipment Note for ALL Shoreline Lake Boathouse classes: Participants should bring/wear comfortable clothes, including a jacket or fleece, a bathing suit, a towel, a change of clothes, sun protection, a bottle of water, and non-skid shoes (water booties, aqua socks or Teva sandals work great. No flip-flops allowed).

Note for ALL Shoreline Lake Boathouse classes: Sunglasses (with a lanyard) and hat recommended.

Required for ALL Shoreline Lake Boathouse classes: Students must be comfortable swimming and treading water.

Camp Shoreline
Spend the morning learning to kayak, canoe, row, and pedal boat on the 50-acre Shoreline Lake, amidst a wildlife sanctuary nestled in the heart of Silicon Valley. Afternoons will be spent playing games, hiking, bird watching, or participating in craft activities.

### Shoreline Lake Boathouse

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age Group</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>111240-01</td>
<td>5-11yrs</td>
<td>6/22-6/26</td>
<td>10am-3pm</td>
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<td>111240-05</td>
<td>5-11yrs</td>
<td>7/20-7/24</td>
<td>10am-3pm</td>
</tr>
<tr>
<td>111240-06</td>
<td>5-11yrs</td>
<td>7/27-7/31</td>
<td>10am-3pm</td>
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</tbody>
</table>

Residents $507  All Others $606

Windsurfing & Sailing Camp: Level 1
Hands-on course to introduce students to the fundamentals of both windsurfing and sailing, two fulfilling and rewarding lifetime sports. Daily exercises conducted in a supportive learning environment by our talented and well-qualified instructors will progressively develop each essential skill.

### Shoreline Lake Boathouse

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<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>111201-01</td>
<td>9-15yrs</td>
<td>6/22-6/26</td>
<td>9am-2pm</td>
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<tr>
<td>111201-02</td>
<td>9-15yrs</td>
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<td>9am-2pm</td>
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<tr>
<td>111201-06</td>
<td>9-15yrs</td>
<td>7/27-7/31</td>
<td>9am-2pm</td>
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</table>

Residents $557  All Others $666

Windsurfing & Sailing Camp: Level 2
Step up the performance during a week of refining your windsurfing and sailing skills! Challenge yourself — wind conditions will be stronger for this level. Hone your skills with our team of certified advanced instructors and start racing.

Prerequisite: Windsurfing and Sailing: Level 1 or equivalent.

### Shoreline Lake Boathouse

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</tr>
</thead>
<tbody>
<tr>
<td>111220-01</td>
<td>9-15yrs</td>
<td>6/22-6/26</td>
<td>11:30am-4:30pm</td>
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<tr>
<td>111220-02</td>
<td>9-15yrs</td>
<td>6/29-7/3</td>
<td>11:30am-4:30pm</td>
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<tr>
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<td>9-15yrs</td>
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<td>9-15yrs</td>
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<tr>
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<td>9-15yrs</td>
<td>7/20-7/24</td>
<td>11:30am-4:30pm</td>
</tr>
<tr>
<td>111220-06</td>
<td>9-15yrs</td>
<td>7/27-7/31</td>
<td>11:30am-4:30pm</td>
</tr>
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</table>

Residents $587  All Others $702

Go to LosAltosRecreation.org to download summer camp weekly calendar!
Summer Concerts are on the way!

Bring picnic baskets and blankets for fun in the summer sun!

First concert is Saturday, June 13, followed by seven Thursday concerts June 18 to August 6, 6:30 to 8:00pm, alternating between Rosita and Grant Parks.

All types of music; bands to be announced.

Check LosAltosRecreation.org for more information at the beginning of April.

(You don’t actually need a ticket - just bring your good summer vibes!)
ATTENTION!

50+

3rd Annual SENIOR SPRING FLING
at Shoup Park Garden House
Join old and new friends for a casual evening of “our” music, conversation, dancing, singing, and appetizers and beverages.

Registration Note: Register in advance by Friday, March 27.

Shoup Park Garden House
Senior Commission & LA Recreation & Community Srvs Staff
440711-01  50+yrs
Fri 4/3  6:30-9pm
Residents $15  All Others $18

ARTS & CRAFTS

ART VENTURES
We are a group of artists and learners that meet to practice and share our art. We occasionally take turns showing the class new things we’ve learned or have a specific theme, but artists are always welcome to work on their own projects.

Note: All art works are posted on our blog spot: caartventures.blogspot.com.

Grant Rm 3  Various
No code needed  18+yrs
Wed  on-going  9:30am-12pm
Senior Program Members & All Others FREE!

BEGINNING SPLASH-INK PAINTING
This is an introductory class where students will explore painting with Chinese brushes and have fun with the flow and shades of Chinese ink while learning basic skills and elements in Chinese paintings.

Grant Rm 3  Chan
430553-01  18+yrs
Fri  4/10-6/5  12-2pm
Residents $252*  All Others $300*
*Materials fee of $10 due first day.

WATERCOLOR WITH CONFIDENCE
This course is for those with experience with watercolor who feel ready to expand their command of the medium. A strong focus will be on problem solving and experimentation, with a view toward adding to the painter’s technique “toolbox.”

Equipment Note: Supply list will be sent prior to first class; painters should bring materials to first class.

Grant Rm 2  Oliver
430514-01  18+yrs
Fri  4/10-6/5  9:30am-12:30pm
Residents $157*  All Others $186*
*Materials fee of $7 due first day.

SUBLIME WATERCOLOR PAINTING
Join us as we learn to harness water, this force of nature for creating beauty in art! All skill levels are welcome; individual coaching is emphasized. We’ll work from photographs and from life, using real objects, natural or crafted.

Equipment Note: A supplies list will be provided.

Grant Rm 2  Olsen
430515-01  18+yrs
Wed  4/15-5/20  6-9pm
Residents $179*  All Others $213*
*Materials fee of $5 due first day.
DANCE & FITNESS

CROSS TRAINING WITH TEAM FITNESS
teamfitness.com

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

Note: For new members, March through May: get your first 2 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.

FIT4MOM
sfpeninsula.fit4mom.com
stwelcome@fit4mom.com
395-7558

Fit4Baby
Specifically for moms-to-be. Exercises are carefully selected to prepare your body for the changes you experience during pregnancy. You can begin Fit4Baby at any point during pregnancy as the workouts are scientifically based, purposeful and designed to accommodate your changing body.

Grant Room 2  Fit4Mom Staff
No code required  18+yrs
Tue  on-going  7-8pm
Contact Fit4Mom for pricing.

Fit4Baby
Specifically for moms-to-be. Exercises are carefully selected to prepare your body for the changes you experience during pregnancy. You can begin Fit4Baby at any point during pregnancy as the workouts are scientifically based, purposeful and designed to accommodate your changing body.

Stroller Strides
Stroller Strides is a stroller-based fitness program designed for moms with kids from 6 weeks to 6 years, as well as pregnant moms. Each 60-minute, total body workout incorporates power walking or jogging, strengthening and toning exercises, songs and activities.

Equipment Note: Bring a towel or yoga mat to first class.

Registration Note: No sign-up required. First class is FREE! To schedule your first class, contact sfwelcome@fit4mom.com.

Grant Park  Fit4Mom Staff
No code required  18+yrs
M/Tu/F  on-going  9:30-10:30am
$18 for a single class pass
$75 for a 5 class pass
$130 for a 10 class pass
$85 for an unlimited monthly membership

Body Back
A results-based workout designed for moms who want their body back, whether they just had a baby or their last child was born 20 years ago! Eight-week session includes 16 classes, before/after assessments, meal plan, group support and personalized coaching.

Equipment Note: Bring a towel or yoga mat to first class.

LAYC  Fit4Mom Staff
No code required  18+yrs
Tue  on-going  6-7am
Contact Fit4Mom for pricing.

Rosita Park  Fit4Mom Staff
No code required  18+yrs
Mon/Thu  on-going  9:15-10:30am
Contact Fit4Mom for pricing.

FITNESS HALPERS
fitnesshalpers.com
479-5955

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.

Shoup Park (outside)  Halper
No code required  18+yrs
M/W/F  on-going  8:45-9:45am
Residents & All Others  $200/month or $200 for 8 sessions: contact Fitness Halpers for more info.

JACKI SORENSEN’S STRONGSTEP
Jacki’s StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, abs work, and stretching. Participate at your own level.

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

New Student Note: 1. Please call instructor to check space availability for new students. 2. Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Grant Rm 2  Franich
No code required  18+yrs
Mon/Wed  on-going  8:30-9:30am
Register at class; 10 classes for $65 First week FREE!
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 7-day access pass for FREE!

Barbara Peterson
barabara.louise.peterson@gmail.com
464-9758

Nisa Leone
nisaleone@sbcglobal.net
(408) 505-2048

JAZZERCISE IS AN ON-GOING PROGRAM. REGISTER AT CLASS, ANYTIME!

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.

Equipment Note: Please bring a mat and water bottle.

Barbara Peterson
barabara.louise.peterson@gmail.com
464-9758

Nisa Leone
nisaleone@sbcglobal.net
(408) 505-2048

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

KORU MOVEMENT STUDIO
korumovementstudio.com

Note for ALL Koru Movement Studio classes: Wear comfortable clothing. Footwear-either barefoot or non-slip socks. Bring a yoga mat, and a pair of small hand weights.

Buff Bones®

This medically endorsed system of movement leverages bone-strengthening and balance techniques along with Pilates, strength training and therapeutic exercise. Toning your arms, hips, back and abs, this system is safe for those who have osteoporosis/low bone mass.

Grant Rm 2
Iwasaki
431042-01  18+yrs
Tue 4/14-6/2 9:30-10:30am
Residents $104  All Others $123

Buff Bones® Chair Workout

Ideal for those with limited mobility, seniors, those who cannot do mat work or those who can’t easily get up and down from the ground. A standing portion of the workout for balance and bone loading, uses a resistance band.

Grant Rm 2
Iwasaki
431043-01  18+yrs
Tue 4/14-6/2 10:35-11:35am
Residents $104  All Others $123

JAZZERCISE®

Jazzercise

JAZZERCISE is an ongoing class. Register at class, anytime!

LAYC

Barbara Peterson
barabara.louise.peterson@gmail.com
464-9758

Nisa Leone
nisaleone@sbcglobal.net
(408) 505-2048

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

Grant MPR

No code required  18+yrs
Tue/Thu on-going 10:15-10:30am
Contact Nisa Leone for fees and/or more information.

Shoup Park Garden House

No code required  18+yrs
Tue on-going 4-5:30pm

LAYC

No code required  18+yrs
Thu on-going 4-5:30pm
$25 per class
Monthly passes: $80 per month
Unlimited classes for $149
Contact Barbara Peterson for more information.
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 Adult 50+ Program members; $8 for all others.

Grant MPR  Campbell
645511-01  50+ yrs
Tue  4/7-5/5  12:30-2:30pm
Adult 50+ Program Members $6
All Others $8*  

Grant MPR  Campbell
645511-02  50+ yrs
Tue  5/12-6/2  12:30-2:30pm
Adult 50+ Program Members $6
All Others $8*  

NORA’S EXERCISES

Chair Strength & Balance
Join Functional Aging Specialist Nora Beltran and enjoy a variety of fun and safe seating exercises that will help you build your strength using balls, bands and dumbbells. Standing exercises specially designed to improve your balance and reduce the risk of falling.

Equipment Note: Bring your own dumbbells (optional). Balls, bands and water bottles that can be used as weights will be provided by instructor.

Note: Participants should be able to stand.

Shoup Park Garden House  Beltran
645107-02  50+ yrs
Tue  4/14-6/4  10:15-11:15am
Adult 50+ Program Members $35
All Others $50*

*For Adult 50+ Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.

Stretch, Flex & Tone
Lengthen and strengthen in this class. Tone your muscles and improve range of motion in your joints.

Equipment Note: Bring a mat and dumbbells to each class. Balls and bands will be provided by instructor.

Shoup Park Garden House  Beltran
645108-02  50+ yrs
Tue/Thu  4/14-6/4  8:45-10am
Adult 50+ Program Members $45
All Others $58*

*For Adult 50+ Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.
Qigong
Qigong is a gentle exercise composed of easy, flowing movements that gently stretch the body, rejuvenating hips, shoulders, knees, neck, and spine. It reduces pain, improves balance, boosts your immune system, improves the quality of sleep and reduces stress. Appropriate for any level.

**Shoup Park Garden House**

<table>
<thead>
<tr>
<th>Class</th>
<th>Instructor</th>
<th>Age</th>
<th>Dates</th>
<th>Time</th>
<th>Residents</th>
<th>All Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>431044-01</td>
<td>Kroth</td>
<td>15+yrs</td>
<td>4/10-5/22</td>
<td>11:30am-12:30pm</td>
<td>$89</td>
<td>$105</td>
</tr>
</tbody>
</table>

Qigong 18 Buddha Hands
Combines slow graceful movements with mental concentration and breathing to increase strength, balance, and coordination. Enhances the immune system and reduces physical and mental stress. It is gentle and precise, making it accessible to any student, even if physically limited.

**LAYC**

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<tr>
<th>Class</th>
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<th>Time</th>
<th>Residents</th>
<th>All Others</th>
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<tbody>
<tr>
<td>431050-01</td>
<td>Sims</td>
<td>16+yrs</td>
<td>4/6-6/3</td>
<td>10:45-11:45am</td>
<td>$172</td>
<td>$204</td>
</tr>
</tbody>
</table>

Yoga-Pilates
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**

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<th>Time</th>
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<th>All Others</th>
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</thead>
<tbody>
<tr>
<td>431706-01</td>
<td>Bousso</td>
<td>16+yrs</td>
<td>4/10-6/5</td>
<td>9:40-10:40am</td>
<td>$120</td>
<td>$142</td>
</tr>
</tbody>
</table>

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

Equipment Note: Please bring yoga mat and towel.

**Shoup Park Garden House**

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<th>Time</th>
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<tbody>
<tr>
<td>431716-01</td>
<td>Bousso</td>
<td>16+yrs</td>
<td>4/10-6/5</td>
<td>9:15-10:40am</td>
<td>$162</td>
<td>$192</td>
</tr>
</tbody>
</table>

Yoga for Healthy Spine
In this alignment-based class, we combine breath and movement to increase range of motion and flexibility, improve posture, tone the core, strengthen and mobilize the spine, release muscle tightness and achieve an overall sense of well-being.

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

**Shoup Park Garden House**

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<tbody>
<tr>
<td>431702-01</td>
<td>Graul</td>
<td>18+yrs</td>
<td>4/6-6/1</td>
<td>6-7:30pm</td>
<td>$120</td>
<td>$142</td>
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</table>

Yoga with Miki
Certified Yoga Therapist yogawithmiki.co.nf

Note for ALL Yoga with Miki classes: Drop-in classes available. Residents & All Others register at class for $18. Register for drop-ins before each class at the Recreation Office at the Underground (in Shoup Park).

**Shoup Park Garden House**

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<tr>
<td>431702-02</td>
<td>Graul</td>
<td>18+yrs</td>
<td>4/16-6/4</td>
<td>6-7:15pm</td>
<td>$96</td>
<td>$113</td>
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Yoga with MIKI
Certified Yoga Therapist yogawithmiki.co.nf

Note for ALL Yoga with Miki classes: Drop-in classes available. Residents & All Others register at class for $18. Register for drop-ins before each class at the Recreation Office at the Underground (in Shoup Park).

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Adapted from Los Altos Recreation & Community Services Winter 2020 brochure. This is a sample page of the brochure. It contains information about various activities and classes offered during that season. The page includes details such as class names, descriptions, instructors, locations, ages, dates, times, and costs. The content is laid out in a table format for easy reading and understanding. The page features classes like Qigong, Yoga for Adults, Gentle Yoga for Healthy Spine, Yoga-Pilates, and Dance-Yoga-Pilates. The page also includes instructions on how to register for classes and the necessary equipment. The brochure is designed to attract participants to join and enjoy the various activities offered during the season.
DAY TRIPS

GREG MEYER TRIPS
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 for ALL Greg Meyer trips: 1. Trips will take place rain or shine. 2. Greg will send an email to participants prior to trip specifying meeting place and equipment needed. 3. If you have any questions, email Greg at gregmeyernaturalist@gmail.com or call (831) 345-1973.

Alviso Slough by Sea Kayak
The only way to reach the far end of the bay is down the Alviso Slough. We’ll paddle out to the open waters of the South Bay and the mudflats of the Don Edwards National Wildlife Refuge, then ride the tide home.

Alviso Slough  Meyer
430827-01  18+yrs
Sat  4/18  9:30am-3pm
Residents $65*  All Others $76*
*Materials fee of $50 per person 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.

Note: Youth participants (12-17 yrs) must be accompanied on trip by a paying adult participant.

Pre-requisite: No prior experience is necessary.

Brooks Island  Meyer
433101-01  12+yrs
Sat  5/23  9am-3pm
Residents $65  All Others $76

Santa Cruz Hike
Celebrate spring and nature as we hike along the Skyline trail in upper Sanborn County Park. Vistas of the South Bay, wildflowers and quiet trails await us during this approximately 6 miles of rolling terrain with some uphill on well-maintained trails.

Santa Cruz  Meyer
430833-01  12+yrs
Sun  4/19  10am-3:30pm
Residents $65  All Others $76

SENIOR PROGRAM TRIPS

The Senior Program hosts a variety of day trips! Check in at the Senior Center or look in The Spotlight newsletter for info on upcoming outings.

EMERGENCY PREPAREDNESS

BE PREPARED!

Block Action Team (BAT) Training & Events
Strengthen your neighborhood by becoming a BAT Leader! Get training and tools to enlist your neighbors to help each other during emergencies, prevent crime, and build community. Learn more about BAT at losaltoscf.eventbrite.com.

Registration Note: Register for New BAT Leader Training at losaltoscf.eventbrite.com

Neutra House 181 Hillview Ave
Los Altos Community Foundation Staff
No code required  18+yrs
Wed  4/22  6:30-8pm
Residents & All Others FREE!

Personal Emergency Preparedness (PEP) Class
Learn how to prepare your family to be self reliant the first 72 hours following a major disaster. This class includes information on types of disasters, home and workplace preparedness, fire safety, treating life-threatening conditions, and building a disaster supply kit.

Registration Note: Register at https://bit.ly/2HA47zu

Los Altos Lutheran Church  460 S El Monte
Santa Clara County Fire Department Staff
No code required  18+yrs
Sat  5/9  9am-12pm
Residents & All Others FREE!
FINANCES FOR RETIREMENT

RETIRED MATTERS

40+

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.

Grant Rm 3  Evans
431801-01  40+ yrs
Thu  5/7-5/21  6:30-9pm
431801-02  40+ yrs
Tue  5/12-5/26  6:30-9pm
Residents $75*  All Others $88*
*Spouse/guest may attend at no charge.

55+

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.

Grant Rm 1  Evans
430824-01  55+ yrs
Wed  5/20-5/27  1-3:30pm
Residents $54*  All Others $63*
*Spouse/guest may attend at no charge.

INTERNATIONAL TOPICS

50+

FOREIGN AFFAIRS
This self-led group meets weekly to discuss and debate foreign affair issues. Class members give prepared presentations on topics of their choice followed by open discussion. Class concludes with a summary report of the foreign affairs news of the week.

Grant Rm 3  Director
645543-02  50+yrs
Fri  4/10-6/5  10am-12pm
Adult 50+ Program Members $30
All Others $35*
*For Adult 50+Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.

50+

MAH JONGG: AMERICAN STYLE
BEGINNERS
If you would like to be part of a group that has fun learning and playing Mah Jongg, join us on Wednesdays.

Note: If you need to purchase a Mah Jongg playing card, the cost is $9. Purchase through the Senior Center.

Grant Rm 2  Geiman/Levy
645557-02  50+yrs
Wed  4/8-6/3  12:30-3:30pm
Adult 50+ Program Members $37
All Others $44*
*For Adult 50+ Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.

MAH JONGG: AMERICAN STYLE
INTERMEDIATE
Open free play for those who are familiar with the agony and ecstasy of American Mah Jongg. There is no teacher, just pleasant players looking to enjoy the game filled with challenges, skill and luck.

Note: If you need to purchase a Mah Jongg playing card, the cost is $9. Purchase through the Senior Center.

Grant Rm 2  Geiman/Levy
645557-03  50+yrs
Wed  4/8-6/3  12:30-3:30pm
Adult 50+ Program Members & All Others*  FREE!
*For Adult 50+ Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.

3333

GAME WE PLAY

50+

MAH JONGG: AMERICAN STYLE
BEGINNERS

MARTIAL ARTS

JUJITSU
For beginner and advanced students. Through a unique and supportive teaching style, students 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
431101-01  16+yrs
Mon/Thu  4/6-6/4  7:30-9pm
No class 5/25
Residents $199  All Others $237

Los Altos Recreation & Community Services  Spring 2020  947-2790
MUSIC

TACO
(TERIBLE 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 music stand.

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

LAYC
Humphers Smith
430111-01* 18+yrs
Sun 4/12 2-5pm
430111-02 18+yrs
Sun 5/31 2-5pm
430111-03 18+yrs
Sun 6/28 2-5pm
Residents & All Others $10
*Session 01 is limited to concert performers and requires director’s approval at tacosv.com prior to 4/12.

PETS

ADOBE DOG TRAINING

Basic Manners for Community Dogs
For dogs 5 months of age or older. Focus is on basic cues, walking nicely on a leash, canine manners, and discussions on responsible dog ownership. Leash reactive dogs must be evaluated by the instructor and may not be allowed in class.

Note: Classes held rain or shine.

McKenzie Park
Hughes
430837-01 Beginner 18+yrs
Wed 4/8-5/13 9-9:50am
No class 4/29
430837-02 Advanced 18+yrs
Wed 4/8-5/13 10-10:50am
No class 4/29
Residents $107  All Others $126

YOUR PET CHICKEN
clorofil.org

Gearing Up for Pet Chickens
This class will show you what is involved in keeping chickens in your backyard, and teach you the basic requirements like housing, food, and maintenance. It will help you get ready for the arrival of these new pets in your family.

Grant Rm 2  Cnudde
430862-01 18+yrs
Sat 4/25 10am-12pm
Residents $40  All Others $46

Happy & Healthy Pet Chickens
You have pet chickens and want to learn how to keep them happy and healthy. This class will show you how to enrich your backyard, introduce new chickens to your flock, perform health checks, and treat some common injuries and illnesses.

Grant Rm 2  Cnudde
430863-01 18+yrs
Sat 5/16 10am-12pm
Residents $40  All Others $46
NEW!

Adult Golf League
For novice to advanced players — the league is handicapped to give every player a chance. Teams of two — partner required. Play 9 holes, alternating weekly between the front and back 9. After your round, enjoy discounted food and drinks at DC Tap House.

Deep Cliff Golf Course  Deep Cliff Staff
430935-01  18+yrs
Mon  4/6-6/15  5-7:30pm
Residents $262*  All Others $312*
*Price is per person.

PICKLEBALL

50+
PICKLEBALL DROP IN
Heard about Pickleball and want to try it? Or already crazy into it? Come join us for some fun and friendly matches. All abilities are welcome!

Equipment Note: All equipment is provided.

Note: Bring a water bottle.

LAYC
LA Recreation & Community Srvs Staff
No code required  50+yrs
Thurs  on-going  11am-1pm
Adult 50+ Program Members FREE!
All Others $3 at the door*
*For Adult 50+ Program membership info, plus all our Adult 50+ Program offerings, please see pg 38.

BASKETBALL

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 Gym
LA Recreation & Community Srvs Staff
No code required  18+yrs
Wed  on-going  8-10pm
Residents $ All Others $3 at the door

GOLF

DEEP CLIFF GOLF
10700 Clubhouse Ln, Cupertino

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

Required for ALL Deep Cliff Golf classes: Bring a bottle of water daily.

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.

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
430914-01  18+yrs
Sat  5/2-5/23  1-2:30pm
Residents $204  All Others $243

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.

Deep Cliff Golf Course  Deep Cliff Staff
430915-01  17+yrs
Fri  5/1-5/22  4-5:30pm
Residents $204  All Others $243

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 45 years and has been teaching for more than 40 years.

Archery 2
This class is a continuation for those who are ready to move to the next level, or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

Note: Also listed in the youth section, this class is quite suitable for adults (18+yrs)!

RWG Nature Preserve Field  Roan
410938-01  8+yrs
Thu  4/16-6/4  5-6pm
Residents $320  All Others $382

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.

Note: Also listed in the youth section, this class is quite suitable for adults (18+yrs)!

RWG Nature Preserve Field  Roan
410939-01  9+yrs
Fri  4/17-6/5  5-6pm
Residents $320  All Others $382

BASKETBALL

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 Gym
LA Recreation & Community Srvs Staff
No code required  18+yrs
Wed  on-going  8-10pm
Residents $ All Others $3 at the door
**TENNIS**

**TENNIS COURT RULES**
1. Tennis play, tennis shoes and tennis equipment ONLY.
2. Play is limited to 1 hour for singles play and 1 hour 30 minutes for doubles play. Play may continue if no one is waiting. Players must relinquish the court if players are waiting. Waiting players should state their intent to play to current court occupants upon arrival.
3. Two players must be present to hold a court.
4. Water ONLY. No other drinks, food or tobacco products allowed.
5. SIX BALL MAX per court allowed except for City-sponsored lessons.
6. ONLY City-sponsored lessons are allowed.
7. City-sponsored programs have first priority. Players must relinquish the courts immediately upon request.
8. In the event of an emergency, call 911.
In the event of a non-emergency, please call police dispatch at 947-2770.

**WHITTLINGER/SARSFIELD TENNIS**
whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and longtime Stanford/USPTA Professional Tom Sarsfield. All classes will consist of only two-six players and six 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, 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 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. Or check with the instructor whose contact information is listed on whitlingersarsfieldtennis.com. 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 Recreation & Community Services.
*Office is closed alternating Fridays: check City website for schedule.

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**Adult Novice Tennis**
Special Service, only 2-6 players per class!
Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate rules, sportsmanship, and basic double play.

**Marymeade Courts 2/3**
Whitlinger/Sarsfield Staff
430948-01 15+yrs
Tue/Thu 4/14-4/30 7-8pm
Residents $115 All Others $136

**Adult Intermediate Tennis**
Special Service, only 2-6 players per class!
For players who are consistent on a medium pace rally but needs to develop more spin, power, and/or variety. Refine stroke techniques, strategy, and tactics with performance enhancing drills.

**Marymeade Courts 2/3**
Whitlinger/Sarsfield Staff
430949-01 15+yrs
Tue/Thu 5/12-5/28 8-9pm
Residents $115 All Others $136

**Adult Low Intermediate Tennis**
Special Service, only 2-6 players per class!
For players who are consistent on a slow pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

**Marymeade Courts 2/3**
Whitlinger/Sarsfield Staff
430963-01 15+yrs
Tue/Thu 4/14-4/30 8-9pm
430963-02 15+yrs
Tue/Thu 5/12-5/28 7-8pm
Residents $115 All Others $136

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

For lessons at Marymeade Park, Courts 2/3: François Chan …………………….. 345-8768
James Knofer …………………….. (408) 410-0434
For lessons at Rosita & McKenzie Parks, Court 1:
James Knofer …………………….. (408) 410-0434
Sharon Lamond ……………… (408) 712-7361
Glenn Uguccioni ……………….(408) 797-9471
For lessons at Montclaire Park, Court 1:
Joe Bassi …………………….. 576-0988
Glenn Uguccioni ……………….(408) 797-9471

**Hourly Rate* & Payment**
For one player: $80 per hour
For two players: $42.50 per hour each
For three players: $30 per hour each
For four players: $25 per hour each

*Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day.

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**EXCITEMENT IS BUILDING!**

Go to info@LosAltosRecreation.org
Let us know what you’d love to see at the New Community Center!
Adults 50+, need a lift?
Stay mobile, stay active!

This on-demand ride reimbursement program is designed to provide FREE and convenient transportation to Los Altos Adults (50+) in the Los Altos Community, including nearby medical facilities.

CITY OF LOS ALTOS RIDE REIMBURSEMENT PROGRAM

Rides are FREE with an EASY Reimbursement Process:
Use your cell phone to arrange your ride with an on-demand ride company. Then,
1) Complete the reimbursement form that can be picked up at the Senior Center or found online.
2) Print a copy of your ride receipt.
3) Submit completed reimbursement form and ride receipt to the Recreation & Community Services Front Office or the Senior Center within 90 days of the ride.

To be eligible for on-demand ride reimbursement you must meet ALL of the following criteria:

- Rides service must take place by June 30, 2020
- Be an active member of the Los Altos Adult 50+ Program (formerly Senior Program).
- Use an on-demand ride company that can provide official verification of ride cost, as well as transportation start and finish points.
- Rides must begin and end within the City of Los Altos, Town of Los Altos Hills, and/or include the following locations: El Camino Hospital, Mountain View’s Kaiser Medical Offices, Mountain View’s PAMF Medical Offices or the Palo Alto Veterans Hospital, with no stops outside of those areas.

Los Altos Adult 50+ Program
1575 Holt Ave | M-F, 8:30am-3:30pm | 947-2797 | LosAltosRecreation.org
ADULT 50+ Program

BE ACTIVE, HEALTHY AND

Offered at the Senior Center at GRANT PARK (a partial list):

Classes and/or Open Play
- Bridge (open play)
- Chair Yoga (class)
- Dance Exercises (class)
- Foreign Affairs (class)
- Line Dancing (class)
- Mah-Jongg (class & open play)
- Pinochle (open play)

Fun Activities
- Art Ventures
- Monkey Toy Project
- Movie Day

Social Gatherings
- Book Club
- Current Event Discussion
- Men’s Club
- Spanish Lessons & Conversation

Day Trips
(Meets at LAYC)

Services Offered
- HICAP Counseling
- Tech Tutor

Sporty Fun
- Pickleball
  (Thursdays at 11am at LAYC)
- Ping Pong

Lunches

A NOTE ABOUT ACTIVITIES & LOCATIONS DURING CONSTRUCTION

Due to construction of the new Community Center, the Adult 50+ Program is seeing changes in activities. Please check our website, LosAltosRecreation.org, then click on the Adult 50+ Program OR check out the current issue of our newsletter, The Spotlight, for the most up-to-date information!

Senior Center location:
Grant Park
1575 Holt Ave, Los Altos

Senior Center mailing address:
I N San Antonio Rd
Los Altos, CA 94022
**Become a Member!**

As a Member, enjoy many benefits! Go to LosAltosRecereation.org to join or mail completed application form (available at LosAltosRecreaton.org) with check (payable to “City of Los Altos,”) to our mailing address:

Los Altos Adult 50+ Program,
1 N San Antonio Rd, Los Altos, CA 94022

Residents $26/yr  All Others $40/yr

**Drop in is FREE; membership is encouraged!**

**Stay up-to-date with The Spotlight**

The newsletter of the Los Altos Adult 50+ Program, *The Spotlight*, is published 6 times per year. It is the complete source of all that is offered through our Adult 50+ Program.

Get *The Spotlight* delivered to your door for a year with a $6 subscription or stop by the Grant Senior Center to pick up a copy!

**Formerly known as the Senior Program, we are now the Adult 50+ Program! No matter the name, we invite you to drop by our center or go to LosAltosRecreation.org for dates and fun offerings!**
CALLING ALL TEEN VOLUNTEERS!

Volunteer Opportunities:
- Special Events
- City Hall Departments
- Adult 50+ Program
- Plus more!

Time counts towards School Service Hours!

Want to learn more?
Go here: losaltosca.gov/Volunteer
Call here: 947-2790
e/mail here: info@losaltosrecreation.org

SPECIAL EVENTS FOR TEENS

Special events for teens will continue during construction of the new Teen Lounge in the new Community Center!

See updates:

Facebook
(Los Altos Recreation)

Twitter
(@Losaltosrec)

and LosAltosRecreation.org
Tiny Tots Preschool Program
Play-With-A-Purpose

2020-21 Enrollement Now Open!
Call 947-2890 for more information

Terrific 3s
Tue/Thu
9-11:30am
San Antonio Club

Schedule your tour today at
LosAltosRecreation.org

Kinder Prep
3-Day Program
M/W/F | 8:45-11:45am
- Extended Care Available | 11:45am-2pm -

5-Day Program
M-F | 12:30-3pm
San Antonio Club
Spring Volunteer Opportunities include (but definitely are not limited to):

**CITY HALL**
Assisting the departments

**IN-HOME REPAIR**
Handy people needed!

**PICKLEBALL**
Set up and break down

Redwood Grove Restoration Workdays

Volunteer outside!
Learn about local ecology while improving wildlife habitat. Help us install native plants, remove invasive species, and more!

Weekend volunteer 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 special workday for your group, please contact Valerie Lee at valerie@grassrootsecology.org.

Contact us for volunteer info:
947-2790 or atychkova@losaltosca.gov
losaltosca.gov/volunteer

Grassroots Ecology
grassrootsecology.org
Booking your next party is as easy as...

Cupcake!

1. Choose a party package
2. Pick a date (and a few alternates)
3. Call or drop by our office to book it!

**Party at the San Antonio Club**

For Kids 3-7 Years

Party tykes will delight in the San Antonio Club with its table and chairs at just the right height for the 3-7 year old set, a stage to play on, and a park-like outdoor space (complete with playhouse and large sand box). Much fun to be had by all attendees!

- 4 hrs/30 guest max
- At the San Antonio Club*
- Residents: $285**
- All Others: $340**

**Archery Party**

For 7+ Years (with kids under 18 accompanied by an adult)

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/12 guest max
- At Redwood Grove
- Residents: $200†
- All Others: $238†

**Book Now!**

To book a 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 the office in person at 400 University Ave, Los Altos (physical location) or via mail at 1 N San Antonio Rd, Los Altos, CA 94022 (mailing address).

Questions? Call 947-2790 or email info@losaltosrecreation.org.

*Friendly facility attendant included  **$500 deposit required. † $250 deposit required
Los Altos Youth Theatre is an education-driven, performance-based program located in Los Altos. We put on a minimum of three performances per season – two musicals and one play. Our unique venue offers students a chance to perfect their individual style of performance while pushing themselves to grow as artists.

Los Altos Youth Theatre is a joint program between Los Altos Recreation & Community Services and the Los Altos Stage Company. We offer many different opportunities for our young performers such as blended shows, unique performance venues and compelling classes.

NEW CAST AND CREW MEMBERS ARE ALWAYS ENcouraged!

For more info about Los Altos Youth Theatre, visit: losaltosstage.org/los-altos-youth-theatre
Discover dynamic exhibitions that focus on the people, places and events of Los Altos and surrounding area, including *In the Fields of the North/En Los Campos del Norte*, stories of migrant farmworkers, on display March 15 - June 21.

Attend the *Night of Ideas* on April 17, 7pm to 11pm, featuring lectures, performances, interactive arts and music experiences, street food and discussions about the future of our city.

Step back in time with a tour of the historic *J. Gilbert Smith House*. Explore the period-style rooms with a Museum docent, witnessing a bygone way of life.

Los Altos History Museum’s regular open hours are Thursday–Sunday, 12 pm to 4 pm. Admission is always free, thanks to the support of the City of Los Altos and our community.

The Museum is proudly supported by local residents like you. Become a member and find out about upcoming events and volunteer opportunities.
Household Contact Information (Please Print)

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

Emergency Contact

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

☐ I have special needs requiring specific accommodations to fully enjoy a class or facility. Please contact us at info@losaltosrecreation.org or 947-2790.

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<th>CLASS CODE</th>
<th>CLASS TITLE</th>
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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 1 N San Antonio Rd, Los Altos, CA 94022
- Fax form to 947-2738
- Walk in to the Recreation Office at Shoup Park, 400 University Ave, Los Altos
Spring 2020 Registration Opening Dates

Los Altos Residents ... March 10
All Others ... March 13

4 Ways To Register

EASIEST AND FASTEST WAY TO REGISTER
ONLINE
LosAltosRecreation.org

MAIL IN*
Los Altos Recreation
& Community Services
1 N San Antonio Rd
Los Altos, CA 94022

WALK IN*
Los Altos Recreation
& Community Services Office
Shoup Park
400 University Ave, Los Altos

FAX
947-2738

Los Altos Recreation & Community Services 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 Mission Statement

*The Recreation & Community Services office has moved to accommodate construction of the new Community Center. Come see us at our new address in Shoup Park!

Los Altos Recreation & Community Services
Office
Physical Location:
400 University Ave (Shoup Park)
Mailing Address:
1 N San Antonio Rd, Los Altos, CA 94022
Tel: 947-2790  Fax: 947-2738
LosAltosRecreation.org
Office hours Monday-Friday*, 8am-5pm
*Office is closed every other Friday. Please see city website for schedule.

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 non-residents.

Refunds & Transfers
- Refund and transfer requests must be submitted in writing via the transfer/refund form up to the day prior to the second class meeting.
- All refunds will be charged a $20 service fee per class.
- Email 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.
RECREATION LOCATIONS
Parks, Indoor Facilities & Schools

Your destination for recreation, health and wellness.

1. **Hillview Soccer Field / Hillview Baseball Field / New Community Center Construction**
   - 97 Hillview Ave

2. **Blach Intermediate School**
   - 1120 Covington Rd

3. **Village Park**
   - Edith Ave/San Antonio Rd

4. **Egan Junior High School**
   - 100 W Portola Ave

5. **Veterans 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 / Recreation & Community Services Office***, 400 University Ave

*Temporary location of office during new Community Center construction

**Additional Locations**

+ **Deep Cliff Golf Course**, 10700 Clubhouse Ln, Cupertino
+ **Graham Middle School**, 1175 Castro St, Mtn View
+ **Los Altos Hills Town Hall**, 26379 Fremont Rd, Los Altos Hills
+ **Los Altos Lutheran Church**, 460 S El Monte Road, Los Altos
+ **Melody Academy of Music** (inside Cubberley Community Center)
  - 4000 Middlefield Road, Room V, Palo Alto
+ **Neutra House**, 181 Hillview Ave, Los Altos
+ **Shoreline Aquatic Center**, 3160 N Shoreline Blvd, Mtn View
+ **Whisman Sports Center**, 1500 W Middlefield Rd, Mtn View

**Please go to maps.google.com for directions**
# FACILITY & PARK RENTALS

The Garden House at Shoup Park... ready to party! Inquire as to availability!

<table>
<thead>
<tr>
<th>PARK/FACILITY</th>
<th>Map Location</th>
<th>Acres</th>
<th>Ballfield</th>
<th>Multi-Use Fields</th>
<th>Basketball</th>
<th>Tennis Courts</th>
<th>Playground</th>
<th>Picnic Tables</th>
<th>BBQ pits</th>
<th>Restrooms</th>
<th>Rental</th>
<th>Kitchen</th>
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<td>Veterans Community Plaza (corner of Main &amp; State Sts)</td>
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<td>Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room &amp; Bocce Ball Courts</td>
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- **UNDER CONSTRUCTION**

### For facility & group picnic reservations, please call

**947-2790** or email info@losaltosrecreation.org

### PARK FACILITIES

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

### GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4).

*For gym reservations: William Wells at 947-2712 or wwells@losaltosca.gov*

*For field reservations: Jaime Chew at 947-2848 or jchew@losaltosca.gov*

### Indoor Rental Facilities

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

### Reservations

We welcome walk-ins Monday through Thursday at our Shoup Park office (400 University Ave, Los Altos). Detailed information and reservation forms are available online at LosAltosRecreation.org or can be requested by phone or email.

---

Features include a creekside and redwood trail, as well as picnic tables. Not reservable.

Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.
New Los Altos Community Center: Great Things to Come!

Excitement is building!

Scheduled Opening: December 2020

Email your ideas for classes you want to see at the New Los Altos Community Center: info@losaltosrecreation.org

Check the status of the building at: losaltosca.gov/communitycenter